




Assessment: Find Your Strengths!

ASSESSMENT

How are you smart?

Find your strengths!

Your top three intelligences:

Intelligence	Score (5.0 is highest)	Description
 <p>BODY MOVEMENT (Kinesthetic)</p>	5	<p>Body Movement: You like to move, dance, wiggle, walk, and swim. You are likely good at sports, and you have good fine motor skills. You may enjoy taking things apart and putting them back together. Incorporating body movement into your learning will help you process and retain information better. Here are some ideas.</p> <ul style="list-style-type: none"> • Trace letters and words on each other's back. • Use magnetic letters, letter blocks, or letters on index cards to spell words. • Take a walk while discussing a story or gathering ideas for a story. • Make pipe cleaner letters. Form letters out of bread dough. After you shape your letters, bake them and eat them! • Use your whole arm (extend without bending your elbow) to write letters and words in the air. • Change the place where you write and use different kinds of tools to write, ie., typewriter, computer, blackboard, or large pieces of paper. • Write on a mirror with lipstick or soap. • Take a walk and read all the words you find during the walk. • Handle a Koosh ball or a worry stone during a study session. • Take a break and do a cross-lateral walk.
	4.43	<p>Self: You have a very good sense of self. You like to spend time by yourself and think things over. You will often take in information from another person, mull it</p>



over by yourself, and come back to that person later to discuss it. You like working on projects on your own. You often prefer to learn by trial and error. Effective techniques to enhance your learning include keeping a journal and giving yourself time to reflect on new ideas and information. More ideas:

- Go on "guided imagery" tours.
- Set aside time to reflect on new ideas and information.
- Encourage journal writing.
- Work on the computer.
- Practice breathing for relaxation.
- Use brainstorming methods before reading.
- Listen to and read "how to" tapes and books.
- Read cookbooks.



4.29

Social: You like to develop ideas and learn from other people. You like to talk. You have good social skills. Effective techniques of enhancing your learning using your social intelligence include taking part in group discussions or discussing a topic one-to-one with another person. Find ways to build reading and writing exercises into your group activities, such as:

- Reading a dialogue or a play with other people
- Doing team learning/investigating projects
- Setting up interview questions and interviewing your family, and writing down the interview
- Writing notes to another instead of talking.

The scores for your other five intelligences:



NATURE
(Naturalist)

4



MUSICAL

3.71



**LOGIC/
MATH**

3.57



SPATIAL

3.43



LANGUAGE
(Linguistic)

2.71

Just because these five are not in your top three doesn't mean you're not strong in them. If your average score for any intelligence is above three, you're probably using that intelligence quite often to help you learn. Take a look at the [Practice](#) section to see how to engage all your intelligences.

