

# To determine your strongest Intelligence and preferred way of learning

## What am I?

**Instructions:** Read the statements in each section.  
Select the one that is most like you in each section and put a tick in the box beside it.  
Once you have ticked the boxes, count which letter you have used most often.  
Then refer to the key below to find your strongest intelligence and your preferred way of learning.

(You may choose to cultivate intelligence this year.)

### SECTION 1

- A  I really like reading
- B  I like to learn step by step
- C  I like drawing and painting
- D  I enjoy sport
- E  I like singing
- F  I really like learning with other people
- G  I like to work on my own.
- H  I like camping and outdoor activities.

### SECTION 2

- A  I like to write stories and poems for others to read
- B  I enjoy solving problems
- C  I enjoy making models
- D  I like working with my hands
- E  I enjoy listening to music
- F  I enjoy helping others
- G  I like to think things through in my mind
- H  I like caring for and/ or training animals.

### SECTION 3

- A  I know the meanings of many words.
- B  I like to explain how things work to people.
- C  I enjoy using pictures and diagrams to learn
- D  I understand better when I do "hands on" activities
- E  I find sounds fascinating.
- F  I like meeting new people
- G  I keep a diary
- H  I participate in environmental care projects.

### SECTION 4

- A  I enjoy crosswords and word searches
- B  Working with numbers is fun
- C  I can "see" the finished product in my mind.
- D  I really like acting.
- E  I play a musical instrument.
- F  I really enjoy playing sport in a team
- G  I often reflect on how well I'm doing.
- H  I enjoy bird-watching & exploring Nature.

### SECTION 5

- A  I like telling stories, jokes and riddles
- B  I like setting up science experiments
- C  Colour is important to me.
- D  I like to move around a lot when I am working
- E  I sometimes make up my own songs
- F  I have lots of friends
- G  I like to think about how I feel.
- H  I like working in my garden.

### SECTION 6

- A  I like making speeches and giving lectures
- B  I am happy when things seem logical.
- C  I can draw maps from memory.
- D  I have good co-ordination skills.
- E  I often tap my feet or fingers to various rhythms.
- F  I have good ideas for classrooms.
- G  I often wonder what other people are thinking.
- H  Find the sounds of nature enjoyable & relaxing

### SECTION 7

My favourite Television Programs

- A  have witty scripts.
- B  are documentaries.
- C  involve art and craft demonstrations
- D  are sporting programs
- E  are video clips.
- F  are the "soapies"
- G  are lifestyle programs
- H  are nature & gardening shows

### SECTION 8

If you were giving me a present, I would like:

- A  a book
- B  a board game.
- C  a jigsaw puzzle.
- D  some sports equipment.
- E  a ticket to a musical presentation
- F  an outing with my friends
- G  a book on how to improve myself
- H  a plant

### SECTION 9

My favourite time at school is when we have:

- A  English
- B  Mathematics or Science
- C  Art
- D  Physical Education or Drama
- E  Music

- F**  Group Work  
**G**  Individual work  
**H**  Environmental  
Science/Gardening Club

**Mostly A:** [I am a Verbal/Linguistic Learner.](#)

**Mostly B:** [I am a Logical/Mathematical Learner.](#)

**Mostly C:** [I am a visual/Spatial Learner.](#)

**Mostly D:** [I am a Body / Kinaesthetic Learner.](#)

**Mostly E:** [I am a Musical/Rhythmic Learner.](#)

**Mostly F:** [I am an Interpersonal Learner.](#)

**Mostly G:** [I am an Intrapersonal Learner.](#)

**Mostly H:** [I am a Naturalist Learner.](#)

I HAVE DECIDED I AM A \_\_\_\_\_ LEARNER

## **MULTIPLE INTELLIGENCES: MANY WAYS IN WHICH CHILDREN CAN HAVE ABILITY**

### **Verbal / Linguistic or Word Intelligence**

You enjoy reading, have a talent for writing, telling jokes, and memorising phrases from books and poems easily. You use grammatically correct sentences and complex vocabulary, and find English and Social Sciences subjects easier than Maths or Science.

Best learning Strategies: Traditional learning techniques – listen, read, write, summarise, make lists, argue debate; and use of a scribe, audio tape or voice activated computer to record ideas.

### **Logical / Mathematical Intelligence**

Maths and Science are your favourite subjects and you enjoy games like chess or Mastermind, logic and maths puzzles or brain teasers. You are good at logical thinking and feel more comfortable when something has been measured, categorised, analysed or qualified. You like to experiment, find out how things work, or make collections.

Best learning strategies: Classify or order facts or put them in sequence or in logical categories. Use tables and charts. List pros and cons, problems and solutions.

### **Visual / Spatial Intelligence**

You find it easy to read maps, have a good sense of direction and rarely get lost. You can draw, paint or enjoy art or craft activities, and can visualise how something will look before you start making or doing it. You enjoy colour and design. Art and Graphics are your favourite subjects.

Best learning strategies: Draw or construct maps, models or diagrams. Use flow charts, Mind Maps or time lines to represent the information you are learning. Visualise concepts in your mind.

