Multiple Intelligences Theory & Learning Styles

Finding Your Learning Style, Strengths, & Study Strategies

URBAN COLLEGE
of Boston

What do you mean by "multiple intelligences?"

The theory of multiple intelligences was developed by Howard Gardner. It states that *individuals have eight different intelligences, and all are used to solve problems.*

The theory argues that people who are strong in one type of intelligence are not necessarily as strong in other intelligences. The theory also thinks of intelligence as a combination of inherited skills that can be developed and strengthened through real-life experiences. In other words, _people are not born with all of the intelligence they will ever have._

How can this theory help me?

<u>Everybody is intelligent in different ways!</u> We **all** have the eight intelligences outlined in the theory. However, our individual profile of a specific intelligence and the ways in which we use our intelligences are unique to each person.

Identifying your dominant intelligence can help you find learning & studying strategies that can help you retain information/promote understanding most effectively.

The following slides will explain the eight intelligences* outlined in Gardner's theory.

*Naturalistic intelligence was recently added to the original seven intelligences.

Verbal/Linguistic Intelligence

Strengths/Characteristics

- Extremely attentive to spoken and written language
- Can learn new languages easily
- Uses language to their advantage in completing goals
- Effective and captivating storyteller
- Enjoys reading and writing

Study techniques

- When reading/studying, use limited highlighting to identify important ideas
- Rewrite and outline information learned
- Discuss new information with others

Logical Intelligence

Strengths/Characteristics

- Can easily logically analyze problems
- Able to carry out mathematical operations
- Strong investigative skills
- Strong organizational skills

Study techniques

- Create graphs and charts to process new information
- Outline information in a logical way
- Analyze newly learned information
- Find patterns in new information

Musical Intelligence

Strengths/Characteristics

- Skilled in performing and composing music
- Appreciates of musical patterns
- Understands & interprets sounds, rhythms, tones and pitches on a level most people don't
- Likes to compose music or play an instrument

Study techniques

- Study with music playing in the background
- Put new information you're trying to learn to beats and rhythms
- Create rhythms out of words learned
- Take a creative break while studying

Bodily/Kinesthetic Intelligence

Strengths/Characteristics

- Uses one's body (whole body or parts of the body) to solve problems
- Strong capacity to handle and maneuver your own body

Study techniques

- Move while studying (pacing when learning new information)
- Move fingers under words as you read them
- Create games to learn new information

Visual/Spatial Intelligence

Strengths/Characteristics

- Ability to recognize and use the patterns of space
- Can easily visualize something in the mind's eye

Study techniques

- Use visual aids when studying, such as graphs, maps, and pictures
- Try to visualize information that you've learned
- Use stimulating images when studying

Interpersonal Intelligence

Strengths/Characteristics

- Strong capacity to understand the intentions, motivations, and desires of other people
- Works effectively with others
- Strongly understands other people's emotions, extremely receptive to other people's emotions
- Highly conscious of social norms

Study techniques

- Study in groups
- Teach other people information as you learn it
- Discuss information with others

Intrapersonal Intelligence

Strengths/Characteristics

- Strong capacity to understand oneself
- Appreciates one's own feelings, fears, and motivations
- Extremely self-aware – you know what you're feeling & thinking in specific situations

Study techniques

- Try to visualize new information
- Keep a journal
- Reflect on the personal meaning of ideas
- Study in a quiet place

Naturalistic Intelligence

Strengths/Characteristics

- Strong capacity for learning things related to the natural world and biological sciences
- Highly in tune with nature, highly aware of subtle changes to their environment
- Can easily distinguish different plants, animals, and other environmental related things

Study strategies

- Try learning outside or bring the outdoors inside to make your learning environment more comfortable
- Allow plenty of time to explore topics

SOURCES:
Practical Psychology. (2016, April 2). *8 intelligences - Theory of multiple intelligences explained - Dr. Howard Gardner* [Video]. Youtube. https://youtu.be/s2EdujrMovA
Study.com. (n.d.). *What is the naturalistic intelligence style?* https://study.com/academy/lesson/what-is-the-naturalistic-learning-style.html

More information about the theory

Here's a video to learn more about the different types of intelligences

How do I find my dominant intelligence?

In order to find your dominant intelligence and learning strategies, you may need to take a short quiz.

Here is a link to one quiz: https://alis.alberta.ca/careerinsite/know-yourself/multiple-intelligences-quiz/

Learning style

A learning style is someone's preferred way of learning, processing, understanding, and retaining new information. Everyone learns differently.

There are four learning styles: **visual, auditory, reading/writing**, and **kinesthetic**

SOURCE: Grand Canyon University. (2020, May 28). *How to recognize and support learning styles in the classroom.* https://www.gcu.edu/blog/teaching-school-administration/how-recognize-and-support-learning-styles-classroom

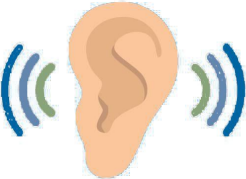# Difference between learning style and dominant intelligence:
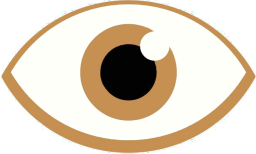
- Your dominant intelligence focuses on the contents and products of learning
- Your learning style focuses on the differences in the learning process

For example, your dominant intelligence shows your aptitude for a certain field, but your learning style shows *how* you learn.

