Multiple Intelligences

Traditionally when we think of intelligence, we think of IQ and people who are academically smart. However, in 1983 Howard Gardner proposed the theory of multiple intelligences which states that each person is made up of a combination of intelligences and that we have a preference for some intelligences more than others. While Gardner recognized that there are many ways to be intelligent, he focused on eight more common intelligences.

The eight intelligences can be mapped out like this:

![Multiple Intelligences Diagram](http://www.biggerplate.com/mindmaps/rg43a3k/multiple-intelligences)

Figure 1. Multiple Intelligences. 2013 Source: R Fan. 2013 Used with permission from author.

Take a multiple intelligence survey: literacynet.org/mi/assessment/findyourstrengths.html

Strategies for capitalizing on your intelligences

Have a look at the chart on the other side of this sheet. Try to determine the methods you currently use to study. If you perceive that you have a strong preference for learning in a particular way, you can try some of the following strategies to better accommodate your needs as a learner.
If you seem to be a **Bodily/Kinesthetic** learner…

- Use role-playing
- Get hands-on experience such as completing labs and constructing models of new concepts
- Write out your notes and/or create small gestures to help memorize lists
- Use interactive technology to look things up on the computer or type something out

If you seem to be an **Intrapersonal** learner…

- Study in a place with few distractions
- Connect your learning to personal life, try journaling to determine the connections
- Take a self-assessment quiz and research ways to improve your learning habits

If you seem to be an **Interpersonal** learner…

- Study in groups so you have people to bounce ideas off of
- Use discussion as much as possible during study sessions
- Teach what you learned or reviewed to a classmate, peer, or family member
- Ask peers to share their understanding of new material, and explain your interpretation

If you seem to be **Logical/Mathematical** learner…

- Categorize, classify, and organize information
- Make charts and graphs
- Construct timelines
- Organize material in a logical order (e.g., chronological order)
- Determine rules and name relevant exceptions to the rules

If you seem to be **Musical** learner…

- Focus on discussing things out loud
- Put words to rhythms, rhymes or melodies – create a song out of information you need to memorize
- Read aloud parts of the text
- Study in a quiet spot where you will not be distracted by noise
- Avoid listening to music with lyrics while studying – the lyrics divide your attention

If you seem to be **Naturalistic** learner…

- Study near a window or outside
- Create analogies and examples that relate to nature and the environment
- Use categorization to understand concepts or solve problems

If you seem to be **Verbal/Linguistic** learner…

- Read aloud from textbooks
- Take notes during class or a tutoring session
- Use stories or analogies to explain concepts
- Talk through problems – use the voice recorder on your phone to capture ideas

If you seem to be **Visual/Spatial** learner…

- Draw or paint a visual image; sketch pictures in the margins of your notes
- Make graphs or charts
- Use different coloured writing instruments
- Create concept maps

The above information has been modified from “Learning Style and Multiple Intelligences: Identifying Pathways to Success” Presented by Robin Alison Mueller. SESD Learning Series. University of Saskatchewan. March 2008.

**How do You Define Intelligence?**