

Visual/Spatial

Do you understand colour combinations and what colours work well together?

Do you remember things best when you see them?

Do you create mental pictures of stories that you hear, or ideas that you have?

You might be a Visual/Spatial learner! These learners create mental pictures. When you like drawing or doodling, you display this intelligence.

Roles/Careers:

You may thrive when you need to imagine and create.

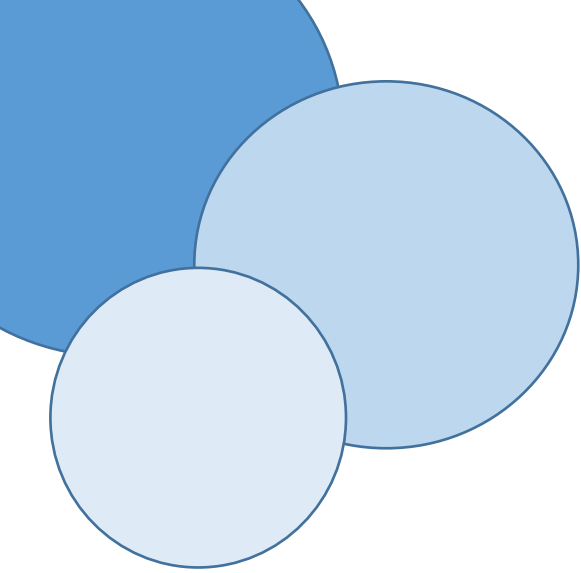
Examples include:

- Architect
- Animator
- Film director
- Photographer
- Graphic Designer
- Cartographer
- Artist

Visual/Spatial Learning Strategies

- Remember by using images, shapes, designs and colours
- Create a mental picture of what you are being told
- Use highlighters to mark important text
- Use images and words when taking notes
- Draw diagrams, graphs and patterns to explain things to yourself
- Use visual and spatial topics in your studies. If you are studying a different culture, write an essay exploring its art and architecture.





Bodily/Kinesthetic

Do you like working with your hands?

Do you like physically creating or building things?

Do you enjoy solving problems?

You might be a bodily/kinesthetic learner! These learners use all or part of their bodies at work and play. When you enjoy sports and dance, you display this intelligence.

Roles/Careers:

Find opportunities that emphasize hands-on activity in addition to theory. Examples include:

- Massage Therapist
- Carpenter
- Athlete
- Surgeon
- Mechanic
- Baker

Bodily/Kinesthetic Learning Strategies

- Seek out ways to learn through hands-on experience such as job shadows, volunteering, and hands-on classes
- Act out the meanings of what you learn
- Connect body movements, gestures and facial expressions with different kinds of information
- Use games, mime and simulations to better understand and aid recall
- Learn about biofeedback methods to better understand how you learn
- Use your bodily and kinesthetic intelligence in your studies. For example, if you are learning mathematics, use different parts of your body as measuring tools





Interpersonal

Are you able to recognize and understand the motivations of others?

Can you understand other people's emotions?

Do you enjoy getting to know many types of people?

You might be an Interpersonal learner! These learners recognize motivations and feelings of other people. When you enjoy being on a team or in a group, you display this intelligence.

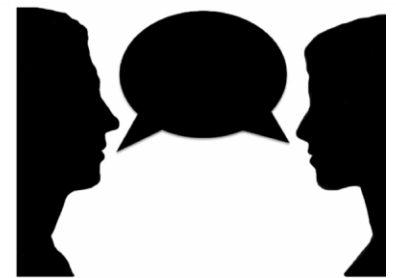
Roles/Careers:

Many workplaces value this intelligence. If you want to use this strength, consider opportunities in people-focused areas. Some examples:

- Teacher
- Counsellor
- Marketing Professional
- Project Manager
- Lawyer
- Journalist

Interpersonal Learning Strategies

- Seek out group learning situations
- Use your knowledge of others to help you be a better team member
- Be aware of how others feel when you talk with them
- Explain what you have learned to other people
- Be sensitive to the needs and wants of your teacher, instructor or professor - you will be better able to predict what they want from you on essays and exams
- Use interpersonal topics in your studies. If you are studying history, write an essay in which you role-play with an historical figure.





Intrapersonal

Are you good at distinguishing your own feelings?

Do you have a deep understanding of your relationship to others and the world?

Are you able to cope with change using self-awareness?

You might be an Intrapersonal learner! These learners are able to distinguish among their own feelings, build accurate mental models of themselves and draw on these models to make decisions about their lives. People with strength in this intelligence are found in all walks of life.

