An Overview of Multiple Intelligences

Multiple Intelligences is a learning theory developed by a Harvard Professor named Howard Gardner that argues that intelligence, as it is traditionally defined, does not cover the wide variety of abilities that human beings display.

> "Intelligence is the capacity to do something useful in the society in which we live. Intelligence is the ability to respond successfully to new situations and the capacity to learn from one's past experiences."
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> —Dr. Howard Gardner, author, Frames of Mind and Multiple Intelligences: The Theory in Practice

Intelligence	Ability	Description	Examples of Skills
Visual / Spatial	*See and understand the visual*	• Thinks in pictures, doodles. • Creates vivid mental images to retain information • Enjoys maps, pictures, videos, and movies over text • Prefers to draw pictures than tell stories • Can find their way around a new place easily • Take things apart, builds in 3-D (e.g., LEGOs) • Daydreamer	Reading, writing, good sense of direction, design, sketching, art, planning, photography, layout, building, fixing.
Verbal / Linguistic	*Use words and language*	• Good hearing skills , enjoys listening to people talking • Tend to be good speakers • Thinks in words rather than pictures • Likes to learn new words • Gives good directions and likes to tell stories • Enjoys reading books • Has a good memory for names, dates, and trivia	Listening, speaking, writing, explaining, teaching, convincing someone.
Logical / Mathematical	*Use reason, logic and numbers*	• Thinks in patterns • Makes connections between information. • Curious about the world and asks a lot of questions • Likes to conduct experiments. • Works with computers and calculators • Computes numbers in their head • Enjoys strategy games and logic puzzles	Problem solving, classifying and categorizing information, experimenting, questioning natural events, calculating.
Bodily / Kinesthetic	*Control body movements*	• Expresses themselves through movement and gestures • Good balance and eye-hand coordination. • Process information by interacting with the environment • Athletic and quickly learns to play sports • Likes to touch what they are looking at • Tends to move, tap, or fidget while seated	Physical coordination, sports, dancing, hands-on activities, crafts, acting, using their hands to create or build.
Musical / Rhythmic	*Produce and appreciate music*	• Think in sounds, rhythms, patterns • Enjoys listening to music and/or playing an instrument • Sensitive to sounds (e.g. taps, dripping water) • Hums or sings often; has a good singing voice • Recognizes when music sounds off-key • Remember the melodies of songs	Singing, whistling, playing instruments, recognizing tonal patterns, composing music, remembering melodies.

Intelligence	Ability	Description	Examples of Skills
Interpersonal	*Relate and understand others*	• Recognizes other points of view • Sensitive to others and can tell how others are feeling • Maintains peace in group settings, natural team leaders • Encourage cooperation and group work • Good communicators - use verbal and non-verbal cues • Have two or more close friends • Often give advice to friends who have problems	Good listener, empathetic, see things from other perspectives, leader in group settings, communication, building trust.
Intrapersonal	*Self-reflect*	• In touch with their inner feelings, dreams and relationships • Has a good sense of their strengths and weaknesses • Often need a quiet place to work or just be alone • Makes collections of things that have special meaning • Displays a sense of independence or strong will • Accurately expresses how they feeling	Recognizes their own strengths and weaknesses, self-reflection, self-analysis, and self-confidence.
Naturalist	*Recognize and classify items in the natural world*	• Enjoys collecting bugs, flowers, or rocks • Closely examines and records what they see in nature • Interested in natural phenomena (e.g., moon and tides) • Feels connected to the environment • Learns well by interacting with nature and materials from the environment	Understanding, classifying and explaining nature; keen observation skills and the ability to organize and categorize elements of nature.