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Please follow and like us: To continue with our theme of diversity in learning types, we will dive deeper into the world of educational psychology and discuss Howard Gardner's Theory of Multiple Intelligences. "Intelligence," as defined by Merriam-Webster, "is that the ability to accumulate and apply knowledge and skills." Historically, the concept of intelligence was utilized as a measure of your worth and potential. You are born with a level of intelligence, measured by IQ tests, and you cannot change or improve your set level of intelligence. This definition and pre-conceived notion limited growth and block the various paths an individual can pursue. In the 1980s, a Harvard psychologist named Harvard Gardner proposed one such theory that expanded on the view of traditional intelligence. The Theory of Multiple Intelligences "We are all able to know the earth through language, logical-mathematical analysis, spatial representation, musical thinking, the use of the body to unravel problems or to make things, an understanding of other individuals, and an understanding of ourselves. Where individuals differ is within the strength of these intelligences - the so-called profile of intelligences -and within the ways during which such intelligences are invoked and combined to carry out different tasks, solve diverse problems, and progress in various domains."Howard Gardner Gardner suggests that the long-held view of intelligence is too limiting to the entire population and that people have at least eight kinds of intelligences. To encompass a person's entire psyche, he theorized that people have the capacity for a range of intelligences. This range includes linguistic, musical, naturalistic, spatial-visual, and more. An individual can maintain any number of those different intelligences, and every person will have varying levels of each. Not all are measurable through the ever-popular IQ IQ test. Counterargument to Multiple Intelligences With every new theory comes criticism from scholars, psychologists, and educators. Most critiques note that Gardner's definition is broad, and his identified "intelligences" are simply talents or traits. Additionally, critics note that there is not sufficient evidence to support his theory. However, the idea of multiple intelligences is popular with educators. Many teachers utilize various intelligences in their teaching and integrate Gardner's theory in unique ways throughout the classroom. A Summary of the Eight Visual-Spatial Intelligence - Visual and spatial judgmentLinguistic-Verbal Intelligence - Words, language, and writingLogical-Mathematical Intelligence - Analyzing problems and mathematical operationsBodily-Kinesthetic Intelligence - Physical movement and motor controlMusical Intelligence - Rhythm and musicInterpersonal Intelligence - Understanding and relating to other peopleIntrapersonal Intelligence - Introspection and self-reflectionNaturalistic Intelligence - Finding patterns and relationships to nature Image Credits: Thrive Global, 2019. With each intelligence comes their strengths, common characteristics, and common career choices. Knowing your strengths and interests, or "intelligences," can help you determine your future career path and how to get started. Please follow and like us: When you hear the word intelligence, the concept of IQ testing may immediately come to mind. Intelligence is often defined as our intellectual potential; something we are born with, something that can be measured, and a capacity that is difficult to change. In recent years, however, other views of intelligence have emerged. One such conception is the theory of multiple intelligences proposed by Harvard psychologist Howard Gardner. Illustration by JR Bee, Verywell This theory suggests that traditional psychometric views of intelligence are too limited. Gardner first outlined his theory in his 1983 book Frames of Mind: The Theory of Multiple Intelligences, where he suggested that all people have different kinds of "intelligences." Gardner proposed that there are eight intelligences, and has suggested the possible addition of a ninth known as "existentialist intelligence." In order to capture the full range of abilities and talents that people possess, Gardner theorizes that people do not have just an intellectual capacity, but have many kinds of intelligence, including musical, interpersonal, spatial-visual, and linguistic intelligences. While a person might be particularly strong in a specific area, such as musical intelligence, he or she most likely possesses a range of abilities. For example, an individual might be strong in verbal, musical, and naturalistic intelligence. Gardner's theory has come under criticism from both psychologists and educators. These critics argue that Gardner's definition of intelligence is too broad and that his eight different "intelligences" simply represent talents, personality traits, and abilities. Gardner's theory also suffers from a lack of supporting empirical research. Despite this, the theory of multiple intelligences enjoys considerable popularity with educators. Many teachers utilize multiple intelligences in their teaching philosophies and work to integrate Gardner's theory into the classroom. Learning