



Assessment: Find Your Strengths!

ASSESSMENT

How are you smart?

Find your strengths!

Your top three intelligences:

<i>Intelligence</i>	<i>Score (5.0 is highest)</i>	<i>Description</i>
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4.29

Body Movement: You like to move, dance, wiggle, walk, and swim. You are likely good at sports, and you have good fine motor skills. You may enjoy taking things apart and putting them back together. Incorporating body movement into your learning will help you process and retain information better. Here are some ideas.

- Trace letters and words on each other's back.
- Use magnetic letters, letter blocks, or letters on index cards to spell words.
- Take a walk while discussing a story or gathering ideas for a story.
- Make pipe cleaner letters. Form letters out of bread dough. After you shape your letters, bake them and eat them!
- Use your whole arm (extend without bending your elbow) to write letters and words in the air.
- Change the place where you write and use different kinds of tools to write, ie., typewriter, computer, blackboard, or large pieces of paper.
- Write on a mirror with lipstick or soap.
- Take a walk and read all the words you find during the walk.
- Handle a Koosh ball or a worry stone during a study session.
- Take a break and do a cross-lateral walk.

3.71

Musical: You like the rhythm and sound of language. You like poems, songs, and jingles. You enjoy humming or singing along with music. You probably



remember things well when they are associated with music or rhythm. Try to incorporate sounds into your lessons, such as using a familiar tune, song, or rap beat to teach spelling rules, or to remember words in a series for a test. Here are some other ways to use your musical intelligence:

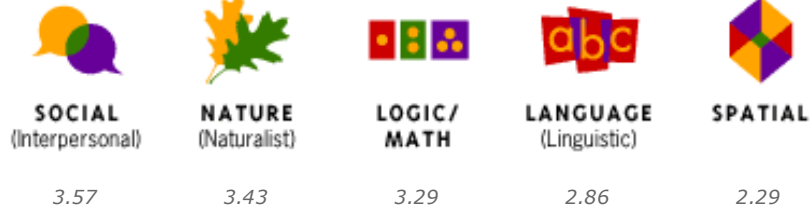
- Create a poem with an emphasis on certain sounds for pronunciation.
- Clap out or walk out the sounds of syllables.
- Read together (choral reading) to work on fluency and intonation.
- Read a story with great emotion — sad, then happy, then angry. Talk about what changes — is it only tone?
- Work with words that sound like what they mean (onomatopoeia). For example: sizzle, cuckoo, smash.
- Read lyrics to music.
- Use music as background while reviewing and for helping to remember new material.
- Use rhymes to remember spelling rules, i.e., "I before E except after C."



3.71

Self: You have a very good sense of self. You like to spend time by yourself and think things over. You will often take in information from another person, mull it over by yourself, and come back to that person later to discuss it. You like working on projects on your own. You often prefer to learn by trial and error. Effective techniques to enhance your learning include keeping a journal and giving yourself time to reflect on new ideas and information. More ideas:

- Go on "guided imagery" tours.
- Set aside time to reflect on new ideas and information.
- Encourage journal writing.
- Work on the computer.
- Practice breathing for relaxation.
- Use brainstorming methods before reading.
- Listen to and read "how to" tapes and books.
- Read cookbooks.

The scores for your other five intelligences:

Just because these five are not in your top three doesn't mean you're not strong in them. If your average score for any intelligence is above three, you're probably using that intelligence quite often to help you learn. Take a look at the [Practice](#) section to see how to engage all your intelligences.