Multiple Intelligence Assessment
For IDS 100 Sections 5F and 9F

From *Seven Kinds of Smart* by Thomas Armstrong, Ph. D.
Based on the work of Dr. Howard Gardner, Harvard University

Please check or mark with an X those items that describe you. Total up the number of marks in each section. Complete the summary on the last page. Thank you.

**Linguistic Intelligence – Word Smart**
___ Books are very important to me
___ I can hear words in my head before I read, speak, or write them down
___ I get more out of listening to the radio or a spoken-word cassette that I do from television or films.
___ I show an aptitude for word games like Scrabble, Anagrams, or Password
___ I enjoy entertaining myself or others with tongue twisters, nonsense rhymes or puns.
___ Other people sometimes have to stop and ask me to explain the meaning of words I use in my writing and speaking.
___ English, social studies, and history were easier for me in school than math and science.
___ When I drive down a freeway, I pay more attention to the words written on billboards than to the scenery.
___ My conversation includes frequent references to things that I’ve read or heard.
___ I’ve written something recently that I was particularly proud of or that earned me recognition from others.

___ Total for Linguistic

**Logical-Mathematical Intelligence – Number Smart**
___ I can easily compute numbers in my head.
___ Math and/or science were among my favorite subjects in school
___ I enjoy playing games or solving brainteasers that require logical thinking
___ I like to set up little “what if” experiments (for example, “What if I double the amount of water I give my rosebush each week?”
___ My mind searches for patterns, regularities or logical sequences in things.
___ I’m interested in new developments in science.
___ I believe that almost everything has a rational explanation.
___ I sometimes think in clear, abstract, wordless, imageless concepts.
___ I like finding logical flaws in things that people say and do at home and at work.
___ I feel more comfortable when something has been measured, categorized, analyzed or quantified in some way.

___ Total for Logical-Mathematical
Spatial Intelligence – Picture Smart

___ I often see clear visual images when I close my eyes
___ I’m sensitive to color
___ I frequently use a camera or camcorder to record what I see around me.
___ I enjoy doing jigsaw puzzles, mazes and other visual puzzles.
___ I have vivid dreams at night.
___ I can generally find my way around unfamiliar territory.
___ I like to draw or doodle
___ Geometry was easier for me than algebra in school.
___ I can comfortably imagine how something might appear if it were looked down upon from directly above in a bird’s eye view.
___ I prefer looking at reading material that is heavily illustrated.

___ Total Spatial

Bodily-Kinesthetic Intelligence – Body Smart

___ I engage in at least one sport or physical activity on a regular basis.
___ I find it difficult to sit still for long periods of time.
___ I like working with my hands at concrete activities such as sewing, weaving, carving, carpentry or model-building
___ My best ideas often come to me when I’m out for a long walk or jog, or when I’m engaged in some other kind of physical activity.
___ I often like to spend my free time outdoors.
___ I frequently use hand gestures or other forms of body language when conversing with someone.
___ I need to touch things in order to learn more about them.
___ I enjoy daredevil amusement rides or similar thrilling physical experiences.
___ I would describe myself as well coordinated.
___ I need to practice a new skill rather than simply reading about it or seeing a video that describes it.

___ Total Bodily-Kinesthetic

Musical Intelligence- Music Smart

___ I have a pleasant singing voice
___ I can tell when a musical note is off-key.
___ I frequently listen to music on radio, iPod or CD.
___ My life would be poorer if there were no music in it.
___ I sometimes catch myself walking down the street with an ad jingle or other tune running through my head.
___ I can easily keep time to a piece of music with a simple percussion instrument.
___ I know the tunes to many different songs or musical pieces.
___ If I hear a musical selection once or twice, I am usually able to sing it back fairly accurately.
___ I often make tapping sounds or sing little melodies while working, studying, or learning something new.

___ Total Musical

Interpersonal Intelligence – People Smart

___ I’m the sort of person that people come to for advice and counsel at work or in my neighborhood.
___ I prefer group sports such as soccer or basketball to solo sports such as swimming and jogging.
___ When I have a problem, I’m more likely to seek out another person for help than attempt to work it out on my own.
___ I have at least three close friends.
___ I favor social pastimes such as Monopoly or bridge over individual recreations such as video games and solitaire.
___ I enjoy the challenge of teaching another person, or groups of people, what I know how to do.
___ I consider myself a leader (or others have called me that).
___ I feel comfortable in the midst of a crowd.
___ I like to get involved in social activities connected with my work, church, or community.
___ I would rather spend my evenings at a lively social gathering than stay at home alone.

___ Total Interpersonal.

Intrapersonal Intelligence – Self Smart

___ I regularly spend time alone meditating, reflecting or thinking about important life questions.
___ I have attended counseling sessions or personal growth seminars to learn more about myself.
___ I have opinions that set me apart from the crowd.
___ I have a special hobby or interest that I keep pretty much to myself.
___ I have some important goals for my life that I think about on a regular basis.
___ I have a realistic view of my strengths and weaknesses (borne out by feedback from other sources).
___ I would prefer to spend a weekend alone in a cabin in the woods rather than at a fancy resort with lots of people around.
___ I consider myself to be strong willed or independent minded.
___ I am self-employed or have at least thought seriously about starting my own business.

___ Total Intrapersonal
Naturalist Intelligence – Nature Smart

___ I have a garden and love to putter around in it.
___ I enjoy spending time going backpacking, hiking, or just walking in nature and enjoying its riches.
___ I am involved in a volunteer ecological organization (e.g. Greenpeace, Sierra Club) to help save nature from further destruction.
___ I love to have animals around the house (more than just a cat or dog).
___ I have a hobby that involves nature in some way (e.g. bird watching, butterfly collecting).
___ I have taken adult education courses relating to nature (e.g. botany, zoology, ecology).
___ I love to visit zoos, natural history museums, or other places where the natural world is studied.
___ I enjoy watching nature shows on television (e.g. the Discovery Channel, National Geographic, Nova).
___ For vacations, I prefer to go off to a natural location (park, campground, hiking trail) than to a hotel/resort or city/cultural location.
___ I’m very good at telling the difference between different kinds of birds, dogs, trees, or other types of fauna or flora.

___ Total Naturalist

Your Score Summary:

___ Linguistic  ___ Bodily-Kinesthetic  ___ Intrapersonal
___ Mathematical-Logic  ___ Musical  ___ Naturalist
___ Spatial  ___ Interpersonal