

# What Special Strengths Does My Child Have?

**M**any people define “smart” as being able to do well in academic situations. Some theorists have suggested that general intelligence can be subdivided into seven “smart areas”: body smarts, people smarts, visual (picture) smarts, logic smarts, music smarts, self smarts, and word smarts. Children with one or more of these seven unique ways of thinking and learning should be encouraged to pursue these gifts. Strength areas can be used as a predictor for success in a particular area. Have your child complete “A Quick Check of My Strengths” but note that only your child can decide which is his/her strongest area, or if all areas are equal. This checklist, with additional information, can also be found in *A Self-Managed Career Portfolio Guide* (see Appendix—Career Planning Resources).

## A Quick Check of My Strengths

Check off all of the statements that apply to you.

### I have music strengths if I:

- like to listen to music
- like playing a musical instrument or singing
- find myself humming
- like to listen to music when I study
- notice sounds all around me
- remember melodies and notice if something doesn't sound right
- keep rhythm or beat when I listen to music



### I have personal strengths if I:

- like to spend time alone doing sports
- know what I like to do
- make my plans and set my goals
- have self-confidence to try new things
- want to learn new things

- find that some of my ideas are different from those of my parents or friends
- believe that I am a spiritual person or want to learn more about different religions



### I have body or kinaesthetic strengths if I:

- like to play sports
- am very coordinated
- learn a new sport or dance step easily
- like to play video games
- use my hands when I am talking
- like fixing things
- find myself moving a lot or find it hard to sit still



### I have people strengths if I:

- help friends with problems or talk about my problems
- would rather be with people than be alone
- like team sports
- like being with a group or even a crowd of people
- have lots of friends
- get along with people easily
- like watching people



### I have logic strengths if I:

- like mathematics
- like to figure out how to work things
- like to solve puzzles
- like to organize things
- like games that require strategy
- like to use computers
- like science courses

### I have visual strengths if I:

- like watching the images in music videos, movies, and advertisements
- like to doodle or draw
- like to see how websites and programs look on a computer
- can use maps, graphs, and charts easily
- like to plan to decorate a room or put together unique fashion looks
- like photographs or taking photographs
- like colour



### I have language or verbal strengths if I:

- like to read
- like to write in a journal, or write stories or poetry
- like word puzzles or games
- learn the words to songs I hear
- like to listen to stories or plays
- like to listen to jokes or comedians
- like to talk



Look back on all of the categories. Your strengths lie in those categories with many check marks. You may have one great strength or you may have many. How does what you do today support or prove that these are your strengths?