

For each of the statements below, choose a number between 1 and 5 to rate how the statement describes you.

- 1 – No, the statement is not at all like me
- 2 – The statement is a little like me
- 3 – The statement is somewhat like me
- 4 – The statement is a lot like me
- 5 – Yes, the statement is definitely me



Verbal/Linguistic

- I can use lots of different words to express myself.
 - I feel comfortable working with language and words.
 - I enjoy crosswords and other word games like Scrabble.
 - I tend to remember things exactly as they are said to me.
 - I enjoy participating in debates and/or discussions.
 - I find it easy to explain things to others.
 - I enjoy keeping a written journal and/or writing stories and articles.
 - I like to read a lot.
- TOTAL**



Visual/Spatial

- I understand colour combinations and what colours work well together.
 - I enjoy solving jigsaw, maze and/or other visual puzzles.
 - I read charts and maps easily.
 - I have a good sense of direction.
 - I like to watch the scenes and activities in movies.
 - I am observant. I often see things that others miss.
 - I can anticipate the moves and consequences in a game plan (i.e., hockey sense, chess sense).
 - I can picture scenes in my head when I remember things.
- TOTAL**



Musical

- I often play music in my mind.
 - My mood changes when I listen to music.
 - It is easy for me to follow the beat of music.
 - I can pick out different instruments when I listen to a piece of music.
 - I keep time when music is playing.
 - I can hear an off-key note.
 - I find it easy to engage in musical activities.
 - I can remember pieces of music easily.
- TOTAL**



Logical/Mathematical

- I work best in an organised work area.
 - I enjoy maths and using numbers.
 - I keep a 'things to do' list.
 - I enjoy playing brainteasers and logic puzzles.
 - I like to ask 'why' questions.
 - I work best when I have a day planner or timetable.
 - I quickly grasp cause and effect relationships.
 - I always do things one step at a time.
- TOTAL**



Interpersonal

- I can sense the moods and feelings of others.
 - I enjoy texting and using Twitter and Facebook to keep in touch with my friends.
 - I enjoy team sports rather than individual sports.
 - I can sort out arguments between friends.
 - I prefer group activities rather than ones I do alone.
 - I enjoy learning about different cultures.
 - I enjoy social events like parties.
 - I enjoy sharing my ideas and feelings with others.
- TOTAL**



Naturalistic

- Pollution makes me angry.
 - I notice similarities and differences in trees, flowers and other things in nature.
 - I feel very strongly about protecting the environment.
 - I enjoy watching nature programs on television.
 - I engage in 'clean-up days'.
 - I like planting and caring for a garden.
 - I enjoy fishing, bushwalking and bird-watching.
 - When I leave school, I hope to work with plants and animals.
- TOTAL**



Body/Kinesthetic

- I like to move, tap or fidget when sitting.
 - I enjoy participating in active sports.
 - I am curious as to how things feel and I tend to touch objects and examine their texture.
 - I am well co-ordinated.
 - I like working with my hands.
 - I prefer to be physically involved rather than sitting and watching.
 - I understand best by doing (i.e. touching, moving and interacting).
 - I like to think through problems while I walk or run.
- TOTAL**



Intrapersonal

- I know myself well.
 - I have a few close friends.
 - I have strong opinions about controversial issues.
 - I work best when the activity is self-paced.
 - I am not easily influenced by other people.
 - I have a good understanding of my feelings and how I will react to situations.
 - I often raise questions concerning values and beliefs.
 - I enjoy working on my own.
- TOTAL**

Multiple Intelligences Graph

for: _____

