

MULTIPLE PATHWAYS TO LEARNING³

Each intelligence has a set of numbered statements. Consider each statement on its own. Then rate how closely it matches who you are right now by writing a number on the line next to the statement. Finally, total each set of six questions.

- 1 RARELY
 2 SOMETIMES
 3 USUALLY
 4 ALWAYS

1. _____ I enjoy physical activities. 2. _____ I am uncomfortable sitting still. 3. _____ I prefer to learn through doing. 4. _____ When sitting I move my legs or hands. 5. _____ I enjoy working with my hands. 6. _____ I like to pace when I'm thinking or studying. _____ TOTAL for BODILY-KINESTHETIC	1. _____ I enjoy telling stories. 2. _____ I like to write. 3. _____ I like to read. 4. _____ I express myself clearly. 5. _____ I am good at negotiating. 6. _____ I like to discuss topics that interest me. _____ TOTAL for VERBAL-LINGUISTIC
1. _____ I use maps easily. 2. _____ I draw pictures/diagrams when explaining ideas. 3. _____ I can assemble items easily from diagrams. 4. _____ I enjoy drawing or photography. 5. _____ I do not like to read long paragraphs. 6. _____ I prefer a drawn map over written directions. _____ TOTAL for VISUAL-SPATIAL	1. _____ I like math in school. 2. _____ I like science. 3. _____ I problem-solve well. 4. _____ I question how things work. 5. _____ I enjoy planning or designing something new. 6. _____ I am able to fix things. _____ TOTAL for LOGICAL-MATHEMATICAL
1. _____ I listen to music. 2. _____ I move my fingers or feet when I hear music. 3. _____ I have good rhythm. 4. _____ I like to sing along with music. 5. _____ People have said I have musical talent. 6. _____ I like to express my ideas through music. _____ TOTAL for MUSICAL	1. _____ I need quiet time to think. 2. _____ I think about issues before I want to talk. 3. _____ I am interested in self-improvement. 4. _____ I understand my thoughts and feelings. 5. _____ I know what I want out of life. 6. _____ I prefer to work on projects alone. _____ TOTAL for INTRAPERSONAL
1. _____ I like doing a project with other people. 2. _____ People come to me to help settle conflicts. 3. _____ I like to spend time with friends. 4. _____ I am good at understanding people. 5. _____ I am good at making people feel comfortable. 6. _____ I enjoy helping others. _____ TOTAL for INTERPERSONAL	1. _____ I enjoy nature whenever possible. 2. _____ I think about having a career involving nature. 3. _____ I enjoy studying plants, animals, or oceans. 4. _____ I avoid being indoors except when I sleep. 5. _____ As a child I played with bugs and leaves. 6. _____ When I feel stressed I want to be out in nature. _____ TOTAL for NATURALISTIC

Developed by Joyce Bishop, Ph.D., and based upon Howard Gardner's *Frames of Mind: The Theory of Multiple Intelligences*.

SCORING GRID FOR MULTIPLE PATHWAYS TO LEARNING

For each intelligence, shade the box in the row that corresponds with the range where your score falls. For example, if you scored 17 in Bodily-Kinesthetic intelligence, you would shade the middle box in that row; if you scored a 13 in Visual-Spatial, you would shade the last box in that row. When you have shaded one box for each row, you will see a “map” of your range of development at a glance.

A score of 20–24 indicates a high level of development in that particular type of intelligence, 14–19 a moderate level, and below 14 an underdeveloped intelligence.

	20-24 (HIGHLY DEVELOPED)	14-19 (MODERATELY DEVELOPED)	Below 14 (UNDERDEVELOPED)	
Bodily-Kinesthetic				
Visual-Spatial				
Verbal-Linguistic				
Logical-Mathematical				
Musical				
Interpersonal				
Intrapersonal				
Naturalistic				

Key 2.2 How to put your Multiple Intelligences to work for you.

ABILITIES AND SKILLS ASSOCIATED WITH EACH INTELLIGENCE

VERBAL/LINGUISTIC

- Analyzing own use of language
- Remembering terms easily
- Explaining, teaching, learning, using humor
- Understanding syntax and word meaning
- Convincing someone to do something

MUSICAL/RHYTHMIC

- Sensing tonal qualities
- Creating/enjoying melodies, rhythms
- Being sensitive to sounds and rhythms
- Using “schemas” to hear music
- Understanding the structure of music

LOGICAL/MATHEMATICAL

- Recognizing abstract patterns
- Reasoning inductively and deductively
- Discerning relationships and connections
- Performing complex calculations
- Reasoning scientifically

VISUAL/SPATIAL

- Perceiving and forming objects accurately
- Recognizing relationships between objects
- Representing something graphically
- Manipulating images
- Finding one’s way in space

BODILY/KINESTHETIC

- Connecting mind and body
- Controlling movement
- Improving body functions
- Expanding body awareness to all senses
- Coordinating body movement

INTRAPERSONAL

- Evaluating own thinking
- Being aware of and expressing feelings
- Understanding self in relation to others
- Thinking and reasoning on higher levels

INTERPERSONAL

- Seeing things from others’ perspectives
- Cooperating within a group
- Communicating verbally and nonverbally
- Creating and maintaining relationships

NATURALISTIC

- Deep understanding of nature
- Appreciation of the delicate balance in nature

Key 2.2 Continued.

STUDY TECHNIQUES TO MAXIMIZE EACH INTELLIGENCE

VERBAL/LINGUISTIC

- Read text; highlight no more than 10%
- Rewrite notes
- Outline chapters
- Teach someone else
- Recite information or write scripts/debates

MUSICAL/RHYTHMIC

- Create rhythms out of words
- Beat out rhythms with hand or stick
- Play instrumental music/write raps
- Put new material to songs you already know
- Take music breaks

LOGICAL/MATHEMATICAL

- Organize material logically
- Explain material sequentially to someone
- Develop systems and find patterns
- Write outlines and develop charts and graphs
- Analyze information

VISUAL/SPATIAL

- Develop graphic organizers for new material
- Draw mind maps
- Develop charts and graphs
- Use color in notes to organize
- Visualize material (method of loci)

BODILY/KINESTHETIC

- Move or rap while you learn; pace and recite
- Use “mental walk” memory strategy
- Move fingers under words while reading
- Create “living sculptures”
- Act out scripts of material, design games

INTRAPERSONAL

- Reflect on personal meaning of information
- Visualize information/keep a journal
- Study in quiet settings
- Imagine experiments

INTERPERSONAL

- Study in a group
- Discuss information
- Use flash cards with others
- Teach someone else

NATURALISTIC

- Connect with nature whenever possible
- Form study groups of people with like interests

Adapted from Lazear, *Seven Pathways of Learning*, 1994.