

# EVERYONE HAS LEARNING STRENGTHS

There are lots of different ways to be smart. And tests and assignments aren't always the best ways to prove it. Howard Gardner is a psychologist who has found eight different ways that people learn and show their abilities. He calls the eight ways *multiple intelligences*.

1. **LINGUISTIC INTELLIGENCE:** You're good with words, including reading, writing, and speaking.
2. **MUSICAL INTELLIGENCE:** You like music and can hear patterns in it.
3. **LOGICAL-MATHEMATICAL INTELLIGENCE:** Figuring out problems with numbers and math rules comes naturally to you.
4. **SPATIAL INTELLIGENCE:** You might be good at art, working with pictures, and other projects where you need to see things in new ways.
5. **BODILY-KINESTHETIC INTELLIGENCE:** Using your body in different ways is often easy, including in sports, dancing, or acting.
6. **INTERPERSONAL INTELLIGENCE:** You get along well with others and understand what they are thinking and feeling.
7. **INTRAPERSONAL INTELLIGENCE:** You understand your own emotions and know how to express what you are thinking and feeling.
8. **NATURALIST INTELLIGENCE:** You like outdoor stuff, including plants and animals, and you enjoy collecting and classifying things.

Everybody has all eight of these, but for each person some intelligences are a lot stronger than others. The thing to remember is that you have unique gifts and talents—including some that might not show up in the work you do for school. You can still do well in any subject; sometimes all you have to do is put in a little more effort—or get some help—to stay on track.