



Name: \_\_\_\_\_ # \_\_\_\_\_

Date: \_\_\_\_\_ Block: \_\_\_\_\_

# Seven Intelligences Checklist

Youth Version (13-18 years)

**Quickly read the following statements and check each statement that applies to you.**

1. I easily remember memorable quotes or "sayings" and use them well in my conversation with others.
2. My library of books is among my most precious possessions.
3. I can hear words in my head before I read, speak, or write them down.
4. I get more out of listening to news on the radio and hearing books on cassette than I do from watching TV.
5. I am a master when it comes to word games like Scrabble, or Password.
6. I enjoy entertaining others with tongue twisters, nonsense, rhymes or puns.
7. Other people sometimes have to stop and ask me to explain the meaning of words I use in my writing and speaking.
8. English, social studies, and history are easier for me in school than math and science.
9. When I am traveling down a highway, I pay more attention to the words written on billboards than to the scenery.
10. I have written something recently that I was particularly proud of or that earned me special recognition by others.
11. I note other people's errors in using words or grammar, even if I don't correct them.
12. I am fascinated by scientific and philosophical questions like "When did time begin?"
13. I can easily double or triple a measurement, formula or recipe without having to put it all down on paper.
14. Math and science are among my favorite subjects in school.
15. I frequently beat my friends in chess, checkers, Go, or other strategy games.
16. I like to set up little "what if experiments (e.g., what would happen if I double the amount of plant food that I feed to my plants at home?)
17. People sometimes tell me that I have a very computer-like mind.

- 18. I organize things in my bedroom, study, and at my desk according to categories and in patterns.
- 19. I believe that almost everything has a rational explanation.
- 20. I wonder a lot about how certain things work.
- 21. I like finding logical flaws in the things that people say and do at home and work.
- 22. I feel more comfortable when something has been measured, categorized, analyzed or quantified.
- 23. I enjoy music and have favorite performers.
- 24. People say that I have a pleasant singing voice.
- 25. I can tell when a musical note is off-key.
- 26. My collection of cassettes and compact discs is among my most treasured possessions.
- 27. I play a musical instrument.
- 28. I catch myself sometimes walking down the street with a television jingle or other tune running obsessively through my mind.
- 29. I can easily keep time to a piece of music with a simple percussion instrument.
- 30. I know the tunes to many different songs or musical pieces.
- 31. If I hear a musical selection once or twice, I am usually able to sing it back fairly accurately.
- 32. I often make tapping sounds or sing melodies while working, studying, or learning something new.
- 33. I sometimes enjoy different sounds in my environment.
- 34. I can remember in detail the layout and landmarks of places I've visited on vacations.
- 35. I often see clear visual images when I close my eyes.
- 36. I am usually sensitive to color.
- 37. I have a camera or camcorder that I use to record what I see around me.
- 38. I can easily solve jigsaw puzzles, mazes and other visual puzzles.
- 39. I sometimes have vivid dreams at night.
- 40. I can easily find my way around unfamiliar territory.
- 41. People praise me for the drawings or doodles I create.
- 42. Geometry is easier for me than algebra in school.
- 43. I can comfortably imagine how something might appear if it were looked down upon from directly above in a birds eye view.
- 44. I prefer looking at reading material that is heavily illustrated.
- 45. I regularly engage in at least one sport or physical activity.
- 46. I can master new sports easily.

- 47. I find it difficult to sit still for long periods of time.
- 48. I like working with my hands at some concrete activity such as sewing, weaving, carving, carpentry, or model-building.
- 49. My best ideas often come to me when I'm out for a long walk or jog.
- 50. I like to spend my free time outdoors.
- 51. I frequently use hand gestures or other forms of body language when conversing with someone.
- 52. I need to touch things in order to learn more about them.
- 53. I enjoy scary movies, dare devil amusement rides, or similarly thrilling experiences.
- 54. I need to practice a new skill by doing it rather than simply reading about it or seeing a video that describes it.
- 55. I often can figure out how something works or how to fix something that's broken, without asking for help.
- 56. When I meet new people, I often make connections between their characteristics and those of other acquaintances.
- 57. I'm considered the local Dear Abby in my neighborhood and people often come to see me for help and advice.
- 58. I can sense quickly how other people are feeling about things and themselves.
- 59. I prefer group sports like badminton, volleyball, or softball to solo sports such as swimming and jogging.
- 60. When I have a problem, I'm more likely to seek out another person for help rather than attempt to work it out on my own.
- 61. I have at least three close friends.
- 62. I prefer social pastimes like Monopoly or other group games to individual recreations such as video games or solitaire.
- 63. I enjoy the challenge of teaching another person what I know how to do.
- 64. I feel comfortable in the middle of a crowd.
- 65. I like to get involved in social activities connected with my school, church, or community.
- 66. I would rather spend my evenings at a lively party than at home alone.
- 67. I regularly spend time alone to meditate, reflect, or think about important life questions.
- 68. I think about what I want from life and what I want to accomplish when I am grown up.
- 69. I have some important goals for myself that I think about on a regular basis.
- 70. I have intuitions about things that turn out to be true.
- 71. People tend to see me as a loner.

- \_\_72. I have a special hobby or interest that I keep pretty much to myself.**
- \_\_73. I prefer to spend a weekend alone in a cabin in the woods rather than go to a fancy resort with lots of people around.**
- \_\_74. I have participated in groups or counseling sessions to learn more about myself.**
- \_\_75. I usually know how I feel about something or about my feelings.**
- \_\_76. I keep a personal diary or journal to record the events of my inner life.**
- \_\_77. Someday I would like to start my own business.**

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Rubric

1-11 linguistic  
12-22 math  
23-33 music  
34-44 spatial  
45-55 kinesthetic  
56-66 interpersonal  
67-77 intrapersonal

**Your Scores**

linguistic \_\_\_\_\_

math \_\_\_\_\_

music \_\_\_\_\_

spatial \_\_\_\_\_

kinesthetic \_\_\_\_\_

interpersonal \_\_\_\_\_

intrapersonal \_\_\_\_\_

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