

Multiple Intelligences – Check list - ---Compiled by Usha Ramakrishnan

Note: Typically multiple intelligences must be assessed on specific jobs

This checklist is only an indicator.

Instructions: Read quickly through the list of traits below. In the box alongside tick those that fit you, cross those that do not, use a question mark for those you are not sure about. (be honest to yourself...!!)

Tally up each area on completion of the checklist. compile the intelligences where you have the highest scores. They will give you an indication of your unique multiple intelligences profile!

LINGUISTIC INTELLIGENCE

- Reading is one of my favorite pastimes
- For news, I read the newspaper rather than watch it on TV
- I am good at word games (e.g. boggle crosswords or scrabble)
- I am fluent in more than three languages
- People sometimes stop to ask me for meanings of words I use while talking
- I found language & social studies easier in school than science or mathematics
- On the road while travelling I look more at advertisements on hoardings than at nature.
- I can express myself well while speaking to convince others of a point of view.
- I have recently written an article that I feel good about which was well received
- I maintain a diary.

LOGICAL-MATHEMATICAL INTELLIGENCE

- I can compute numbers mentally without error
- I did well in math and science at school
- I enjoy solving brain twisters or puzzles that require logical thinking
- I remember telephone and car numbers easily and have tricks to remember them
- I sometimes think concepts through clearly without words
- I think logically, and can find mistakes in others when they do not think logically
- I am very interested in new research and development in science
- I automatically look for regularities and logical sequence in things
- I do the SUDOKO regularly, and solve it easily.
- I have good computer skills

MUSICAL INTELLIGENCE

- I often listen to music over the radio, on TV, on CDs or live performance
- I play a musical instrument
- I have a pleasant voice and can sing to shruti
- I can tell when a musical note sung or played is not in shruti
- When I am upset sad or angry music calms me.
- Often the tune of a song I have just heard or liked keeps running through my mind
- I can easily keep time to music by tapping, or with a simple percussion instrument
- I know the tunes of many songs
- While working or learning something I often sing to myself
- If I hear a song a couple of times I can sing it back fairly accurate

BODILY KINEASTHETIC INTELLIGENCE

- I play an active sport or do yoga or exercise regularly
- I work with my hands with carving, /carpentry/ weaving/ sewing as a hobby
- I use a pair of scissors skillfully
- I enjoyed climbing trees, cycling, gymnastics as a child
- I can pick up a new step in a dance or drill once I have seen someone else do it
- I learnt swimming/cycling/driving easily
- People say I work very neatly and deftly without any clumsiness
- The best ideas come to me when I am out for a walk or run
- I enjoy dare devil rides in amusement parks
- I am well co-coordinated

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SPATIAL INTELLIGENCE

- I like to use a camera to take pictures of things around me
- I have a good sense of direction .I can easily find my bearings in a new place
- I can visualize how an object or place will look from any perspective above or in other direction
- I enjoy playing chess & putting together complicated Jigsaw puzzles
- At school I was good at drawing and painting
- I can follow a map with ease
- I'm very sensitive to colour
- I can draw my house plan & directions to a place with ease
- I prefer reading illustrated material, rather than plain prose
- I often use a diagram to express my ideas

NATURALIST INTELLIGENCE

- I am very interested in plants and nature.
- Gardening is one of my favorite hobbies.
- I can easily remember the names of trees and plants.
- Plants do very well under my care.
- I am good with home remedies from the kitchen
- Botany and zoology were my favorite subjects in school.
- I love cooking and create dishes that win appreciation
- I have a pet at home and have trained my pet well.
- I am very interested in recent research in agriculture, / horticulture / genetics
- I enjoy nature walks, and bird watching.

INTERPERSONAL INTELLIGENCE

- I get along well with people from different backgrounds with different interests
- I enjoy group games like kho-kho, badminton
- I am comfortable in a crowd
- I am involved in community activities (a club on a social cause)
- I prefer to spend an evening with people than be by myself
- People come to me for counsel
- I can easily make out if another person is upset or angry by their facial expressions
- I can easily sort out an issue or conflict between people
- I am good at teamwork
- I can and have lead a team successfully

INTRAPERSONAL INTELLIGENCE

- I am aware of my strengths and weaknesses
- I am aware of my feelings and can control and guide my emotions positively.
- I am independent in my thinking
- I spend time in meditation and contemplating on life
- I prefer spending a weekend quietly than in a place with lots of people around
- I can motivate myself in the face of odds and set standards for myself
- I have a special hobby that I pursue on my own
- I read articles on self-development
- I enjoy reading psychology and philosophy
- I can postpone or defer a short time gain for a long term one