Roles/Careers:

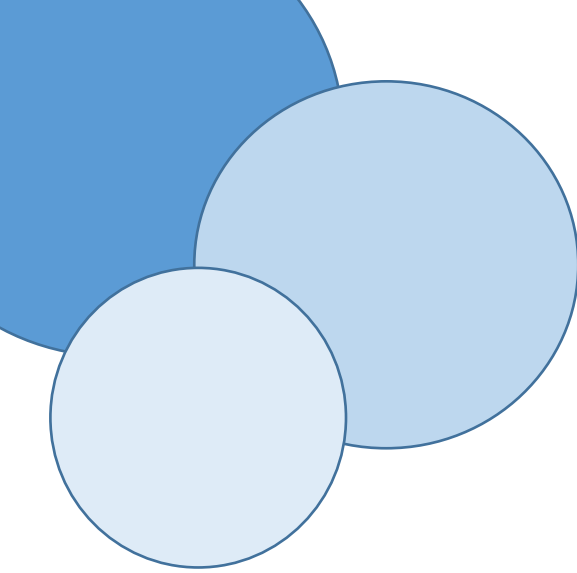
Look for learning and work opportunities that will allow you to stay in touch with your feelings and thoughts. Tap into your emotional state. Examples include:

- Visual artist
- Designer
- Entrepreneur
- Therapist
- Writer

Intrapersonal Learning Strategies

- Be aware of the way you are thinking as you learn and evaluate the benefits
- Notice your emotional state when you are in a learning situation. Does it help or hinder you?
- Use your ability to go "inside" yourself when you are surrounded by too much noise and activity
- Evaluate your strengths and weaknesses for different subjects
- Take concepts and relate them to your life. Understand how they make you feel
- Use intrapersonal topics in your studies. If you are studying history, analyze the effect of a leader's decision-making style





Mathematical/Logical

Do you enjoy using and understanding numbers?

Can you see and appreciate abstract relationships?

Do you analyze problems and try to find solutions based on science or logic?

You might be a Mathematical/Logical learner! These learners understand the cause and effect of abstract relationships. They're good at using numbers and at detecting patterns.

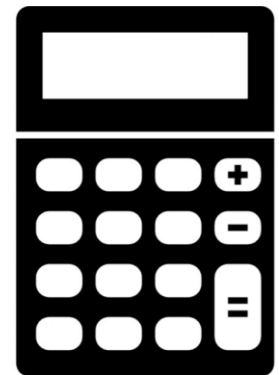
Roles/Careers:

You may want to explore pure and applied maths and sciences. Examples include:

- Computer Programmer
- Analyst
- Engineer
- Plumber
- Chemist
- Accountant

Mathematical/ Logical Learning Strategies

- Take down notes in outline form
- Rank information according to how important it is
- Organize information into categories
- Use your logic to predict outcomes
- Figure out the steps to complete a task
- Create study goals and chart them
- Look for cause-and-effect relationships within topics you study





Musical

Do you recognize rhythmic and tonal patterns?

Do you love music and connect different feelings to different songs?

Do you recognize multiple ways that sound and music are used?

You might be a Musical learner! These learners can create, communicate and understand meanings made out of sounds. When you notice sounds and tap out rhythms, you display this intelligence.

Roles/Careers:

You may want to explore both jobs and settings that involve music or sound. Ideas include:

- Actor (Musical Theatre)
- Sound engineer
- Speech Therapist
- Composer
- Musician
- Musical instructor

Musical Learning Strategies

- Use the moods of different types of music to help you study different topics
- Make connections between sounds and what you are studying
- Create songs and rhythms about subjects you are learning
- Use music to help you reduce stress
- Use music topics in your studies. If you are studying a different culture, ask if you can write an essay about its music.





Naturalist

Do you like to spend a lot of time outdoors?

Do you notice the differences between various plants and/or animals?

Do you enjoy collecting and categorizing things?

You might be a Naturalist learner! These learners use features of their personal environment to help them learn. If you collect items such as stamps, films or musical recordings, you display this intelligence.

Roles/Careers:

Learning and work opportunities in environmental sciences and technologies may be a natural fit.

Examples include:

- Biologist
- Ecologist
- Botanist
- Forest Ranger
- Zookeeper
- Meteorologist

Naturalist Learning Strategies

- Draw images of your environment when you take notes
- Relate what you are learning to patterns in your environment
- Use your "collecting" ability to help you classify and organize ideas and concepts
- If the outdoors is an important part of your environment, study in a nature setting or have plants near your desk.
- Use examples of your environment in your studies. This might mean observations from the environment around you, or using topics you are passionate about as inspiration for projects.





Verbal/Linguistic

Do you make sense of the world through language?

Do you use words effectively when you are speaking and writing?

Can you understand complex ideas communicated via writing or speech?

You might be a Verbal/Linguistic learner! These learners often excel at writing and speaking. They understand concepts best when written or spoken. When you make puns and tell stories, you use this intelligence.

Roles/Careers:

While some jobs are directly related to verbal/linguistic skills, many others require/benefit from this intelligence. Examples include:

- Author
- Historian
- TV and Radio Personality
- Translator
- Poet
- Linguist

Verbal/Linguistic Learning Strategies

- Read material before going to class
- Take notes of what you hear and read
- Describe what you have learned to others
- Listen to what others have learned
- Write out the steps to a procedure
- Use crossword puzzles to help your memory
- Use puns and imaginary conversations to help you remember
- If you are taking a course in music, make up a story based on what you hear

