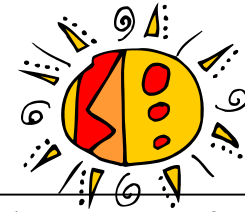


Assessing My Multiple Intelligences



Directions: Complete each sentence below by filling in the blank with the number that best indicates your degree of expertise in each. Enter the number in the blank before the statement. Total the score for each intelligence in the box at the bottom of the column.

4	3	2	1	0
exceptional expertise	high expertise	moderate expertise	minimal expertise	no expertise

Verbal/Linguistic

Logical/Mathematical

Visual/Spatial

Bodily/Kinesthetic

	I read and understand what I've read with ____.
	I listen to the radio or a spoken word cassette and understand with ____.
	I play word games like Scrabble, Anagrams, or Password with ____.
	I make up tongue twisters, nonsense rhymes, or puns with ____.
	I use words in writing or speaking with ____.
	In my English, social studies, and history courses in school, I displayed ____.
	Others have recognized that my writing shows ____.
	I often convince others to agree with me with ____.
	I speak in public with ____.
	I use words to create mental pictures with ____.
	TOTAL

	I compute numbers in my head with ____.
	In my math and/or science courses in school, I displayed ____.
	I play games or solve brainteasers that require logical thinking with ____.
	I identify regularities or logical sequences in things with ____.
	I think in clear, abstract concepts with ____.
	I find logical flaws in things that people say and do with ____.
	I categorize and analyze information with ____.
	I piece together patterns from separate pieces of information with ____.
	I use symbols to manipulate data with ____.
	Others have recognized that my deductive ability shows ____.
	TOTAL

	I am able to use color with ____.
	I use a camera or camcorder to record what I see around me with ____.
	I do jigsaw puzzles, mazes, and other visual puzzles with ____.
	I format and layout publications with ____.
	I find my way around unfamiliar territory with ____.
	I understand what a shape will look like when viewing it from directly above with ____.
	In Geometry classes in school, I displayed ____.
	I draw or paint with ____.
	I design interior or exterior spaces with ____.
	I recognize shapes regardless of the angle from which I view them with ____.
	TOTAL

	I play tennis, golf, swim, or engage in some similar physical activity with ____.
	I sew, weave, or engage in some similar creative activity with ____.
	I build models, do woodworking, or construct things with ____.
	In activities or courses requiring physical or manual dexterity in school, I display ____.
	I use gestures or other forms of body language to convey ideas with ____.
	My physical coordination displays ____.
	I dance with ____.
	I express my feelings through physical activity with ____.
	I am recognized as having physical or manual abilities that exhibit ____.
	My dramatic ability shows ____.
	TOTAL

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Musical

	I sing with ____.
	I can tell when a musical note is off-key with ____.
	I can sight read and sing or play a difficult musical piece with ____.
	I play a musical instrument with ____.
	I can hear a melody once and reproduce it with ____.
	I reproduce or create intricate rhythms with ____.
	I create new musical compositions with ____.
	I am recognized by others as having musical talent with ____.
	I direct others in creating musical selections with ____.
	I "hear" the patterns of relationships within a musical piece with ____.
	TOTAL

Interpersonal

	I provide advice or counsel to others with ____.
	My ability to facilitate group work shows ____.
	I make friends with ____.
	I play social games such as Pictionary or Charades with ____.
	When teaching another person or groups of people, I display ____.
	My involvement in social activities connected with work, church, & community displays ____.
	In leading others, I exhibit ____.
	I am able to understand the needs and emotions of others with ____.
	I work together with others to achieve a common goal with ____.
	I sense other people's motives or hidden agendas with ____.
	TOTAL

Intrapersonal/Introspective

	I reflect on ideas or events with ____.
	I achieve personal growth by using new information with ____.
	I achieve resilience to setbacks with ____.
	I have developed a special hobby or interest with ____.
	I set important goals for my life with ____.
	I recognize my strengths and weaknesses (borne out of feedback from other sources) with ____.
	I use solitude to strengthen my inner resources with ____.
	I am strong willed or independent minded to a degree that exhibits ____.
	I keep a personal diary or journal to record the events of my inner life in a way that displays ____.
	I seek to understand my own motivation with ____.
	TOTAL

Naturalist

	I can see variations in leaves with ____.
	I am able to identify a wide variety of insects, birds, or rocks with ____.
	Using a microscope, I can see very small differences between plants or animals with ____.
	I can identify the tracks and spoor of an animal with ____.
	Using a telescope, I am able to identify stars, planets, and galaxies with ____.
	I am able to tell the difference between harmless and poisonous plants or animals with ____.
	I am able to work with animals with ____.
	I can plan a garden that has color during all four seasons of the year with ____.
	I am able to classify such things as rocks or aquatic life or clouds with ____.
	I am able to grow plants with ____.
	TOTAL

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