<table>
<thead>
<tr>
<th>I LIKE TO MAKE OR CREATE…</th>
<th>WHAT I’M PASSIONATE ABOUT…</th>
</tr>
</thead>
<tbody>
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</table>

<table>
<thead>
<tr>
<th>I’M GOOD AT…</th>
<th>THINGS THAT ARE MY FAVORITES…</th>
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<table>
<thead>
<tr>
<th>WORK I LIKE TO DO…</th>
<th>BEST WAYS TO SPEND FREE TIME…</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

Possible future jobs/careers based on current skills and interests:

1. 
2. 
3. 
Name_____________________________________________             Date ______________

**MY LEARNING PREFERENCES**

Learning is fun when ________________________________________________.

I learn best when _____________________________________________________.

I would like to learn more about _________________________________________.

If I could do anything at school, it would be ____________________________________.

The subject I do best at school is ____________________________________________.

The subject I like the least is ________________________________________________.

<table>
<thead>
<tr>
<th>#</th>
<th>CIRCLE ONE OF THE THREE CHOICES. THEN TALLY THE POINTS BELOW.</th>
<th>OFTEN</th>
<th>SOME-TIMES</th>
<th>SELDOM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I remember best when I just focus and listen.</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>2</td>
<td>I easily understand and follow directions on maps and charts.</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>3</td>
<td>I write down what I need to remember (often more than once).</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>4</td>
<td>I like it best when we learn from books, charts, and pictures.</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>5</td>
<td>I can easily tell when a musical note is not in tune.</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>6</td>
<td>I play with coins, keys, pencils, and other items when I study.</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>7</td>
<td>I prefer making posters and doing activities to learn things.</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>8</td>
<td>I can look at a diagram and figure out how to assemble an item.</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>9</td>
<td>I follow oral directions better than written ones.</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>10</td>
<td>I like to chew gum or eat snacks while I study.</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>11</td>
<td>To remember something, I like to create a picture it in my head.</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>12</td>
<td>I can learn spelling words best when I say them out loud.</td>
<td>5 pts.</td>
<td>3 pts.</td>
<td>1 pt.</td>
</tr>
</tbody>
</table>

*Learning Styles Inventory adapted from various sources.*

1. Write your scores on the lines after each number
2. Total your scores on end line.

VISUAL PREF. SCORE: #2 + #4 + #8 + #11 = __________

AUDITORY PREF. SCORE: #1 + #5 + #9 + #12 = __________

TACTILE PREF. SCORE: #3 + #6 + #7 + #10 = __________
MULTIPLE INTELLIGENCES SELF-ASSESSMENT

People are unique or “one of a kind.” Everyone is different in how they are smart or capable. DIRECTIONS: Look at the whole survey first. Then read and put a check by each sentence that you can honestly answer with a “yes.” Add the number of checks for each group as your total.

INTERPERSONAL

_____ I get along well with others.
_____ I like to belong to clubs, teams, and organizations.
_____ I have several close friends.
_____ I am a “team player.”
_____ I like to work with a group.
_____ Friends ask me for advice.
_____ I like to study with others.
_____ I ask a friend or adult for help with a problem.
_____ If something breaks, I look for someone who can help me fix it.
_____ For a group presentation I like to help organize the group’s efforts.

______ TOTAL

VERBAL / LINGUISTIC

_____ I enjoy telling stories & jokes.
_____ I have a good memory for trivia.
_____ I enjoy word games (I.e.: scrabble & puzzles).
_____ I read books just for fun.
_____ I am a good speller (most of the time).
_____ In an argument I tend to use putdowns or sarcasm.
_____ I like to talk and write about my ideas.
_____ If something breaks, I read the instruction book first.
_____ For a group presentation, I prefer writing & doing research.
_____ To memorize something, I create a rhyme or saying to help me remember.

______ TOTAL

INTRAPERSONAL

_____ I like to work alone without anyone bothering me.
_____ I enjoy keeping a journal or diary.
_____ I like being original and follow my instincts.
_____ I don’t like crowds and I like being by myself (most of the time).
_____ I know what I am good at and what I am weak at.
_____ In an argument, I will usually walk away until I calm down.
_____ To memorize something, I tend to close my eyes and feel what is right.
_____ I think I am strong-willed, independent and don’t follow the crowd.
_____ If something breaks, I wonder if it’s worth fixing.
_____ For group presentations, I like to contribute something that is uniquely mine, often based on how I feel.

______ TOTAL
BODY / KINESTHETIC

_____ I enjoy outdoor games and sports.
_____ I enjoy making things with my hands and learning by doing.
_____ When I look at things, I like touching them.
_____ Sitting still for a long time is hard for me.
_____ I use a lot of body movements when talking.
_____ I tend to tap my fingers or play with my pencil during class.
_____ In an argument I tend to strike out and hit or run away.
_____ To memorize something I write it down many times until I know it.
_____ If something breaks, I tend to play with the pieces to try to fit them together.
_____ For a group presentation, I prefer to do things like move props, act and hold posters.

TOTAL

NATURALISTIC

_____ I usually am aware of my surroundings and what goes on around me.
_____ I love to go for hikes in the mountains or spend a day at the beach.
_____ I enjoy growing things and working in the yard.
_____ I like to collect things (rocks, sports cards, stamps, etc.).
_____ To memorize something, I tend to organize it into categories.
_____ As an adult, I think I would like to live away from the city and enjoy nature.
_____ I enjoy learning about where I live and things in the environment (plants, animals, etc.).
_____ In an argument I tend to compare my opponent to something I have read or heard about.
_____ If something breaks, I look around to find what I can use to fix the problem.
_____ For a group presentation I prefer to organize the information into categories.

