
Learning with Your Multiple Intelligences

Howard Gardner's research has shown that there are at least eight ways of approaching "...solving problems and fashioning products" and that these eight intelligences are simple, elegant and powerful tools to understand and facilitate your learning by applying all eight of Gardner's Multiple Intelligences. You have all of these intelligences, but some of them are stronger than others. By using them you strengthen them to aid you in your future learning.

Verbal / Linguistic intelligence is the capacity to use language to express what's on your mind and to understand other people. People who are high in this intelligence are sensitive to language, meanings, and the relationship of words. They engage easily with vocabulary activities, grammar, poetry, essays and plays.

Logical / Mathematical intelligence People with a highly developed logical-mathematical intelligence understand the underlying principles of some kind of a causal system; or can manipulate numbers, quantities, and operations. Abstract thinking, counting, organizing; and logical structures are preferred by people high in this intelligence. They also like critical thinking activities, breaking words into smaller parts and reassembling them.

Visual / Spatial intelligence refers to the ability to represent the spatial world internally in your mind. Spatial intelligence can be used in the arts or in the trades and sciences. If you are spatially intelligent and oriented toward the arts, you are more likely to become a painter or a sculptor or an architect than, say, a musician or a writer. These people tend to be keen observers, able to think in three dimensions, and like to use metaphors. Learning materials that work well for them include: graphs, charts, colour codes, guided imagery, pictures, posters, and mind maps.

Body / Kinesthetic intelligence is the capacity to use your whole body or parts of your body – your hand, your fingers, your arms – to solve a problem, make something, or put on some kind of a production. These people have good body control and fine motor skills; and are often active and animated. They need "hands-on" learning opportunities, like shop, labs, games, skits, and plays.

Musical / Rhythmic intelligence is the capacity to think in music, to be able to hear patterns, recognize them, remember them, and perhaps manipulate them. People who have a strong musical intelligence don't just remember music easily – they can't get it out of their minds, it's so omnipresent. People will be sensitive to rhythm, pitch, intonation, and can remember tunes and rhythms easily. They tend to like poems, plays, jazz chants, rap music, songs, and musically guided imagery.

Interpersonal intelligence is understanding other people. Anybody who deals with other people has to be skilled in the interpersonal sphere. This is a social Intelligence and those who are high in this area are outgoing and interactive; sensitive to others' moods, feelings, and motivations.

Intrapersonal intelligence refers to having an understanding of yourself, of knowing who you are, what you can do, what you want to do, how you react to things, which things to avoid, and which things to gravitate toward. They tend to know what they can do. They tend to know what they can't do, and they also tend to know where to go if they need help.

Naturalistic intelligence is the ability to discriminate among living things (plants, animals), sensitivity to other features of the natural world (clouds, rock configurations) as well as a good sense of their surroundings and environment. They are also sensitive to changes around them, both outdoors and indoors.

Adapted from <http://www.ascd.org/> and <http://www.ncsall.net/>

Think about how you learn best and consider how you can use that to learn more and be more efficient in your learning.

Use the chart of the next page to plan your learning activities.

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Topic

Musical/Rhythmic

Visual/Spatial

Naturalistic

Interpersonal

Verbal Linguistic

Bodily/Kinesthetic

Intrapersonal

Logical/Mathematical