

# Seven Intelligences

## Personal Profile Form

*Please put crosses in the appropriate boxes below to see your personal profile*

up to 10 20 30 40 50 60 70 80 90 100%

Spacial-visual

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Linguistic

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Inter-personal

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Musical

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Bodily-kinaesthetic

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Intra-personal

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Logical Mathematical

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## SPACIAL VISUAL INTELLIGENCE

- Used for visualisation and art

### Learning techniques:

- Learn from film, video, slides, etc.
- Use symbols, doodles, diagrams or, better still, Mind Map
- Design and produce a poster of the key facts and pin it up
- Highlight key points with different colours
- When you read, visualise events in your mind's eye; do not focus on the words
- Use visualisation to create a mental TV documentary with strong visual images
- Study in different places, areas of a room to gain a different perspective
- Convert information into diagrams or cartoons

### Characteristics:

- ☐ Thinks and remembers in pictures
- ☐ Good sense of imaging/use of mind's eye
- ☐ Sense of colour
- ☐ Good at art/drawing
- ☐ Uses maps, charts and diagrams easily
- ☐ Sense of direction
- ☐ Good at driving/parking
- ☐ Well dressed

### Likes:

- ☐ Film and video
- ☐ Posters/pictures
- ☐ Drawing. Painting, sculpting
- ☐ Doodling
- ☐ Colour
- ☐ Dressmaking
- ☐ Clothes
- ☐ Self assembly furniture
- ☐ Navigating
- ☐ Photography

**Total score:**        /18

**Percentage:**        %

## LINGUISTIC INTELLIGENCE

- Used for reading, writing and speech

### Learning techniques:

- Learn from books, tapes, lectures, presentations, seminars, etc.
- Write down questions you want answered before starting any learning
- Read out loud
- After reading a piece of text, summarise in your own words out loud and write it down
- Always put things in your own words
- Brainstorm to organise thoughts into order and/or key points
- Write key points on cards and sort into order
- Make up crosswords and puzzles to solve (why not do this with your learning set?)
- Debate and discuss issues (preferably with your learning set)
- Present what you have learned orally or in writing to someone else (your learning set?)

### Characteristics:

- ☐ Extensive vocabulary
- ☐ Good at spelling
- ☐ Good verbal and/or written Communication
- ☐ Expressive fluent talker
- ☐ Good listener
- ☐ Gives clear explanations
- ☐ Reasoning ability
- ☐ Methodical

### Likes:

- ☐ Reading
- ☐ Books
- ☐ Word games/  
Crosswords
- ☐ Theatre
- ☐ Poetry
- ☐ Debate
- ☐ Radio
- ☐ Writing letters

**Total score:**            **/16**

**Percentage:**            **%**

## INTERPERSONAL INTELLIGENCE

- **Used for communicating with others**

### Learning techniques:

- Learn from others
- Work in teams and learn together
- Talk to others to get and share answers
- Compare notes after a study session
- Make use of networking and mentoring
- Teach others
- Socialise during breaks
- Form and learn through a learning set

### Characteristics:

- ☐ Relates to and mixes well with others
- ☐ Puts people at ease
- ☐ Has numerous friends
- ☐ Sympathetic to others' feelings
- ☐ Good communicator
- ☐ Good at negotiating
- ☐ Co-operative
- ☐ Moderates between people in dispute

### Likes:

- ☐ Being with people
- ☐ Social events
- ☐ Community activities
- ☐ Clubs
- ☐ Committee work
- ☐ Group activities/team tasks
- ☐ Managing/supervising
- ☐ Teaching/training
- ☐

**Total score:**        /16

**Percentage:**        %

## MUSICAL INTELLIGENCE

- Used for rhythm, music and lyrics

### Learning techniques:

- Use music to relax before learning
- Study to music that represents what you are learning
- Read rhythmically (use a metronome)
- Write a song, jingle, rap, poem, rhyme, etc., to summarise key points

