Appendix B: OPTIONAL LEARNING JOURNAL ACTIVITY 1: MULTIPLE INTELLIGENCES

If you don’t have Internet access and would like to complete the optional Learning Journal Activity from lesson 1, please read through the following information about multiple intelligences. Take the survey that follows and add up your points in each area. The area with the highest score represents your strongest learning style. After you write down your scores in each area, write at least one paragraph explaining what you learned about yourself.

Please label your activity “Lesson 1: Optional Activity: Multiple Intelligences.” You may earn up to 10 extra credit points for this activity. (You will submit your learning journal with the lesson 6 Writing Portfolio.)

The following information is taken from the Web site:

http://www.ldrc.ca/projects/miinventory/miinventory.php?eightstyles=1

(All Web site references are only supplemental; it is not necessary for you to visit them, especially if you do not have Internet access available.)

Eight Styles of Learning

**Linguistic Learner**

- *likes to* read, write, and tell stories
- *is good at* memorizing names, places, dates, and trivia
- *learns best by* saying, hearing, and seeing words

**Logical/Mathematical Learner**

- *likes to* do experiments, figure things out, work with numbers, ask questions, and explore patterns and relationships
- *is good at* math, reasoning, logic, and problem solving
- *learns best by* categorizing, classifying, and working with abstract patterns/relationships

**Spatial Learner**

- *likes to* draw, build, design, and create things, daydream, look at pictures/slides, watch movies, and play with machines
- *is good at* imagining things, sensing changes, mazes/puzzles, and reading maps and charts
- *learns best by* visualizing, dreaming, using the mind’s eye, and working with colors/pictures

**Musical Learner**

- *likes to* sing, hum tunes, listen to music, play an instrument, and respond to music
- *is good at* picking up sounds, remembering melodies, noticing pitches/rhythms, and keeping time
- *learns best by* rhythm, melody, and music
Bodily/Kinesthetic Learner
- *likes to* move around, touch, talk, and use body language
- *is good at* physical activities (sports/dance/acting) and crafts
- *learns best by* touching, moving, interacting with space, and processing knowledge through bodily sensations

Naturalistic Learner
- *likes to* be outside and with animals, likes geography, weather, and interacting with the surroundings
- *is good at* categorizing, organizing a living area, planning a trip, preservation, and conservation
- *learns best by* studying natural phenomenon, in a natural setting, learning about how things work

Interpersonal Learner
- *likes to* have lots of friends, talk to people, and join groups
- *is good at* understanding people, leading others, organizing, communicating, manipulating, and mediating conflicts
- *learns best by* sharing, comparing, relating, cooperating, and interviewing

Intrapersonal Learner
- *likes to* work alone and pursue own interests
- *is good at* understanding self, focusing inward on feelings/dreams, following instincts, pursuing interests/goals, and being original
- *learns best by* working alone, enjoys individualized projects, self-paced instruction, and having own space

Complete the form below by selecting from the five choices the one that best describes you, as follows:
1. very little like me
2. a little like me
3. somewhat like me
4. like me
5. a lot like me

What are my Learning Strengths?
Research shows that all human beings have at least eight different types of intelligence. Depending on your background and age, some intelligences are more developed than others. This activity will help you find out what your strengths are. Knowing this, you can work to strengthen the other intelligences that you do not use as often.

Verbal/Linguistic Intelligence
___ I enjoy telling stories and jokes.
___ I have a good memory for trivia.
___ I enjoy word games (e.g., Scrabble or puzzles).
___ I read books just for fun.
___ I am a good speller (most of the time).
___ In an argument I tend to use put-downs or sarcasm.
___ I like talking and writing about my ideas.
___ If I have to memorize something I create a rhyme or saying to help me remember.
___ If something breaks and won’t work, I read the instruction book first.
___ For a group presentation I prefer to do the writing and library research.
Logical/Mathematical Intelligence

___ I really enjoy my math class.
___ I like logical math puzzles or brain teasers.
___ I find solving math problems to be fun.
___ If I have to memorize something I tend to place events in a logical order.
___ I like to find out how things work.
___ I enjoy computer and any math games.
___ I love playing chess, checkers, or Monopoly.
___ In an argument, I try to find a fair and logical solution.
___ If something breaks and won’t work, I look at the pieces and try to figure out how it works.
___ For a group presentation I prefer to create the charts and graphs.

