

Crystallizers and Paralyzers

Name Debra Rucker

Date 9-7-19

Complete the "Describing Your Multiple Intelligences" activity in this chapter before doing this exercise.

Each individual's life history contains **crystallizers** that promote the development of intelligences. Look at your highest scores on the multiple intelligences activity. List your highest scores below. Write down at least two crystallizers you experienced that may have helped you to develop these intelligences. For example, you may have been praised for your athletic skills and developed your bodily-kinesthetic intelligence.

My highest scores: 9

Crystallizers: My pastor & his wife, some of my co-workers, some families members and friends. I praise and thank God for people who He have allowed to be in my circle who pushes me to dream on and be the best that I can be. I believe that when you love, respect and that one in your life. God will follow you.

Each individual's life history also contains paralyzers that inhibit the development of intelligences. Look at your lowest scores on the multiple intelligences activity. Write down two paralyzers that may have discouraged you from developing this intelligence. For example, maybe you had a bad experience with math in elementary or middle school. Paralyzers often involve shame, guilt, fear, or anger.

My lowest scores: 2

Paralyzers: My enemies. Those who I know that dont care about my well being or my success. I have been in a bad relationship where I was abused and stalked down on but I know who I am now and I want settle for nothing less but the best. because I am a child of God.

How can you overcome some of your paralyzers if they are interfering with your success? I overcome them and people that try to stop me or block me from accomplishing my goal. Even when I find myself being fearful about something, I pray because talking to God is the only way I find peace. I like to get away sometimes by going to the movie or just going out to eat when I have dealt with different situations.

Are there some scores that you need to improve to accomplish your career and educational goals? I am really not sure, but I am repeating this course to pull back up my pace, but right now I think I am doing o.k. I just need to stay focus and stay on task.

Based on the above analysis, write a discovery statement about what you have learned. I discovered that I...

I am learned that I am a little of everything and I enjoy learning about the crystalizers because it is to know how to do don't mind in pushes you and to help you to grow.

Summing Up Values

Name Debra Packer

Date 9-7-19

Look at the "Values Checklist" you completed in this chapter. Choose the 10 values most important to you and list them here.

Accepting who I am

Achieving something important

Having financial security

Feeling safe and secure

Being a good parent

Having good morals

Being honest

Having control over my life

Being a wise person

Having good family relationships

Enjoying life and having fun

Having the respect of others

Helping others; loving and being loved

Having good health

Next, pick out the value that is most important and label it 1. Label your second most important value 2, and so on, until you have picked out your top five values.

1. My most important value is Family & God

Why?

2. My second most important value is Traveling

Why? I don't like long rides and I don't like to fly. I'll take an airplane.

3. My third most important value is Spending money on things that is

Why? not a necessity

| | |
|-------------------------------------|-------|
| Alternative 1 | |
| Pros: | Cons: |
| Alternative 2 | |
| Pros: | Cons: |
| Alternative 3 (be creative!) | |
| Pros: | Cons: |

6. Only Rhonda can choose what is best for her. If you were Rhonda, what would you do and why? Use a separate piece of paper, if necessary, to write your answer.

Describing Your Multiple Intelligences

Below are some definitions and examples of the different intelligences. As you read each section, think positively about your intelligence in this area. Highlight or place a checkmark in front of each item that is true for you.

Musical

Musical intelligence involves hearing and remembering musical patterns and manipulating patterns in music. Some occupations connected with this intelligence include musician, performer, composer, and music critic. Place a checkmark next to each skill that you possess in this area.

- 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.

Look at the items you have checked above and summarize your musical intelligence.

I enjoy singing because I sing in the church and I appreciate music to me music can help you to relax and it can also push you to be emotionally. I know how to keep the beat in my life and stay on course.

Interpersonal

Interpersonal intelligence is defined as understanding people. Occupations connected with this intelligence involve working with people and helping them, as in education or health care. Place a checkmark next to each skill that you possess in this area.

- I enjoy being around people.
- I am sensitive to other people's feelings.
- I am a good listener.
- I understand how others feel.
- I have many friends.

(Continued)

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 Look at the items you have checked above and summarize your interpersonal intelligence.

