

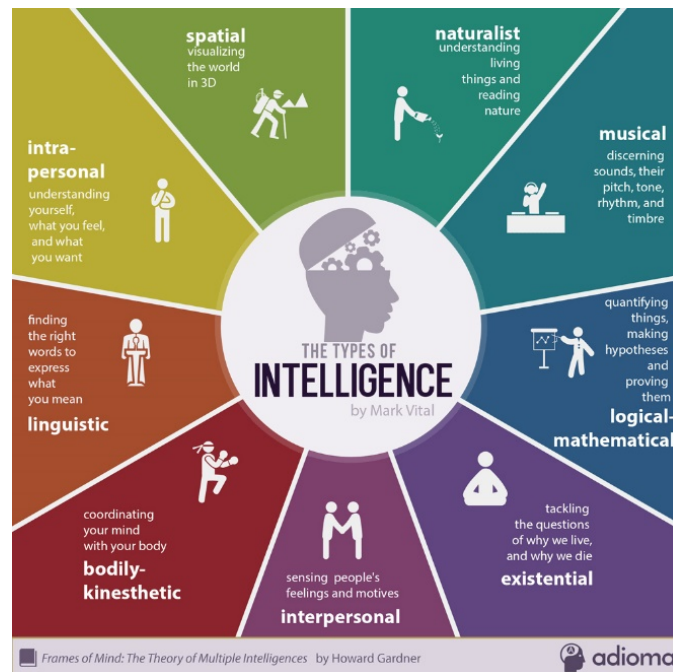
Core Competencies: Personal Social – How I am smart

Curriculum: Personal Social -Positive Personal and Cultural Identity	Learning Goals: I can explore my strengths and learning styles using multiple intelligences
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Materials

- computer and internet access
- an adult to set up the online quiz

Activities



We all have many different strengths and interests. We also each have different learning styles and preferences that help us in school and in the world to understand new things.

One way to better understand how we learn best is to use a Multiple Intelligence quiz. Some people believe there are at least 8 different 'smarts'. We all have all of them, but some 'smarts' are stronger than others, as we are all uniquely intelligent!

Go onto [this online Multiple Intelligence quiz from literacy net.](#)

If you need help reading or understanding the questions, ask a trusted adult.

Complete the learning profile quiz.

What do you think? Do you agree with your results? Share with a friend or adult. Ask them to complete a quiz and discuss your results!

Extension:

Write about what you like to do at school and how you best learn. Does your picture match your quiz result?

You might also explore the JumpStart website a little more for more information into your learning style.

Multiple Intelligences (as taken from psychology today):

1. **Spatial:** Visualizing, creating, and manipulating something in a space, such as what an airplane pilot, architect, or chess player may do.
2. **Bodily/Kinesthetic:** Using one's gross motor skills or fine motor skills to express oneself or to create, learn, or solve problems; involves coordination and dexterity and the use of one's whole body or parts of the body, such as the hands.
3. **Musical:** Expressing oneself and understanding and creating through music—by singing, playing musical instruments, composing, conducting, etc. Involves musical abilities such as sensitivity to rhythm, pitch, tone, and timbre.
4. **Linguistic:** Being attuned to the meaning of words and the sound, rhythms, inflections, and meter of words, the way a poet might. May involve reading, writing, speaking, an affinity for foreign languages.
5. **Mathematical/Logical:** Understanding and recognizing the patterns and relationships between numbers and actions or symbols; possessing computing skills; having the ability to solve various problems through logic.
6. **Interpersonal:** Being attuned to other people's feelings, emotions, and temperament. Individuals with high interpersonal intelligence are often associated with leadership and tend to be good at communicating with and understanding other people and are good at working with others. Sometimes referred to as social intelligence.
7. **Intrapersonal:** Awareness of one's own feelings, thoughts, anxieties, and traits, and the ability to use that understanding of oneself to control one's own impulses and behavior and make plans and decisions.
8. **Naturalist:** Understanding nature—plants, animals, the environment, etc.—and identifying, observing, categorizing, and understanding distinguishing features. This intelligence helps us use elements and patterns in the natural world to create products or solve problems.