

## How are you smart?

The question isn't 'How smart are you,' it's 'How are you smart.'

Using the scores from the first sheet match it to your area or areas of intelligence. If you have three points in one type of intelligence, that means you're very strong in that one area; a score of two or one in an intelligence means you're got moderate strength in it. Remember: Everyone has strengths in all eight areas. And just because you score low in one area doesn't mean you can't work to improve yourself in that intelligence.

### 1. Nature Smarts

If you have lots of points in the area of *naturalist intelligence* you can't help noticing everything going on in the world around you. Watching weather patterns and changing seasons makes you feel at peace.

Role models: Jacques Cousteau, Jane Goodall, Ansel Adams

If you have a low score and want to improve: Take long hikes in the nearest patch of woods. Don't strain to finish in a certain time, instead linger and let yourself explore what's around you.

Careers: Park ranger, biologist, meteorologist

### 2. Self Smarts

You have *intrapersonal intelligence*, which means that you're smart about who you are. Everyone wants to be around you because you're so confident. You have no trouble knowing what you want.

Role models: Helen Keller, Hillary Clinton, Sigmund Freud

If you scored low and want to improve: Keep a journal. It will help you remember to think about what you feel on a day-to-day basis.

Careers: small business owner, psychologist, teacher

### 3. Word Smarts

*Linguistic intelligence* is one of the two kinds of smarts—logical/mathematical is the other-- that will get you far in school.

You are very good with words, and you like to read, write and tell stories. You could persuade anyone to do anything.

Role models: Eminem, Sylvia Plath, Ronald Reagan

If you scored low and want to improve: Sacrifice some TV time and go through as many books as you can. The more you read, the more comfortable you will be with words.

Careers: Journalist, lawyer, publicist

### 4. Music Smarts

The person with *musical intelligence* is always breaking into song. Music helps you remember things, like algebra equations and grammar rules. The pitch and tone of a sound can really affect your mental state.

Role models: Mozart, Avril Lavigne, Gideon Yago

If you scored low and want to improve: Listen to different types of music while doing the things you are smart at.

Careers: Composer, concert pianist, record store owner

### 5. Logic Smarts

Friends always count on you to figure out the tip in restaurants because of your *logical/mathematical intelligence*. When presented with any problem, mathematical or not, you always try to solve it using logic. You're fascinated by games like Mind Trap or Tribond.

Role models: Albert Einstein, Marie Curie, Ruth Bader Ginsburg

If you scored low and want to improve: Even if you don't think you're skilled in math, that doesn't mean you don't have any of this intelligence. Try doing logic games in the comics section of the newspaper.

Careers: Scientist, mathematicians, business consultant

## 6. Visual Smart

When you go on care trips you're always the navigator because you're good at orienting yourself in space. You possess *visual/spatial intelligence*. You can also recall things easily in three dimensions.

Role models: Michelangelo, Donna Karan, Thomas Edison

If you scored low and want to improve: Spend time looking at pictures and looking for details. You'll see things in them that you didn't notice before.

Careers: Artist, fashion designer, mechanical engineer

## 7. Body Smarts

*Bodily/kinesthetic intelligence* is the quality that lets your body do what your mind tells it to. So if your dad tells you to pull your elbow back in order to throw a perfect spiral pass with a football, your body knows how to pull it off. It's the same talent that makes good actors believable through physical and facial movements.

If you scored low and want to improve: If you're convinced that you're a klutz, immerse yourself in a physical activity you're comfortable with. Running will help you gain confidence in the way your body works.

Careers: Carpenter, surgeon, physical trainer

## 8. People Smarts

Natural leaders have *interpersonal intelligence*. You love to be around other people and have a talent for understanding them. You're always in charge because you know how to make stuff run smoothly.

Role models: Abraham Lincoln, Oprah Winfrey, Gloria Steinem

If you scored low and want to improve: Practice listening to what your sister is telling you the next time she starts babbling about her friends. Force yourself not to interrupt, and to ask questions instead of giving your opinions right away.

Careers: Teacher, counselor, salesperson