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Please enjoy this complimentary excerpt from Differentiated Instructional Strategies, 3e. Students and teachers can use the "How Are You Intelligent?" Checklist to increase personal awareness around their areas of strength.

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## Figure 3.8 How Are You Intelligent?

VERBAL/LINGUISTIC INTELLIGENCE	INTRAPERSONAL INTELLIGENCE
<ul> <li>I like to tell jokes, stories, or tales.</li> <li>Books are important to me.</li> <li>I like to read.</li> <li>I often listen to radio, TV, tapes, or CDs.</li> <li>I write easily and enjoy it.</li> <li>I quote things I've read.</li> <li>I like crosswords and word games.</li> </ul>	<ul> <li>I know about my feelings, strengths, and weaknesses.</li> <li>I like to learn more about myself.</li> <li>I enjoy hobbies by myself.</li> <li>I enjoy being alone sometimes.</li> <li>I have confidence in myself.</li> <li>I like to work alone.</li> <li>I think about things and plan what to do next.</li> </ul>
LOGICAL/MATHEMATICAL INTELLIGENCE	VISUAL/SPATIAL INTELLIGENCE
<ul> <li>I solve math problems easily.</li> <li>I enjoy math and using computers.</li> <li>I like strategy games.</li> <li>I wonder how things work.</li> <li>I like using logic to solve problems.</li> <li>I reason things out.</li> <li>I like to use data in my work to measure, calculate, and analyze.</li> </ul>	<ul> <li>I shut my eyes and see clear pictures.</li> <li>I think in pictures.</li> <li>I like color and interesting designs.</li> <li>I can find my way around unfamiliar areas.</li> <li>I draw and doodle.</li> <li>I like books with pictures, maps, and charts.</li> <li>I like videos, movies, and photographs.</li> </ul>
INTERPERSONAL INTELLIGENCE	BODILY/KINESTHETIC INTELLIGENCE
<ul> <li>People ask me for advice.</li> <li>I prefer team sports.</li> <li>I have many close friends.</li> <li>I like working in groups.</li> <li>I'm comfortable in a crowd.</li> <li>I have empathy for others.</li> <li>I can figure out what people are feeling.</li> </ul>	<ul> <li>I get uncomfortable when I sit too long.</li> <li>I like to touch or be touched when talking.</li> <li>I use my hand when speaking.</li> <li>I like working with my hands on crafts/hobbies.</li> <li>I touch things to learn more about them.</li> <li>I think of myself as well coordinated.</li> <li>I learn by doing rather than watching.</li> </ul>
MUSICAL/RHYTHMIC INTELLIGENCE	NATURALIST
<ul> <li>I like to listen to musical selections.</li> <li>I am sensitive to music and sounds.</li> <li>I can remember tunes.</li> <li>I listen to music when studying.</li> <li>I enjoy singing.</li> <li>I keep time to music.</li> <li>I have a good sense of rhythm.</li> </ul>	<ul> <li>I enjoy spending time in nature.</li> <li>I like to classify things into categories.</li> <li>I can hear animal and bird sounds clearly.</li> <li>I see details when I look at plants, flowers, and trees.</li> <li>I am happiest outdoors.</li> <li>I like tending to plants and animals.</li> <li>I know the names of trees, plants, birds, and animals.</li> </ul>

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