### Characteristics:

- ☐ Sensitive to pitch, rhythm and timbre
- ☐ Sensitive to emotion of music
- ☐ Changes mood with music
- ☐ Good at clapping in time to music
- ☐ Moves in time to music
- ☐ Remembers and repeats slogans and lyrics easily
- ☐ Good at selecting background music

### Likes:

- ☐ Bhajan Kirtan
- ☐ Concerts
- ☐ Record collection
- ☐ Making music – plays an instrument
- ☐ Singing
- ☐ Writing songs and/or music
- ☐

**Total score:**        /13

**Percentage:**        %

## BODILY KINAESTHETIC INTELLIGENCE

- **Used for touch and reflex**

### Learning techniques:

- Learn from what you do
- Use role-play/drama to act out what you are learning
- Use field trips
- Get involved in the subject physically
- Take action – write down key points or, better still, Mind Map
- Make models
- Write key points on to index cards and sort them into order/groups and/or pin them up in your study area
- Move about whilst you are learning
- Change activity often and take frequent breaks
- Mentally review your learning whilst jogging/swimming/walking, etc.

### Characteristics:

- ☐ Never sits still
- ☐ Fidgets
- ☐ Mechanically minded
- ☐ Likes to touch
- ☐ Solves problems physically  
'hands on'
- ☐ Good with their hands
- ☐ Controlled reflexes
- ☐ Control of body
- ☐ Control of objects
- ☐ Methodical

### Likes:

- ☐ Sport/games
- ☐ Acting/drama
- ☐ Dancing
- ☐ Cooking/baking
- ☐ Handicrafts
- ☐ DIY
- ☐ Car maintenance

**Total score:**        /17

**Percentage:**        %

## INTRAPERSONAL INTELLIGENCE

- Used for self discovery and self analysis

### Learning techniques:

- Use personal affirmations
- Set and achieve goals/targets with your learning
- Create personal interest, why does the subject matter to you
- Get interested, involved and motivated with the arguments and main characters
- Take control of your learning
- Carry out independent study
- Seek out background information, especially the human interest angle
- Listen to your intuition
- Reflect, write or discuss what you experienced and how you felt
- Reflect on how the information fits in with your existing knowledge and experiences

### Characteristics:

- ☐ Understands own feeling and behaviour
- ☐ Self intuitive, knows own strengths and weaknesses
- ☐ Private
- ☐ Independent
- ☐ Wants to be different from the 'crowd'
- ☐ Keeps a diary/journal
- ☐ Plans time effectively
- ☐ Self motivates
- ☐ Sets and achieves goals

### Likes:

- ☐ Peace and quiet
- ☐ Daydreaming
- ☐ Reflecting/reminiscing
- ☐ Independence
- ☐ Achieving goals
- ☐ Own company

**Total score:**        /15

**Percentage:**        %

## LOGICAL MATHEMATICAL INTELLIGENCE

- Used for maths, logic and systems

### Learning techniques:

- List key points in order and number them
- Use a flow chart to express information/knowledge in easy to follow steps
- Use Mind Maps
- Use computers, e.g. spreadsheets
- Experiment with the knowledge
- Use timelines for remembering dates and events
- Analyse and interpret data
- Use your reasoning and deductive skills
- Create and solve problems (this can be done with your learning set)
- Play mathematical games (this can be done with your learning set)

### Characteristics:

- ☐ Good at budgeting
- ☐ Logical thought, explanation and action
- ☐ Organised
- ☐ Organises tasks into sequence
- ☐ Plans time effectively
- ☐ Reasoning ability
- ☐ Seeks patterns and relationships
- ☐ Precise
- ☐ Good at planning journeys

### Likes:

- ☐ Calculations, e.g. dart scores, gambling odds, etc.
- ☐ Solving puzzles
- ☐ Abstract thought
- ☐ Experimenting
- ☐ Science
- ☐ Computers

**Total score:**            **/15**

**Percentage:**            **%**