

# How Are You Smart?

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

## Word Smart

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 or articles.
- I like to read a lot.

## Number Smart

Logical/Mathematical

- I work best in an organized 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.

## Picture Smart

Visual/Spatial

- I understand color combinations and what colors 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 can picture scenes in my head when I remember things.

## Body Smart

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 tend to examine objects.
- 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.

## Music Smart

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.

## Nature Smart

Naturalistic

- Pollution makes me angry.
- I notice similarities and differences in 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.

## People Smart

Interpersonal

- I can sense the moods and feelings of others.
- I work best when interacting with people.
- 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.

## Self Smart

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 react to situations.
- I often raise questions concerning values and beliefs.
- I enjoy working on my own.