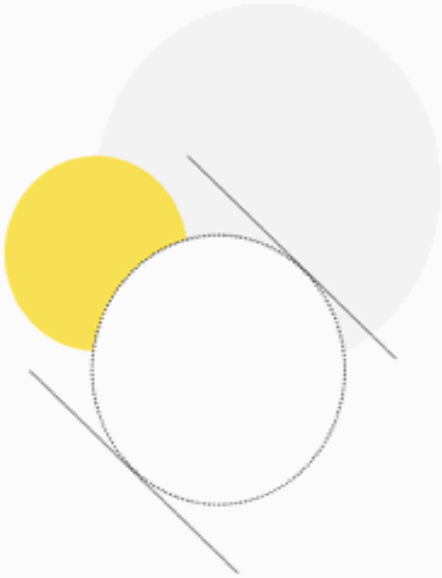


Namra Niyas

REPORT NUMBER 1108

Multiple Intelligences & Emotional Intelligence Report



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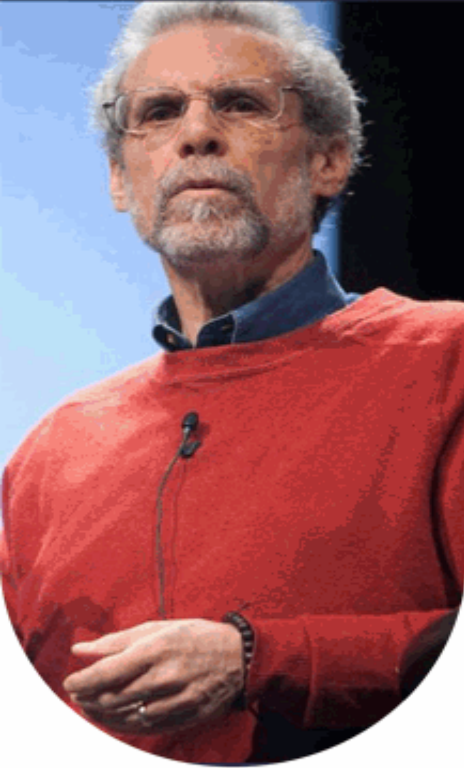
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Howard Gardner is an American developmental psychologist best known for his theory of multiple intelligences, as outlined in his book *Frames of Mind: The Theory of Multiple Intelligences* (1983). Gardner graduated from Harvard University in 1965 with a Bachelor of Arts degree in Social Relations and obtained his doctorate in developmental psychology from Harvard University. Gardner began teaching at the Harvard Graduate School of Education in 1986. Since 1995, much of the focus of his work has been on the Good Work Project, now known as the Good Project. In 2000, *Mind, Brain and Education*, a master's program developed by Gardner and his colleagues at the Harvard Graduate School of Education, was established. This program was thought to be the first of its kind around the world. Many universities in the United States and abroad have since developed similar programs. In 2004, Gardner developed his observations about the mind and brain and published *Changing Minds : The Art and Science of Changing Our Own and Other People's Minds*.

According to Gardner's theory of multiple intelligences, humans have several different ways of processing information and these ways are relatively independent of one another. Gardner has identified nine intelligences: linguistic, logic-mathematical, musical, spatial-visual, bodily/kinesthetic, interpersonal, intrapersonal, naturalistic and existential. In 1981 Gardner was the recipient of a MacArthur Prize Fellowship and in 1990 he became the first American to receive the University of Louisville Grawemeyer Award in Education. In 1985, he received The National Psychology Awards for Excellence in the Media.

In 1987, he received the William James Award from the American Psychological Association. In 2000 he received a fellowship from the John S. Guggenheim Memorial Foundation. Four years later he was named an Honorary Professor at East China Normal University in Shanghai. In the years 2005 and 2008 he was selected by *Foreign Policy* and *Prospect* magazines as one of the top 100 most influential public intellectuals in the world. In 2011, he won the Prince of Asturias Award in Social Sciences for his development of multiple intelligences theory. In 2015, he received the Brock International Prize in Education. He has received 30 honorary degrees from colleges and universities around the world, including institutions in Bulgaria, Canada, Chile, Greece, Hong Kong, Ireland, Israel, Italy, and South Korea.



Daniel Goleman is an internationally known psychologist who lectures frequently to professional groups, business audiences, and on college campuses. As a science journalist Goleman reported on the brain and behavioral sciences for The New York Times for many years. His 1995 book, Emotional Intelligence was on The New York Times bestseller list for a year -and-a-half, with more than 5,000,000 copies in print worldwide in 40 languages, and has been a best seller in many countries . Apart from his books on emotional intelligence, Goleman has written books on topics including self-deception, creativity, transparency, meditation, social and emotional learning, ecoliteracy and the ecological crisis.

The Harvard Business Review called emotional intelligence- which discounts IQ as the sole measure of one’s abilities - “a revolutionary, paradigm-shattering idea” and chose his article “What Makes a Leader” as one of ten “must-read” articles from its pages. Emotional Intelligence was named one of the 25 “Most Influential Business Management Books” by TIME Magazine. The Financial Times, Wall Street Journal and Accenture Insitute for Strategic Change have listed Goleman among the most influential business thinkers.

Goleman is a co-founder of the Collaborative for Academic, Social, and Emotional Learning (www.casel.org), originally at the Yale Child Studies Center and now at the University of Illinois at Chicago. CASEL’s mission centers on bringing evidence-based programs in emotional literacy to schools worldwide.