### **Body / kinaesthetic Intelligence**

You feel confident pushing yourself physically. You regularly engage in physical activity and find it easy to master new sporting skills. You are well-coordinated and like working with your hands eg. Sewing, carpentry, making models, keyboarding, calligraphy. Your favourite subjects are Physical Education and Drama.

Best learning strategies: You probably learn best by doing. Try not to sit for too long at a desk. Rather create breaks in study periods by going for a walk.

Experiment with recording information on a walkman so you can be learning while involved in some physical activity.

### **Musical/Rhythmic Intelligence**

You tend to sing, hum, whistle, keep the beat, or dance when you listen to music. You like going to concerts and musicals, or playing a musical instrument. You recognise familiar tunes quickly, can tell when a note is off-key, and enjoy rhyme and rhythm in poetry.

Best learning strategies: Play rhythm games or create rap songs to learn maths facts, grammar, spelling, rules, dates, etc. Record things you want to learn and listen to them on tape.

### **Interpersonal or Group Intelligence**

You enjoy working in groups, and tend to be an organiser. You get on well with a wide variety of people and others often come to you for personal advice. People find you easy to talk to, as well as being supportive and co-operative. You enjoy team sports.

Best learning strategies: Work in a team or talk to someone else about what you are learning. Try tutoring a younger student or teaching a classmate or giving a talk.

### **Intrapersonal or Self Intelligence**

You can accurately evaluate your own strengths and weaknesses and find time to be alone and reflect on important life questions. You think about why you are the way you are and you know the ways you learn and perform best. You may have attended personal growth seminars or read books or articles on self-awareness. You like quiet time for dreaming and planning.

Best learning strategies: you have probably worked these out for yourself! Set goals, assess your progress, record your strengths and weaknesses. Keep a learning journal or a study diary.

### **Naturalist Intelligence**

You have the ability to empathise with the natural world, and you have an intuitive ability to deal with animals and to understand their little signals and habits that mean certain things. You care about ecology and the environment and observe changes, cycles and relationships. Your favourite subjects are likely to include Science and the Social Sciences/Geography.

Best learning strategies: 'Hands on' experiences-interactive displays, observing, interpreting and solving problems that relate to living things in their natural ecosystems and environments.

## **SENSORY PREFERENCE QUESTIONNAIRE**

This is a simple survey to indicate which senses are preferred for learning. Quickly choose the (V) (A) or (K) answer that suits you most often.

1. To relax you prefer to:  
(V) Read or watch television or a video  
(A) Talk to people or listen to something  
(K) be active or play sport
  
2. When giving people directions you would:  
(A) tell them what to do  
(V) Show them on a map  
(K) Use gestures and actions
  
3. You are most likely to get distracted by:  
(K) People or things moving around  
(V) The way something looks  
(A) Noises
  
4. When you are alone you prefer to:  
(K) be active or make something  
(A) Phone someone or listen to the radio  
(V) Watch TV/video or read
  
5. You solve problems most easily by:  
(A) Talking through possible solutions  
(K) Hands-on practical experience  
(V) Sketching out possible solutions
  
6. While waiting in a queue you would:  
(K) Wriggle, fidget, move your feet/hands  
(V) Watch people or the scenery  
(A) Talk to yourself or talk to others
  
7. To show sympathy you would most likely:  
(V) Choose a card to send  
(A) Telephone the person  
(K) Visit the person
  
8. You try to spell a difficult word by:  
(A) sounding it out  
(K) Writing it to get the feeling of it  
(V) Writing it to see how it looks

9. You like your projects to :  
(V) look right  
(A) sound right  
(K) feel right
- 10 In a class you prefer:  
(A) lectures and discussions  
(K) experiments and activities  
(V) diagrams, pictures, videos
- 11 You would be more likely to ask:  
(K) do you get the idea?  
(V) can you see what I mean?  
(A) do you hear what I'm saying?
- 12 To learn some poetry you would:  
(V) Read it over many times  
(K) Move around to get the rhythm  
(A) Say it out loud
- 13 You judge people's moods by:  
(V) Looking at their faces  
(A) Listening to their voices  
(K) Noticing their gestures
- 14 You prefer the humour of:  
(A) comedians who talk a lot  
(K) Action comedy  
(V) Colourful comics and cartoons
- 15 At a party you would spend most time:  
(K) Circulating round or dancing  
(V) Watching what is happening  
(A) Talking or listening to others.
- 16 You prefer something explained by:  
(V) diagrams, pictures, maps  
(A) talk, lecture, discussion  
(K) practical demonstrations
17. To tell friends about a holiday you would:  
(A) phone them to tell them  
(V) show them your pictures  
(K) Visit them to share your experiences
18. When you are buying some clothes:  
(V) Colour and design are most important  
(K) How they feel is most important  
(A) The advice you get is most important

19. You can listen best if you:
- (K) Can move around (or the speaker does)
  - (A) Close your eyes (or look away from speaker)
  - (V) Can see the speaker clearly

20. What you remember most about people is:
- (A) things they have said
  - (K) things they have done
  - (V) How they look

NUMBER OF V (visual) ANSWERS .....

