

## MULTIPLE INTELLIGENCES CHECKLIST

### Verbal / Linguistic Intelligence

- Uses language well in order to persuade, entertain, inform, and communicate
- Solves problems, memorizes, and acquires new knowledge through the use of language
- Skilled in speaking, writing, listening and / or reading
- Can learn new languages easily
- Uses words effectively
- Has a wealth of vocabulary
- Has the ability to understand the function of language

### Musical / Rhythmic Intelligence

- Has the ability to communicate and / or understand emotions conveyed through music
- Can compose and / or perform musically
- Is sensitive to sounds and has a good sense of pitch
- Can perceive, discriminate, transform, and express ideas and emotions musically
- Has an intuitive understanding of music (such as playing an instrument “by ear”)
- Has a technical understanding of music (such as comes from the study of music theory)
- Has natural rhythm, beat, and harmony

### Logical / Mathematical Intelligence

- Can recognize and explore patterns, categories, and relationships using objects or symbols
- Thinks in a logical, ordered, sequential way
- Enjoys collecting and classifying things
- Uses reasoning and logic to solve problems
- Uses numbers effectively
- Has a sensitivity to logical patterns, statements, and relationships
- Skilled in science and math

### Visual / Spatial Intelligence

- Can perceive, create, and change visual objects mentally
- Knows how to create and interpret artistic works and other visuals
- Can orient oneself or navigate within an environment or location
- Able to represent spatial information graphically
- Sensitive to color, line, shape, form, space, and the relationships which exist between these elements
- Has a keen eye for visual detail
- Good at jigsaw puzzles and in fitting shapes together

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## **MULTIPLE INTELLIGENCES CHECKLIST** (continued)

### **Bodily / Kinesthetic Intelligence**

- Uses both mind and body in the display of motor skills and the performance of physical tasks and functions
- Can manipulate objects in the environment with ease
- Uses the whole body to express ideas and feelings
- Has a good sense of balance, coordination, strength, speed and / or dexterity
- Solves problems by “doing”
- Has good eye-hand coordination
- Able to use his / her hands to produce or transform things

### **Intrapersonal Intelligence**

- Recognizes personal strengths and weaknesses and has the ability to reflect on his / her life
- Reflects upon, analyzes, and understands his / her feelings and desires
- Has self-discipline, self-confidence, self-motivation, and self-understanding
- Uses both strengths and limitations in goal setting, motivation, and planning
- Learns from successes and failures
- Plans for and uses suitable organization and study skills
- Understands his / her own hopes, dreams, aspirations, and emotions

### **Interpersonal Intelligence**

- Has the ability to sense the moods, feelings, and needs of others
- Can build relationships and work collaboratively and effectively as a member of a team
- Understands and empathizes with others
- Able to lead and persuade others
- Sensitive to both verbal and non-verbal cues and responds appropriately
- Perceives the moods, intentions, feelings, and motivations of others
- Asks for, listens to and considers advice and opinions of others when making a decision

### **Naturalist Intelligence**

- Can create categories and sort / index items accordingly
- Feels comfortable with nature and the natural world
- Able to recognize and make distinctions between things in nature
- Is oriented toward the outdoor life
- Has good survival skills; can live off the land
- Observes things in nature others would miss
- Has “street smarts”

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