



# EVERY DAY WITH ADHD

Celebrate Abiding  
disabilities

## Strengths and Intelligences

### Gardner's Theory of Multiple Intelligences

Gardner puts forward a theory suggesting that there are 8 types of intelligence.

1. **Linguistic intelligence:** a sensitivity to and responses about symbolic language, the shades of meaning, and the order and context of words

**Strengths:** Words, Language and Writing

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.

**Characteristics of Linguistic-Verbal Intelligence**

Good at remembering written and spoken information

Enjoys reading and writing

Good at debating or giving persuasive speeches

Able to explain things well

Often uses humour when telling stories

**Potential Career Choices**

Writer / Journalist

Lawyer

Teacher

2. **Logical-mathematical intelligence:** ability in mathematics, other complex logical systems including formal and informal reasoning.

**Strengths:** Analysing Problems and Mathematical Operations

People who are strong in logical-mathematical intelligence are good at reasoning, recognizing patterns and logically analyse problems. These individuals tend to think conceptually about numbers, relationships and patterns.

**Characteristics of Logical-Mathematical Intelligence**

Excellent problem-solving skills

Enjoys thinking about abstract ideas

Likes conducting scientific experiments

Good and solving complex computations

**Potential Career Choices**

Scientist

Mathematician

Computer programmer

Engineer

Accountant



# EVERY DAY WITH ADHD

Celebrate Abiding  
disabilities

## Strengths and Intelligences

3. **Musical intelligence:** the ability to understand, *perceive* and create music. Musicians, singers, composers and dancers may show heightened musical intelligences

**Strengths:** Rhythm and Music

People who have strong musical intelligence are good and thinking in patterns, rhythms and sounds. They have a strong appreciation for music and are often good at musical composition and performance.

### Characteristics of Musical Intelligence

Enjoy singing and playing musical instruments

Recognizes musical patterns and tones easily

Good at remembering songs and melodies

Rich understanding of musical structure, rhythm and notes

### Potential Career Choices

Musician

Composer

Singer

Music Teacher

Conductor

4. **Spatial intelligence:** the ability to "think in pictures," to perceive the visual world more accurately, and recreate, alter or manipulate it physically, or in the mind or with graphical representations such as on paper. Spatial intelligence is highly developed in artists, architects, designers and sculptors.

**Strengths:** Visual and Spatial Judgment

People who are strong in visual-spatial intelligence are good a visualizing things. These individuals are often good with directions as well as maps, charts, videos and pictures.

### Characteristics of Visual-Spatial Intelligence

Enjoys reading and writing

Good at putting puzzles together

Good at interpreting pictures, graphs and charts

Enjoys drawing, painting and the visual arts

Recognizes patterns easily

### Potential Career Choices

Architect

Artist

Engineer



# EVERY DAY WITH ADHD

Celebrate Abiding  
disabilities

## Strengths and Intelligences

5. **Interpersonal intelligence:** an ability to *feel*, perceive and understand other individuals - their moods, desires, and motivations. Skilled individuals in political and religious leadership, parenting and teaching, and therapy use this intelligence to greater extent.

**Strengths:** Understanding and Relating to Other People

Those who have strong interpersonal intelligence are good understanding and interacting with other people. These individuals are skilled at assessing the emotions, motivations, desires and intentions of those around them.

### Characteristics of Interpersonal Intelligence

- Good at communicating verbally
- Skilled nonverbal communicators
- See situations from different perspectives
- Create positive relationships with others
- Good at resolving conflict in groups

### Potential Career Choices

- Psychologist
- Philosopher
- Counsellor
- Sales person
- Politician

6. **Intrapersonal intelligence:** an understanding of one's own reactions, thoughts and emotions. Some novelists and counsellors turn their own perceptions and experiences to influence or guide others.

**Strengths:** Introspection and Self-Reflection

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 day-dreaming, exploring relationships with others and assessing their personal strengths.

### Characteristics of Intrapersonal Intelligence

- Good at analysing their strengths and weaknesses
- Enjoys analysing theories and ideas
- Excellent self-awareness
- Clearly understands the basis for their own motivations and feelings

### Potential Career Choices

- Philosopher
- Writer
- Theorist
- Scientist



# EVERY DAY WITH ADHD

Celebrate Abiding  
disabilities

## Strengths and Intelligences

7. **Naturalist intelligence:** the ability to recognize, comparatively to systematically classify plants, flora and fauna, animals, minerals, the earth and cosmos.

**Strengths:** Finding Patterns and Relationships to Nature

Naturalistic is the most recent addition to Gardner's theory <sup>5</sup> 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 interesting 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.

### Characteristics of Naturalistic Intelligence

Interested in subjects such as botany, biology and zoology

Good at categorizing and cataloguing information easily

May enjoy camping, gardening, hiking and exploring the outdoors

Doesn't enjoy learning unfamiliar topics that have no connection to nature

### Potential Career Choices

Biologist

Conservationist

Gardener

Farmer

8. **Bodily-kinaesthetic intelligence:** the ability to use one's body in a skilled way, for self-expression or toward a goal. Mimes, dancers, sports players, physically expressive singers, and actors are among those who are more noted in bodily-kinaesthetic intelligence.

**Strengths:** Physical Movement, Motor Control

Those who have high bodily-kinaesthetic 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.

### Characteristics of Bodily-Kinaesthetic Intelligence

Good at dancing and sports

Enjoy creating things with their hands

Excellent physical coordination

Tends to remember by doing, rather than hearing or seeing

### Potential Career Choices

Dancer

Builder

Sculptor

Actor