

*What it is: Everybody has a preferred learning style; through identifying and understanding your style, you will be able to maximize your strengths and improve your self-advocacy skills.*

We learn:

10% of what we **READ**

20% of what we **HEAR**

30% of what we **SEE**

50% of what we **SEE** and **HEAR**

70% of what we **DISCUSS**

80% of what we **EXPERIENCE**

90% of what we **TEACH** to someone else

-William Glassner

## **MULTIPLE INTELLIGENCE INVENTORY**

From 7Kinds of Smart by Thomas Armstrong (1993)

### **Verbal/Linguistic Intelligence**

- \_\_\_\_\_ 1. Books are very important to me.
- \_\_\_\_\_ 2. I can hear words in my head before I read, speak, or write them down.
- \_\_\_\_\_ 3. I get more out of listening to the radio or a spoken-word cassette than I do from television or films.
- \_\_\_\_\_ 4. I enjoy word games like Scrabble, Anagrams, or Password.
- \_\_\_\_\_ 5. I enjoy entertaining myself or others with tongue twisters, nonsense rhymes, or puns.
- \_\_\_\_\_ 6. Other people sometimes have to stop and ask me to explain the meaning of the words I use in my writing and speaking.
- \_\_\_\_\_ 7. English, social studies, and history were easier for me than math and science.
- \_\_\_\_\_ 8. When I drive down a freeway, I pay more attention to the word written on billboards than to the scenery.

- \_\_\_\_\_ 9. My conversation includes frequent references to things that I've heard or read.
- \_\_\_\_\_ 10. I've written something recently that I was particularly proud of or that earned me recognition from others.

### **Logical-Mathematical Intelligence**

- \_\_\_\_\_ 1. I can easily compute numbers in my head.
- \_\_\_\_\_ 2. Math and/or science were among my favorite subjects in school.
- \_\_\_\_\_ 3. I enjoy playing games or solving brainteasers that require logical thinking.
- \_\_\_\_\_ 4. I like to set up little "what if" experiments (for example, "What if I double the amount of water I give to my rosebush each week?").
- \_\_\_\_\_ 5. My mind searches for patterns, regularities, or logical sequences in things.
- \_\_\_\_\_ 6. I'm interested in new developments in science.
- \_\_\_\_\_ 7. I believe that almost everything has a rational explanation.
- \_\_\_\_\_ 8. I sometimes think in clear, abstract, wordless imageless concepts.
- \_\_\_\_\_ 9. I find logical flaws in things that people say and do at home and work.
- \_\_\_\_\_ 10. I feel more comfortable when something has been measured, categorized, analyzed, or quantified in some way.

### **Visual/Spatial Intelligence**

- \_\_\_\_\_ 1. I often see clear visual images when I close my eyes.
- \_\_\_\_\_ 2. I'm sensitive to color.
- \_\_\_\_\_ 3. I frequently use a camera or camcorder to record what I see around me.
- \_\_\_\_\_ 4. I enjoy doing jigsaw puzzles, mazes, and other visual puzzles.
- \_\_\_\_\_ 5. I have vivid dreams at night.
- \_\_\_\_\_ 6. I can generally find my way around unfamiliar territory.
- \_\_\_\_\_ 7. I like to draw or doodle.

- \_\_\_\_\_ 8. Geometry was easier for me than algebra in school.
- \_\_\_\_\_ 9. I can comfortably imagine how something might appear if it were looked down upon from directly above in a bird's eye view.
- \_\_\_\_\_ 10. I prefer looking at reading material that is heavily illustrated.

**Tactile/Kinesthetic Intelligence**

- \_\_\_\_\_ 1. I engage in at least one sport or physical activity on a regular basis.
- \_\_\_\_\_ 2. I find it difficult to sit still for long periods of time.
- \_\_\_\_\_ 3. I like working with my hands at concrete activities such as sewing, weaving, carving, carpentry, or model building.
- \_\_\_\_\_ 4. My best ideas often come to me when I'm out for a long walk or a jog, or when I'm engaging in some other kind of physical activity.
- \_\_\_\_\_ 5. I often like to spend my free time outdoors.
- \_\_\_\_\_ 6. I frequently use hand gestures or other forms of body language when conversing with someone.
- \_\_\_\_\_ 7. I need to touch things in order to learn more about them.
- \_\_\_\_\_ 8. I enjoy daredevil amusement rides or similar thrilling physical experiences.
- \_\_\_\_\_ 9. I would describe myself as well coordinated.
- \_\_\_\_\_ 10. I need to practice a new skill rather than simply reading about it or seeing a video that describes it.