- Knowing both your dominant intelligence and learning style makes learning more effective

For example, someone with high naturalistic intelligence may not learn as well in a science class that is dependent on textbooks.

Learning Styles

Learning Style	Strengths & Characteristics	Study Strategies
Visual 	● Likes demonstrations ● Easily learns through descriptions ● Uses lists to organize thoughts ● Recognizes words by sight ● Remembers faces but not names ● Easily distracted by action in the class ● Unaware of noise ● Imaginative	● Diagrams, illustrated textbooks, videos, & handouts ● Taking detailed notes ● Sit up front to avoid classroom distractions ● Outlines ● Flashcards ● Highlight/circle/underline important information while reading
Auditory 	● Likes verbal instructions ● Easily learns through listening ● Enjoys dialogues, discussions, and plays ● Remembers names but not faces ● Easily distracted by noise ● Does well working out solutions or problems by talking them out ● Audiobooks	● Verbal lectures, discussions, talking things through, and listening to others ● Paying attention to the tone, pitch, & speed of someone's voice ● Attend and listen in class ● Repeat things out loud while studying ● Use study groups to discuss material

Learning Styles

Learning Style	Strengths & Characteristics	Study Strategies
Read/Write	• Likes when information is displayed as words • Does well when they take notes, either during a lecture or when reading • Enjoys drawing or doodling to remember • PowerPoints, the internet, lists, diaries, dictionaries, thesauri, quotations, and words	• Needs to see information displayed in words • The more words, the better • Definitions, handouts, and note-taking are helpful • Rewrite information and notes • Read your own notes silently to yourself • Write down trends found in graphs and charts
Kinesthetic	• Likes when they are involved in an activity, or active • High energy levels • Thinks and learns best while moving • Most of lecture content is lost • Difficulty concentrating when asked to sit and read • Prefers to engage in activity rather than watching or listening	• Need to do, move, or touch • Learns best with a hands-on approach • Can use alternative ways to learn information such as building models, go on fieldtrips, and use flashcards • Having multiple, short study sessions • Group study sessions • Using mobile study materials such as flashcards

Here is a short learning-style quiz that has been adapted from Harvard Graduate School of Education's Project Zero:

1. Someone needs directions on how to get to the MBTA station. You would:
   a. Go with them
   b. Tell them the directions on how to get there
   c. Write down the directions
   d. Draw, or give them a map
2. You're not sure how to spell a word. You would:
   a. Write the possible spelling(s) on paper and choose one
   b. Think about how each word sounds and choose one
   c. Find it online or in a dictionary
   d. See the word in your mind and choose by the way the word looks
3. You are looking to buy some new school supplies for the upcoming semester. Other than price, what would most influence your purchase?
   a. Trying/testing the item
   b. Salesperson telling you about the item's features
   c. Reading the details about the item's features
   d. The design/visual appeal of the item

1. Remember a time when you learned something new that was not a physical skill. How did you learn best?
   a. Watched a demonstration
   b. Listened to somebody explain it and asked questions
   c. Read written instructions in a manual or textbook
   d. Looked at diagrams and charts, or other visuals
2. You want to learn a new skill on a computer for class. You would:
   a. Use the computer controls or keyboard
   b. Talk with people who know how to perform the skill
   c. Read written instructions on how to perform the skill
   d. Follow diagrams in the book
3. You like websites that have:
   a. Things you can click on or try
   b. Audio channels where you can listen to music, the radio, programs, or interviews
   c. Interesting written descriptions, lists, and explanations
   d. Interesting design and visual features

Continued...

1. You prefer when your teacher:
   a. Includes demonstrations, models, or practical sessions
   b. Hosts Q&A's, talks, group discussions, or guest speakers
   c. Provides handouts, books, or readings
   d. Includes diagrams, charts, or graphs
2. When deciding what to order at a restaurant, you would:
   a. Choose something that you have had there before
   b. Ask for recommendations from the waiter or your friends
   c. Choose from the descriptions in the menu
   d. Look at what others are eating or look at pictures of each dish

Total number of **A's**:_____

Total number of **B's**:_____

Total number of **C's**:_____

Total number of **D's**:_____

Mostly ***A's → Kinesthetic*** learning style

Mostly ***B's → Auditory*** learning style

Mostly ***C's → Reading/writing*** learning style

Mostly ***D's → Visual*** learning style

Adapted from:

Project Zero. (n.d.). *Multiple intelligences: Different strokes for different folks*. Harvard Graduate School of Education. https://www.sc.edu/about/offices_and_divisions/fraternity_and_sorority_life/documents/multiple-intelligences-take-2.pdf

All clip art was downloaded from PNG Tree & Flat Icon

Created by:

Erika Decklar
Learning Support Associate (LSA)