more about the multiple intelligences can help you better understand your own strengths. Continue reading to learn more about the major characteristics of each type of intelligence, and if you still aren't sure which type describes you best, this quiz can help you figure it out. 1 People who are strong in visual-spatial intelligence are good at visualizing things. These individuals are often good with directions as well as maps, charts, videos, and pictures. Visual and spatial judgment People with visual-spatial intelligence: Read and write for enjoymentAre good at putting puzzles togetherInterpret pictures, graphs, and charts wellEnjoy drawing, painting, and the visual artsRecognize patterns easily If you're strong in visual-spatial intelligence, good career choices for you are: 2 People who are strong in linguistic-verbal intelligence are able to use words well, both when writing and speaking. These individuals are typically very good at writing stories, memorizing information, and reading. Words, language, and writing People with linguistic-verbal intelligence: Remember written and spoken informationEnjoy reading and writingDebate or give persuasive speechesAre able to explain things wellUse humor when telling stories If you're strong in linguistic-verbal intelligence, good career choices for you are: Writer/JournalistLawyerTeacher 3 People who are strong in logical-mathematical intelligence are good at reasoning, recognizing patterns, and logically analyzing problems. These individuals tend to think conceptually about numbers, relationships, and patterns. Analyzing problems and mathematical operations People with logical-mathematical intelligence: Have excellent problem-solving skills Enjoy thinking about abstract ideas Like conducting scientific experiments Can solve complex computations If you're strong in logical-mathematical intelligence, good career choices for you are: ScientistMathematicianComputer programmerEngineerAccountant 4 Those who have high bodily-kinesthetic intelligence are said to be good at body movement, performing actions, and physical control. People who are strong in this area tend to have excellent hand-eye coordination and dexterity. Physical movement, motor control People with bodily-kinesthetic intelligence: Are skilled at dancing and sportsEnjoy creating things with his or her handsHave excellent physical coordinationRemember by doing, rather than hearing or seeing If you're strong in bodily-kinesthetic intelligence, good career choices for you are: DancerBuilderSculptorActor 5 People who have strong musical intelligence are good at thinking in patterns, rhythms, and sounds. They have a strong appreciation for music and are often good at musical composition and performance. Rhythm and music People with musical intelligence: Enjoy singing and playing musical instrumentsRecognize musical patterns and tones easilyRemember songs and melodiesHave a rich understanding of musical structure, rhythm, and notes If you're strong in musical intelligence, good career choices for you are: MusicianComposerSingerMusic teacherConductor 6 Those who have strong interpersonal intelligence are good at understanding and interacting with other people. These individuals are skilled at assessing the emotions, motivations, desires, and intentions of those around them. Understanding and relating to other people People with interpersonal intelligence: Communicate well verbally Are skilled at nonverbal communication See situations from different perspectives Create positive relationships with others Resolve conflicts in group settings If you're strong in interpersonal intelligence, good career choices for you are: PsychologistPhilosopherCounselorSalespersonPolitician 7 Individuals who are strong in intrapersonal intelligence are good at being aware of their own emotional states, feelings, and motivations. They tend to enjoy self-reflection and analysis, including daydreaming, exploring relationships with others, and assessing their personal strengths. Introspection and self-reflection People with intrapersonal intelligence: Analyze their strengths and weaknesses wellEnjoy analyzing theories and ideasHave excellent self-awarenessUnderstand the basis for his or her own motivations and feelings If you're strong in intrapersonal intelligence, good career choices for you are: PhilosopherWriterTheoristScientist 8 Naturalistic is the most recent addition to Gardner's theory and has been met with more resistance than his original seven intelligences. According to Gardner, individuals who are high in this type of intelligence are more in tune with nature and are often interested in nurturing, exploring the environment, and learning about other species. These individuals are said to be highly aware of even subtle changes to their environments. Finding patterns and relationships to nature People with naturalistic intelligence: Are interested in subjects such as botany, biology, and zoologyCategorize and catalog information easilyEnjoy camping, gardening, hiking, and exploring the outdoorsDislikes learning unfamiliar topics that have no connection to nature If you're strong in naturalistic intelligence, good career choices for you are: BiologistConservationistGardenerFarmer

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