

Success for Life & Ministry OL
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Activity (Pages 69-74/99-102)

Describing Your Multiple Intelligence

Musical

/I enjoy singing, humming, or whistling.
/One of my interests is playing recorded music.
/I have collections of recorded music.
I play or used to play a musical instrument.
I can play the drums or tap out rhythms.
/I appreciate music.
/Music affects how I feel.
/I enjoy having music on while working or studying.
/I can clap my hands and keep time to music.
I can tell when a musical note is off key.
/I remember melodies and the words to songs.
/I have participated in a band, chorus, or other musical group.

8

Summary of musical intelligence:

I can clap to the beat of music, and I can hear when music is being played off key, because I listen to music often; while working. Music impacts me positively, I can remember musical tones and that has driven me to join a musical group.

Interpersonal

/I enjoy being around people.
/I'm sensitive to other people's feelings.
/I am a good listener.
I understand how others feel.
I have many friends.
I enjoy parties and social gatherings.
/I enjoy participating in groups.
/I can get people to cooperate and work together
/I am involved in clubs or community activities.
/People come to me for advice.
/I am a peacemaker.
/I enjoy helping others.

9

Summarize my interpersonal intelligence:

I have a drive to help people connect; I'm motivated when I'm able to assist people with their problems by listening and I also expand my assistance by working with community activities.

Logical-Mathematical

I can do arithmetic problems quickly.

/I enjoy math.

/I enjoy doing puzzles.

/I enjoy working with computers.

/I am interested in computer programming .

I enjoy science classes.

I enjoy doing the experiments in lab science courses.

I can look at information and outline it easily.

I understand charts and diagrams.

I enjoy playing chess or checkers.

/ I use logic to solve problems.

/I can organize things and keep them in order.

6

Summary of my logical-mathematical intelligence:

I think logically, I like solving problems, and I have a strong interest in programming computers.

Spatial

/I can appreciate a good photograph or piece of art.

I think in pictures and images.

I can use visualization to remember

I can easily read maps, charts and diagrams.

I participate in artistic activities would (art, drawing, painting, photography).

I know which way is north, south, east, and west.

/I can put things together.

I enjoy jigsaw puzzle or mazes.

/I enjoy seeing movies, slides, or photographs.

/I can appreciate good design.

I enjoy using telescopes, microscopes, or binoculars.

I understand color, line, shape, and form.

4

Summary of my spatial intelligence:

I have a unique liking for creative art, whether in film or on paper and organizing things.

Bodily-Kinesthetic

/I am good at using my hands.

/I have good co-ordination and balance.

I learnt best by moving around and touching things.

/I participate in physical activities or sports.

I learn new sports easily.

/I enjoy watching sports events.

I am skilled in a craft such as woodworking, sewing, art, or fixing machines.

I have good manual dexterity.

I find it difficult to sit still for a long time.

I prefer to be up and moving.

I am good at dancing and remember dance steps easily.

/It was easy for me to learn to ride a bike or skateboard.

5

Summary of my bodily-kinesthetic intelligence:

I like watching physical events and taking part in them. I'm good at categorizing, and I adapt to most given task/sport easily.

Linguistic

/I am a good write.

/I am a good reader.

/I enjoy word games and crossword puzzles.

I can tell jokes and stories.

/I am good at explaining.

I can remember names, places, facts, and trivia.

/I'm generally good at spelling.

/I have a good vocabulary.

I read for fun and relaxation.

/I am good at memorizing.

/I enjoy group discussions.

I have a journal or diary.

8

Summary of my linguistic intelligence:

I like doing things that challenges and expands my mind. I'm a visionary and I like exchanging ideas.

Intrapersonal Intelligence

I understand and accept my strengths and weaknesses.

/I am very independent

/I am self-motivated.

I have definite opinions on controversial issues.

I enjoy quiet time alone to pursue a hobby or work on a project.

/I am self-confident

/I can work independently.

/I can help others with self-understanding.

/I appreciate time alone for concentration.

/I am aware of my own feelings and sensitive to others.

/I am self-directed.

/I enjoy reflecting on ideas and concepts.

9

Summary of my intrapersonal intelligence:

I am focus on the journey ahead, self-driven and have a heart for people.

Naturalist

I know the names of minerals, plants, trees, and animals.

/I think it is important to preserve our natural environment.

I enjoy taking classes in the natural sciences such as biology.

/I enjoy the outdoors.

I take care of flowers, plants, trees, or animals.

I am interested in archeology or geology.

I would enjoy a career involved in protecting the environment.

I have or used to have a collection of rocks, shells, or insects

I belong to organizations interested in protecting the environment.

/I think it is important to protect endangered species.

I enjoy camping or hiking.

/I appreciate natural beauty.

4

Summary of my naturalist intelligence:

Environmentally conscious and enjoy viewing natural beauty.

Existential

I often think about the meaning and purpose of life.

/I have strong personal beliefs and convictions.

I enjoy thinking about abstract theories.

I have considered being a philosopher, scientist, theologian, or artist.

I often read books that are philosophical or imaginative.

I enjoy reading science fiction.

/I like to work independently.

I like to search for meaning in my studies.

I wonder if there are other intelligent life forms in the universe.

2

Summary of my existential intelligence:

I have a firm foundation and I like working alone.

Crystallizers and Paralyzers

My highest score: 9

Crystallizers: *Intrapersonal and Linguistic Intelligence*

My lowest score: 2

Paralyzers: *Naturalist Existential Intelligence*

I can overcome my paralyzers by gaining an understanding for and adapting to the acceptable dosage if its interfering with my success.

Yes. I need to increase my logical-mathematical score to accomplish my career and educational goals.

I discovered that I love to go outside, but I'm not knowledgeable of the environment.

Summing Up Values

1. I enjoy group discussions.
2. I am self-confident
3. I am a good listener.
4. I enjoy helping others.
5. I am interested in computer programming
6. I use logic to solve problems.
7. I can organize things and keep them in order.
8. I am a good reader
9. I am a peacemaker.
10. /I have strong personal beliefs and convictions.

(1) I have strong personal beliefs and convictions because it's the bases of my foundation of which I am guided by and my decision making stems from.

(2) I am self-confident because I think that, I must firmly believe I can accomplish all that I desire, be my own cheerleader and therefore adapt the confidence to cheer for another. I can't encourage someone and unable to encourage myself.

(3) Being **a good listener**, because I like to articulate all that I take in, be able to respond wisely to any given question and also give purposeful advise to those that request it.

(4) I use logic to solve problems because its so easy to forecast a situation and respond emotionally; but I believe responding logically will positively benefit all parties that are in need of a resolution.

(5) I enjoy helping others because I grew up with the notion that "I am my brother keeper", and I/we have what the other needs; even if it's a hug. It simply makes me feel a fulfillment of my purpose; when I help others.