

# Learning Strategies for Multiple Intelligences

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 [jobsetc.gc.ca/pieces.jsp](http://jobsetc.gc.ca/pieces.jsp)

Everyone has all eight intelligences, but usually each individual has strength in three or four of them.

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**Are you verbal/linguistic?** Then you make sense out of the world through language and can use words effectively either speaking or in writing. When you make puns and tell stories, you exhibit this intelligence.

Learning strategies:

- read material before going to lectures;
- take notes of what you hear and read;
- describe what you have learned to others;
- listen to what others have learned;
- write out the steps/instructions to a procedure or experiment;
- use crossword puzzles, puns and imaginary conversations as memory devices;
- use your verbal/linguistic knowledge to help you study. For example, if you are taking a course in music, make up a story based on what you hear.



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**Are you logical/mathematical?** Then you appreciate abstract relationships and can use numbers effectively. When you enjoy statistics and analyzing the components of problems, you exhibit this intelligence.

Learning strategies:

- take down notes in outline form;
- rank different items of information in order of their importance;
- organize information into different categories to aid memory;
- use your logic to predict outcomes based on your knowledge of the past;
- figure out the procedures to complete a task;
- create goal-setting charts for your learning objectives;
- use your logical/mathematical skills to help you study. For example, if you are learning about the earth, look for cause-and-effect relationships among geological events.

**Do you have visual/spatial intelligence?** You are able to perceive visual/spatial information and can create effective mental pictures. When you like doodling, you exhibit this intelligence.

Learning strategies:

- use the visuals in your learning situation - images, shapes, designs, colours - to help you remember;
- create a mental picture of what you are being told;
- use highlighters to mark important text;
- when taking notes of what you hear and read, use images as well as words;
- draw diagrams, graphs, patterns to describe/explain things to yourself;
- use visual/spatial topics in your studies. For example, if you are studying a different culture, write an essay exploring their art and paintings.

**Do you have interpersonal intelligence?** Then you are able to recognize and understand the motivations and feelings of other people. When you enjoy being on a team/group, you exhibit this intelligence.

Learning strategies:

- seek out group learning where you can interact with others.
- use your knowledge of others to help you be a better participant on a team.
- be aware of how others feel when you ask questions and listen;
- explain what you have learned to other people;
- be sensitive to the needs and wants of your teacher/instructor/professor - you will be better able to predict his/her expectations on essays and exams;
- use interpersonal topics in your studies. For example, if you are studying history, write an essay in which you role-play with an historical figure.

**Do you have an intrapersonal intelligence?** Then you are able to distinguish among your own feelings, build accurate mental models of yourself, and draw on these models to make decisions about your life. When you can capitalize on your strengths and know your weaknesses, you exhibit

this intelligence.

Learning strategies:

- be aware of the way you are thinking as you learn and evaluate its benefits;
- notice your emotional state when you are in a learning situation and assess how it helps/hinders you;
- use your ability to go "inside" to alleviate stress when you are surrounded by too much noise and activity;
- evaluate your personal strengths/weaknesses for different subjects;
- take concepts and relate them to your life/understand how they make you feel;
- use intrapersonal topics in your studies. For example, if you are studying history, analyze the effect of leaders' decision-making styles.

You might also be interested in exploring the Felder's Learning Style section on [Reflective learning preference](#).



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[Do you have bodily/kinesthetic intelligence?](#) Then you use all or part of your body to create products or solve problems. When you enjoy sports and dance, you exhibit this intelligence.

Learning strategies:

- seek out ways to learn through hands-on experience;
- act out the meanings of what you learn;
- connect body movements, gestures and facial expressions with different kinds of information;
- use games, mime and simulations to better understand and aid recall;
- learn about biofeedback methods to better understand how you learn;
- use your bodily/kinesthetic intelligence in your studies. For example, if you are learning mathematics, use different parts of your body as measuring tools.



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[Are you musical?](#) Then you can create, communicate and understand meanings made out of sounds. When you notice sounds and tap out rhythms, you exhibit this intelligence.

Learning strategies:

- use the moods of different types of music to help you study different topics;

- make up sounds that you can attach to items of knowledge for better recall;
- create songs and rhythms about subjects you are learning;
- use music to help you reduce stress;
- use music topics in your studies. For example, if you are studying a different culture, ask if you can write an essay about its music.



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**Are you a naturalist?** Then you can distinguish among, classify and use features of your personal environment. For example, if you build collections of items such as stamps, films or musical recordings, you exhibit this intelligence.

Learning strategies:

- draw images of your environment when you take notes of what you hear and read;
- relate what you are learning to patterns in your environment;
- use your "collecting" ability to help you classify and organize ideas/concepts that you are learning;
- if the outdoors is an important part of your environment, study in a nature setting or have plants in your study location;
- use examples of your environment in your studies. For example, if you are studying literature and you work in an auto body shop, ask if you can write an essay about the automobile in poetry or a novel.

[Kiersey Temperament Quiz](#)