NUMBER OF A (auditory) ANSWERS .....

NUMBER OF K (kinaesthetic) ANSWERS .....

EXPLANATION: If about the same values (around 6/7) turn up for the three senses, there is no strong preference. A value of 10 or above for V, A or K shows a strong preference for that sense. This gives a helpful guide about ways to effectively learn new and difficult information.

## **MAKING YOUR LEARNING STYLE WORK FOR YOU**

To help you cope with your learning disabilities and ADD, it is important to identify your learning style. Once you have figured out the way you learn, you will need to use specific strategies to fit into your way of learning. For example, if you are a visual learner, you could use a highlighter when reading a textbook. The bright colour would appeal to your artistic sense and help you concentrate on the reading.

Here are some more practical suggestions pertaining to each learning style:

### Visual Learners:

- Use visual materials such as pictures, charts, maps, graphs, etc.
- have a clear view of your teachers when they are speaking so you can see their body language and facial expression
- use colour to highlight important points in text
- take notes or ask your teacher to provide handouts
- illustrate your ideas as a picture or brainstorming bubble before writing them down
- write a story and illustrate it
- use multi-media (e.g. computers, videos, and filmstrips)
- study in a quiet place away from verbal disturbances
- read illustrated books
- visualize information as a picture to aid memorization

### Auditory Learners:

- participate in class discussions/debates

- make speeches and presentations
- use a tape recorder during lectures instead of taking notes
- read text out aloud
- create musical jingles to aid memorization
- create mnemonics to aid memorization
- discuss your ideas verbally
- dictate to someone while they write down your thoughts
- use verbal analogies, and story telling to demonstrate your point

### Tactile/Kinaesthetic Learners

- take frequent study breaks
- move around to learn new things (e.g. read while on an exercise bike, mould a piece of clay to learn a new concept)
- work at a standing position
- chew gum while studying
- use bright colours to highlight reading material
- dress up your work space with posters
- if you wish, listen to music while you study
- Skim through reading material to get a rough idea what it is about before settling down to read it in detail.

**HOLISTIC**

**ANALYTIC**



**RIGHT AND LEFT DOMINANCE TEST**

This is a simple survey about thinking and working style preferences. Quickly choose the (a) or (h) answer that suits you best or which occurs most often for you.

1. (a) You like to make lists, plans, timetables  
(h) You like to feel free to act spontaneously
2. (a) You prefer to work or play in competition with others  
(h) You prefer to work or play co-operatively as part of a team
3. (a) you prefer your workspace to be tidy and well organised  
(h) You prefer your workspace to be comfortable rather than tidy.
4. (a) you like people to explain things step-by-step in the right order  
(h) You like people to explain general ideas first, before the details
5. (a) you are not interested in the personal lives of your teachers  
(h) You are interested in the personal lives of your teachers
6. (a) you seem to learn something by piecing all the bits together  
(h) You seem to learn things by suddenly understanding the idea
7. (a) you care about finishing things off on time  
(h) You do not worry about deadlines and may not bother to finish
8. (a) you can explain your ideas and feelings clearly  
(h) You sometimes have trouble putting your feelings into words
9. (a) you like to remember facts and details  
(h) You like to remember general ideas, but may forget details
10. (a) you usually do one thing at a time and do it properly  
(h) You buy clothes suddenly, when you see something you like
11. (a) You usually do one thing at a time and do it properly  
(h) You are often interested in doing several things at once
12. (a) you prefer definite rules and regulations  
(h) You prefer flexibility in rules and regulations

- 13 (a) you want to find the exact meanings from dictionaries  
(h) You can get annoyed when people want to find exact meanings
- 14 (a) you prefer to follow the recipes when cooking  
(h) You prefer to follow your own ideas when cooking
- 15 (a) you are reliable about keeping lists and diaries and budgets  
(h) You start keeping records but may forget after a while
- 16 (a) you admire people who have planned definite goals  
(h) You admire people who are imaginative and impulsive
- 17 (a) you like to make decisions carefully and logically  
(h) You like to go with your feelings for on-the-spot decisions
- 18 (a) you think it is good to make clear, logical decisions  
(h) You think that 'maybe' decisions are sometimes the best
- 19 (a) you prefer to study factual subjects with definite answers  
(h) You prefer to study subjects that are about ideas
- 20 (a) you like the teacher to show one bit at a time on an OHP  
(h) You like to see the whole view on an OHP

NUMBER OF (a) ANSWERS .....

NUMBER OF (h) ANSWERS.....

EXPLANATION: The (a) answers show analytic thinking and the (h) answers show holistic thinking. Highly analytic people are likely to get about 15 or more (a) answers, while highly holistic people will get about 15 or more (h) answers. Many people will have less than 15 responses in either category because they have not got a strong preference either way. This is not a statistically standardised test, but it can help people recognise ways of thinking that might affect their learning and progress. They can then work in ways that suit them better.

**For more information go to:**

<http://www.idpride.net/learningstyles.mi.htm>