

# Assessing My Multiple Intelligences

**INSTRUCTIONS:** 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 |



## 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—
- In leading others, I exhibit—
- My involvement in social activities connected with my work, church, or community displays—
- 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 a 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 by 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—
- I am able to tell the difference between harmless and poisonous plants or animals with—
- Using a telescope, I am able to identify stars, planets, and galaxies with—
- I can plan an attractive garden that has color during all four seasons of the year with—
- I am able to work with animals 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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| exceptional<br>expertise | high<br>expertise | moderate<br>expertise | minimal<br>expertise | no<br>expertise |



## Verbal/Linguistic

- 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



## Visual/Spatial

- 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 draw or paint with—
- In Geometry classes in school, I displayed—
- I understand what a shape will look like when viewing it from directly above with—
- I design interior or exterior spaces with—
- I recognize shapes regardless of the angle from which I view them with—

Total

## Logical/Mathematical

- 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



## Bodily/Kinesthetic

- 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

(continues)