TOTAL

LOGICAL / MATHEMATICAL

_____ I really enjoy my math class.
_____ I like math puzzles or brain teasers.
_____ Math problems are easy for me to solve.
_____ To memorize something I tend to place events in a logical order.
_____ I like to find out how things work.
_____ Structure helps me be successful.
_____ In an argument, I try to find a fair and logical solution.
_____ I love to work on the computer and play chess, checkers, and math games.
_____ If something breaks, I look at the pieces and try to figure out how it works.
_____ For a group presentation, I prefer to create the charts and graphs.

TOTAL

MUSICAL / RHYTHMIC

_____ I enjoy listening to CDs and the radio.
_____ I tend to hum to myself when working.
_____ I like to sing.
_____ I play a musical instrument.
_____ I like to have music playing when doing homework or studying.
_____ If I have to memorize something I try to create a rhyme for it.
I can remember the tunes of many songs.
In an argument I tend to shout or punch or move in some sort of rhythm.
If something breaks, I tend to tap my fingers to a beat while I figure it out.
For a group presentation I prefer to put new words to a popular tune or use music.

TOTAL

VISUAL / SPATIAL
I prefer a map to written directions.
I daydream a lot.
I enjoy hobbies such as photography.
I like to draw and doodle on paper.
I like art.
If I have to memorize something, I draw a diagram to help me remember.
In a magazine, I prefer looking at the pictures rather than reading the text.
In an argument I try to keep my distance, keep silent, or visualize some solution.
If something breaks, I tend to study the diagram of how it works.
For a group presentation I prefer to draw all the pictures.

TOTAL

EMOTIONAL
I pick up on people’s moods by watching them.
I am passionate about what is important to me.
It feels good to help others.
It is easy for me to find something of interest to do.
When I read, I feel the emotions of the characters.
I enjoy watching TV where people learn important life lessons and win prizes.
To memorize something, I need to feel balanced and calm when I study.
In an argument, it is harder to stay calm with someone who frustrates me.
If something breaks, I sometimes become upset about it.
For a group presentation I prefer that we all work well together and feel good about it.

TOTAL
### Multiple Intelligence Self Assessment

<table>
<thead>
<tr>
<th></th>
<th>INTER-PERS.</th>
<th>VERBAL / LING.</th>
<th>INTRA-PERS.</th>
<th>BODY / KINES.</th>
<th>NATURALISTIC</th>
<th>LOGICAL / MATH</th>
<th>MUSICAL / RHYMIC</th>
<th>VISUAL / SPATIAL</th>
<th>EMOTIONAL</th>
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UNDERSTANDING MULTIPLE INTELLIGENCES
AND LEARNING STYLES

Read the following information to help you figure out your preferences and strengths. What matches you? Remember, you can be smart in more than one way.

Adapted from:

Kinesthetic - Body Smart: People who love being active can be smart in the physical sense. They move with ease and tend to be good at different kinds of sports and physical activities.

Linguistic/Verbal - Word Smart: Those are linguistic or verbally smart, really like words. They enjoy reading, writing, and talking about things.

Logical - Number Smart: Some people really like numbers. They are good at mathematics, other number based activities like cards and games, and can usually solve problems.

Interpersonal - People Smart: If you like to mix with other people and you tend to belong to groups or clubs, you have strong interpersonal skills. You like team games and are good at sharing.

Intrapersonal - Myself Smart: If you know about yourself and your strengths and weaknesses, you tend to look “inside” with strong intrapersonal skills. You may like keeping a diary.

Musical – Music Smart: Musically talented people can recognize sounds, and timbre, or the quality of a tone. They often sing or play musical instruments with ease.

Visual/Spatial - Picture Smart: People who have a strong ability to use and create images are visually smart. They are also good at map reading, going through mazes, and making graphs.

Naturalistic - Nature Smart: If you love the world of plants and animals and enjoy learning about them, you may have naturalistic intelligence. Being outdoors is what you like best.

Emotional – Feeling Smart: Emotionally intelligent people connect well to others and their environment. They have a heightened understanding of others and use their intuition.

VISUAL LEARNERS: LEARN BEST BY SEEING THINGS

Some Characteristics:
• Can be good at spelling but forgets names.
• Needs quiet study time.
• Has to think awhile before understanding lecture.
• Likes colors & fashion.
• Dreams in color.
• Understands/likes charts.
• Draws and doodles a lot.
Learning Suggestions:
- Draw a map of events in history or draw the scientific process.
- Make outlines of everything.
- Copy what's on the board.
- Take notes; make lists.
- Watch videos.

AUDITORY LEARNERS: LEARN BEST BY HEARING THINGS
Some Characteristics:
- Likes to read to self out loud.
- Likes oral reports, acting, being on stage.
- Is good at explaining and speaks easily in class.
- Remembers names.
- Notices sound effects in movies.
- Enjoys music.
- Follows spoken directions well.
- Can't keep quiet for long periods.

Learning Suggestions:
- Use word association to remember facts and lines.
- Watching videos.
- Repeat facts with eyes closed.
- Participate in group discussions.
- Tape notes after writing them.

KINESTHETIC LEARNERS: LEARN BEST BY DOING THINGS
Some Characteristics:
- Involved in sports, martial arts, dance.
- Can't sit still for long; fidgets during lectures.
- Is not great at spelling.
- Likes science lab.
- Studies with loud music on.
- Likes role-playing.
- Takes breaks when studying.

Learning Suggestions:
- Study for short blocks of time.
- Do role-playing.
- Study with others.
- Use memory games.
- Use flash cards to memorize.