**Musical Intelligence:**

- \_\_\_\_\_ 1. I have a pleasant singing voice.
- \_\_\_\_\_ 2. I can tell when a musical note is off key.
- \_\_\_\_\_ 3. I frequently listen to music on the radio, records, cassettes, or compact discs.
- \_\_\_\_\_ 4. I play a musical instrument.

- \_\_\_\_\_ 5. My life would be poorer if there were no music in it.
- \_\_\_\_\_ 6. I sometimes catch myself walking down the street with a television jingle or other tune running through my mind.
- \_\_\_\_\_ 7. I can easily keep time to a piece of music with a simple percussion instrument.
- \_\_\_\_\_ 8. I know the tunes to many different songs or musical pieces.
- \_\_\_\_\_ 9. If I hear a musical selection once or twice, I am usually able to sing it back fairly accurately.
- \_\_\_\_\_ 10. I often make tapping sounds or sing little melodies while studying or learning something new.

**Verbal/Linguistic** Total\_points: \_\_\_\_\_

**Logical-Mathematical** Total\_points: \_\_\_\_\_

**Visual/Spatial** Total\_points: \_\_\_\_\_

**Tactile/Kinesthetic** Total\_points: \_\_\_\_\_

**Musical** Total\_points: \_\_\_\_\_

### **PUTTING IT ALL TOGETHER**

**Ways to study and learn:**

#### **VERBAL/LINGUISTIC LEARNER**

Translate the things you see into things you can hear

1. Sit where you can hear well and be undistracted during class time
2. After you have made notes on something, or have read something, read it into a tape recorder, then listen to it to help remember it.
3. Write practice questions from notes, orally practice answering them with a friend.
4. When you study, say the information out loud to yourself after you have looked at it.
5. If a word seems unfamiliar when you look at it, have the teacher read it to you, (especially on a test) because you'll probably understand it more easily through hearing it.
6. Order audiobooks (resource: \*iTunes Store).

## LOGICAL/MATHEMATICAL LEARNER

Translate the things you need to do into organized resources

1. Outline reading material and study guides
2. Write in analytical modes, such as comparison or generalization from specific examples.

## VISUAL/SPATIAL LEARNER

Translate the things you hear into things you can see

1. Take notes while your teacher is talking.
2. Use different color pens to accentuate the important points/ use different colors for different concepts.
3. Take written notes and rewrite in chart or graph form. e.g. use a time line to chart events to remember in history
4. Write definition words on flashcards, words on the front, meanings on the back; use colored pens.
5. When memorizing, look at information, then look away and try to visualize it in your mind. Develop visual stories to memorize concepts and ideas.

## TACTILE/KINESTHETIC LEARNER

Translate the things you see and hear into things you can do

1. Write facts that you must learn and remember several times.
2. Take information from the textbook and make drawings, graphs, flashcards, maps, time lines.
3. Take notes while you are reading your textbook.
4. When memorizing, walk instead of sitting or bounce a ball, utilize different parts of your body when switching concepts or ideas.

## MUSICAL LEARNER

Translate the things you see into things you can hear and sing

1. Turn memorization facts into songs, chants, poems or raps.
2. Play different music selections while studying different ideas or concepts. Overly dramatic music will make it easier to retrieve the memorized information.
3. Use music as a means to stabilize and calm your mental and emotional being prior to taking test, studying or homework. The deeper sense of concentration and relaxation you obtain, the easier it will be to process information.

\*cited from [www.educ.uvic.ca](http://www.educ.uvic.ca) and [www.newhorizons.org](http://www.newhorizons.org)