



My Many Ways I Am Smart

Book/Word Smart...I communicate through language; by reading, writing, listening, and speaking.

My strengths are that...I think in words; I love reading, writing, and telling stories; I play word games and learn with language.

I learn best by...hearing a lecture, discussing, journal writing, cooperative learning, word origins, reading, highlighting, outlining, teaching others, and reciting information.



Number/Logic Smart...I understand logical reasoning and problem solving.

My strengths are that...I think sequentially; love to calculate, organize, and use technology; learn with numbers.

I learn best by...problem solving, number games, critical thinking, classifying and organizing, explaining things sequentially, finding patterns, developing systems, outlining, charting, graphing, and analyzing information.



Visual/Art/Picture Smart...I understand spatial relationships; think of and create images based on form, line, color, and texture.

My strengths are that...I think in images; love designing, drawing, and doodling; learn through patterns, pictures, and color.

I learn best by...mind-mapping, reflective time, graphic organizers, color-coding systems, drawings, designs, video, DVD, charts, maps, and mental imagery (drawing in the mind's eye).



Music Smart...I understand and create meaningful sound and recognize patterns; use tone, rhythm, and pitch.

My strengths are that...I think in melody or beat; love singing, humming, whistling; learn when ideas are sung or put to rhythm.

I learn best by...using music, composing songs or raps, using musical language or metaphors, creating rhythms out of words, creating rhythms with instruments, playing an instrument, and putting words to existing songs.



Body Smart...I use my entire body skillfully to express ideas and take in knowledge; I use my balance, coordination, dexterity, and strength.

My strengths are that...I think through body movements; love sports and action; learn through use of my body.

I learn best by...using hand signals, pantomime, real life situations, puzzles and board games, activities, role-playing, action problems, moving while learning, pacing while reciting, acting out scripts of material, designing games, and moving my fingers under words while reading.



Self/Me Smart...I know myself and understand my own behavior and feelings.

My strengths are that...I think introspectively; love dreaming, planning, reflecting; learn with quiet time to think.

I learn best by...reflective teaching, reflective listening, KWL charts, reflecting on personal meaning of information, studying in quiet settings, imagining experiments, visualizing information, and journaling.



People Smart...I know and understand others and am sensitive to others' feelings, moods, and motivations.

My strengths are that...I think by sharing with others; love to problem-solve and organize; learn by bouncing ideas off others.

I learn best by...cooperative learning, role-playing, group brainstorming, cross-cultural interactions, studying in a group, discussing information, using flash cards with others, and teaching others.



Nature Smart...I understand features of the environment and make distinctions in the natural world.

My strengths are that...I think from making comparisons; love the outdoors; learn from environment.

I learn best by...using natural objects as manipulatives and as background for learning, connecting with nature, and forming study groups with like minded people.