Bodily/Kinesthetic Intelligence

___ My favorite class is gym since I like sports.
___ I enjoy activities such as woodworking, sewing, and building models.
___ When looking at things, I like touching them.
___ I have trouble sitting still for any length of time.
___ I use a lot of body movements when talking.
___ If I have to memorize something, I write it out a number of times until I know it.
___ I tend to tap my fingers or play with my pencil during class.
___ In an argument I tend to strike out and hit or run away.
___ If something breaks and won’t work, I tend to play with the pieces to try to fit them together.
___ For a group presentation I prefer to move the props around, hold things up, or build a model.

Visual/Spatial Intelligence

___ I prefer a map to written directions.
___ I daydream a lot.
___ I enjoy hobbies such as photography.
___ I like to draw and create.
___ If I have to memorize something I draw a diagram to help me remember.
___ I like to doodle on paper whenever I can.
___ In a magazine, I prefer looking at the pictures rather than reading the text.
___ In an argument I try to keep my distance, keep silent, or visualize some solution.
___ If something breaks and won’t work I tend to study the diagram of how it works.
___ For a group presentation I prefer to draw all the pictures.

Musical/Rhythmic Intelligence

___ I enjoy listening to CDs and the radio.
___ I tend to hum to myself when working.
___ I like to sing.
___ I play a musical instrument quite well.
___ I like to have music playing when doing homework or studying.
___ If I have to memorize something I try to create a rhyme about the event.
___ In an argument I tend to shout or punch or move in some sort of rhythm.
___ I can remember the melodies of many songs.
___ If something breaks and won’t work I tend to tap my fingers to a beat while I figure it out.
___ For a group presentation I prefer to put new words to a popular tune or use music.
Interpersonal Intelligence
___ I get along well with others.
___ I like to belong to clubs and organizations.
___ I have several very close friends.
___ I like helping teach other students.
___ I like working with others in groups.
___ Friends ask my advice because I seem to be a natural leader.
___ If I have to memorize something I ask someone to quiz me to see if I know it.
___ In an argument I tend ask a friend or some person in authority for help.
___ If something breaks and won’t work I try to find someone who can help me.
___ For a group presentation I like to help organize the group’s efforts.

Intrapersonal Intelligence
___ I like to work alone without anyone bothering me.
___ I like to keep a diary.
___ I like myself (most of the time).
___ I don’t like crowds.
___ I know what I am good at and what I am weak at.
___ I find that I am strong-willed, independent and don’t follow the crowd.
___ If I have to memorize something I tend to close my eyes and feel the situation.
___ In an argument I will usually walk away until I calm down.
___ If something breaks and won’t work, I wonder if it’s worth fixing up.
___ For a group presentation I like to contribute something that is uniquely mine, often based on how I feel.

Naturalist Intelligence
___ I am keenly aware of my surroundings and of what goes on around me.
___ I love to go walking in the woods and looking at the trees and flowers.
___ I enjoy gardening.
___ I like to collect things (e.g., rocks, sports cards, stamps, etc).
___ As an adult, I think I would like to get away from the city and enjoy nature.
___ If I have to memorize something, I tend to organize it into categories.
___ I enjoy learning the names of living things in our environment, such as flowers and trees.
___ In an argument I tend to compare my opponent to someone or something I have read or heard about and react accordingly.
___ If something breaks down, I look around me to try and see what I can find to fix the problem.
___ For a group presentation I prefer to organize and classify the information into categories so it makes sense.

Total Score
_____ Verbal/Linguistic
_____ Logical/Mathematical
_____ Visual/Spatial
_____ Bodily/Kinesthetic
_____ Musical/Rhythmic
_____ Interpersonal
_____ Intrapersonal
_____ Naturalist