

# THINGS YOU CAN DO TO DEVELOP EACH TYPE OF INTELLIGENCE

## VISUAL/SPATIAL – PICTURE SMART

- Develop your own visual symbols for note taking (use arrows, circles, stars, spirals, color-coding, pictures, and other visual forms.
- Incorporate drawings, photos, and diagrams into projects and presentations.

## LOGICAL/MATHEMATICAL – LOGIC SMART

- Confront, rather than avoid, mathematical problems you encounter in everyday life (figuring tips, verifying your account balance, determining loan rates, etc.)
- Watch documentaries that chronicle important science concepts.

## VERBAL/LINGUISTIC – WORD SMART

- Circle unfamiliar words you encounter during your reading and look them up in the dictionary.
- Record yourself speaking and listen to the playback.

## MUSICAL/RHYTHMIC – MUSIC SMART

- Put on background music while studying, working, or eating.
- Make up your own tunes.

## BODILY/KINESTHETIC – BODY SMART

- Exercise regularly and keep track of the ideas that occur to you during exercise sessions.
- Learn a skill that requires a good sense of touch and manual dexterity (e.g. keyboarding, playing a musical instrument, drawing, knitting, etc.)
- Touch the words in the book as you are reading or math problems as you work through the equation.

## INTERPERSONAL/SOCIAL – PEOPLE SMART

- Strike up conversations with people in public places (grocery stores, student center, etc.)
- Spend 15 minutes a day practicing active listening with a family member or close friend.

## INTRAPERSONAL/INTRASPECTIVE – SELF SMART

- Engage in daily self-esteem-enhancing behaviors (e.g. using positive self-talk, affirming your successes)
- Keep a daily journal or diary for recording your thoughts, feelings, goals, and memories.

## Naturalist Learner "THE NATURE LOVER"

- Creating observation notebooks
- Describe changes in the local or global environment that affect you
- Become involved in the care for pets, wildlife, gardens, or parks
- Use binoculars, telescopes, microscopes, or magnifiers to see things differently
- Draw or photograph natural objects

## Existential "The Big Thinker/Life smart"

- Use a mapping technique that follows the connections that come to your head as you analyze different words, thoughts and feelings for brainstorming sessions
- Give yourself time to daydream, meditate, keep a dream journal
- Develop your critical thinking skills (the ability to think clearly, logically and objectively)
- Study ancient and modern philosophers
- Open discussions with friends and family about big picture ideas.