I enjoy participating in groups. I am in leadership position in my church and in my job. I can get people to cooperate in order to get the task done. People do come to me for sound advice and for prayer. I really enjoy helping people and I don't mind going that extra mile!

Logical-Mathematical

Logical-mathematical intelligence involves understanding abstract principles and manipulating numbers, quantities, and operations. Some examples of occupations associated with logical-mathematical intelligence are mathematician, tax accountant, scientist, and computer programmer. Place a checkmark next to each skill that you possess. Keep an open mind. People usually either love or hate this area.

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.

5 Look at the items you have checked above and summarize your logical-mathematical intelligence.

I can do some math but I don't like it. I have an associate degree in business because I love my own salon. but I know how to add up money. I like working on computers and that is good to know because everything is going that way.

Spatial

Spatial intelligence involves the ability to manipulate objects in space. For example, a baseball player uses spatial intelligence to hit a ball. Occupations associated with spatial intelligence include pilot, painter, sculptor, architect, inventor, and surgeon. This intelligence is often used in athletics, the arts, or the sciences. Place a checkmark next to each skill that you possess in this area.

- 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 (art, drawing, painting, photography).
- I know which way is north, south, east, and west.
- I can put things together.
- I enjoy jigsaw puzzles 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.

Look at the items you have checked above and summarize your spatial intelligence.

I remember faces more than names. I enjoy getting any sports - like going out and watching movies. I really appreciate the good things in life that I am able to do.

Bodily-Kinesthetic

Bodily-kinesthetic intelligence is defined as being able to use your body to solve problems. People with bodily-kinesthetic intelligence make or invent objects or perform. They learn by doing, touching, and handling. Occupations connected to this type of intelligence include athlete, performer (dancer, actor), craftsperson, sculptor, mechanic, and surgeon. Place a checkmark next to each skill that you possess in this area.

- I am good at using my hands.
- I have good coordination and balance.
- I learn 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.

(Continued)

Look at the items you checked above and describe your bodily-kinesthetic intelligence

I am good at using my hands. I use them for doing hair and learning any task that needs to be done on my second job. I am more of a on hands person. I thank God who makes me up every morning.

Linguistic
People with linguistic intelligence are good with language and words. They have good reading, writing, and speaking skills. Linguistic intelligence is an asset in any occupation. Specific related careers include writing, education, and politics. Place a checkmark next to each skill that you possess in this area.

- I am a good writer.
- 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.

Look at the items you have checked above and summarize your linguistic intelligence.

I enjoy doing games, it helps me to relax and one of my favorite is Candy Crush. I thank God for the group that I can do and especially for a mind to think and to remember because a mind is a terrible thing to waste.

Intrapersonal
Intrapersonal intelligence is the ability to understand yourself and how to best use your natural talents and abilities. Examples of careers associated with this intelligence include novelist, psychologist, or being self-employed. Place a checkmark next to each skill that you possess in this area.

- 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 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 can help others with self-understanding.
- I appreciate quiet time for concentration.
- I am aware of my own feelings and sensitive to others.
- I am self-directed.
- I enjoy reflecting on ideas and concepts.

Look at the items you have checked above and summarize your intrapersonal intelligence.

When I have wrong a person for my foolish actions or something I could have said. I don't mine owning up for my mistakes or wrong I have done. I am aware of my own feelings and sensitive to others.

Naturalist

The naturalist is able to recognize, classify, and analyze plants, animals, and cultural artifacts. Occupations associated with this intelligence include botanist, horticulturist, biologist, archeologist, and environmental occupations. Place a checkmark next to each skill you possess in this area.

- 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.

Look at the items you have checked above and describe your naturalist intelligence.

It feels good when you can go outside and enjoy the beauty that God has made. I appreciate what he has done. I don't take outdoors for granted because there are so many who can't go outside Existential and enjoy life to its fullest.

Existential intelligence is the capacity to ask profound questions about the meaning of life and death. This intelligence is the cornerstone of art, religion, and philosophy. Related occupations include minister, philosopher, psychologist, and artist. Place a checkmark next to each skill that you possess in this area.

- I often think about the meaning and purpose of life.
- I have strong personal beliefs and convictions.