He currently co-directs the Consortium for Research on Emotional Intelligence in Organizations (www.eiconsortium.org) at Rutgers University. The consortium fosters research partnerships between academic scholars and practitioners on the role emotional intelligence plays in excellence. Goleman is a board member of the Mind & Life Institute, which fosters dialogues and research collaborations among contemplative practitioners and scientists. Goleman has organized a series of intensive conversations between the Dalai Lama and scientists, which resulted in the books Healthy Emotions , and Destructive Emotions. He is currently editing a book from the most recent dialogue on ecology , interdependence, and ethics.

Goleman’s work as a science journalist has been recognized with many awards, including the Washburn Award for science journalism, a Lifetime Career Award from the American Psychological Association, and he was made a Fellow of the American Association for the Advancement of Science in recognition of his communicating science to the general public.

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PARENTS

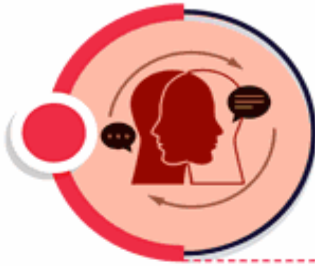
The contents of the report should be reviewed and understood by the parents/ teachers before any discussion with your child. It is our sincere request that you use the report and its findings to make the life of your child stress free and help him discover his true inner potential and talents. You are requested to consult with a good counsellor for getting more clarity in the report.

DISCLAIMER



The results obtained in the report are based on Multiple Intelligence Assessment and emotional intelligence assessment by the individual out of his free will and consent to undergo such analysis, or the child under supervision and permission of his parents or guardian. The readings are an indicator of potential and talent in various areas, but do not guarantee achievement of any specific skill set by the individual or particular course of study or activity; which shall depend on individual success in any efforts and external factors. The results are only indicative and the company shall in no case be liable for failure in any particular course of study or activity recommended in the report.

MULTIPLE INTELIGENCES



Linguistic Intelligence

Linguistic intelligence is the ability to think in words and to use language to express and appreciate complex meanings. Linguistic intelligence allows us to understand the order and meaning of words and to apply meta-linguistic skills to reflect on our use of language . Linguistic intelligence is the most widely shared human competence and is evident in poets, novelists, journalists, and effective public speakers.



Logical Intelligence

Logical-mathematical intelligence is the ability to calculate, quantify, consider propositions and hypotheses, and carry out complete mathematical operations. It enables us to perceive relationships and connections and to use abstract, symbolic thought; sequential reasoning skills; and inductive and deductive thinking patterns. Logical intelligence is usually well developed in mathematicians, scientists, and detectives.



Musical Intelligence

Musical intelligence is the capacity to discern pitch, rhythm, timbre, and tone. This intelligence enables us to recognize, create, reproduce, and reflect on music, as demonstrated by composers, conductors, musicians, vocalist, and sensitive listeners. Interestingly, there is often an affective connection between music and the emotions; and mathematical and musical intelligences may share common thinking processes.



Visual Spatial Intelligence

Visual Spatial intelligence is the ability to think in three dimensions . Core capacities include mental imagery, spatial reasoning, image manipulation, graphic and artistic skills, and an active imagination . Sailors, pilots, sculptors, painters, and architects all exhibit spatial intelligence.



Bodily Kinesthetic Intelligence

Bodily kinesthetic intelligence is the capacity to manipulate objects and use a variety of physical skills. This intelligence also involves a sense of timing and the perfection of skills through mind-body union.

MULTIPLE INTELLIGENCES



Intra Personal Intelligence

Intra-personal intelligence is the capacity to understand oneself and one's thoughts and feelings, and to use such knowledge in planning and directioning one's life. Intra-personal intelligence involves not only an appreciation of the self, but also of the human condition. It is evident in psychologist, spiritual leaders, and philosophers.



Inter Personal Intelligence

Interpersonal intelligence is the ability to understand and interact effectively with others. It involves effective verbal and nonverbal communication, the ability to note distinctions among others, sensitivity to the moods and temperaments of others, and the ability to entertain multiple perspectives. Teachers, social workers, actors, and politicians all exhibit interpersonal intelligence.



Naturalistic Intelligence

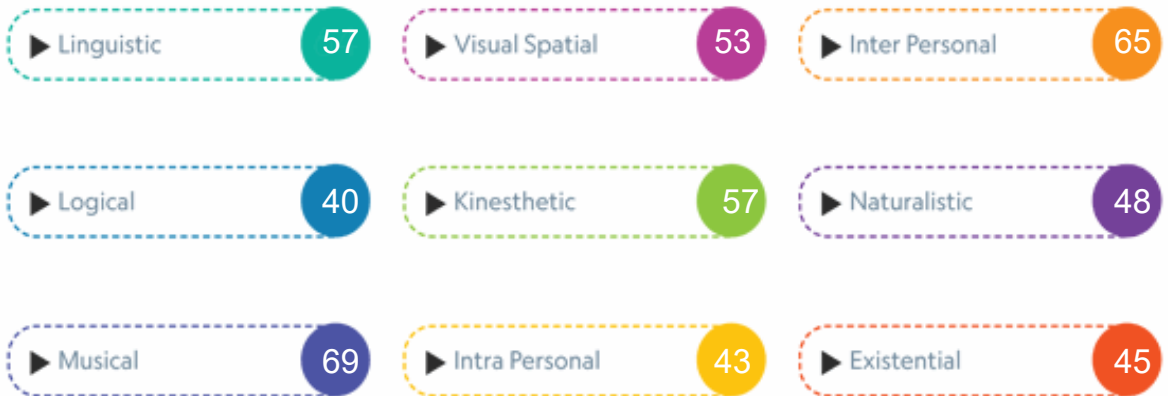
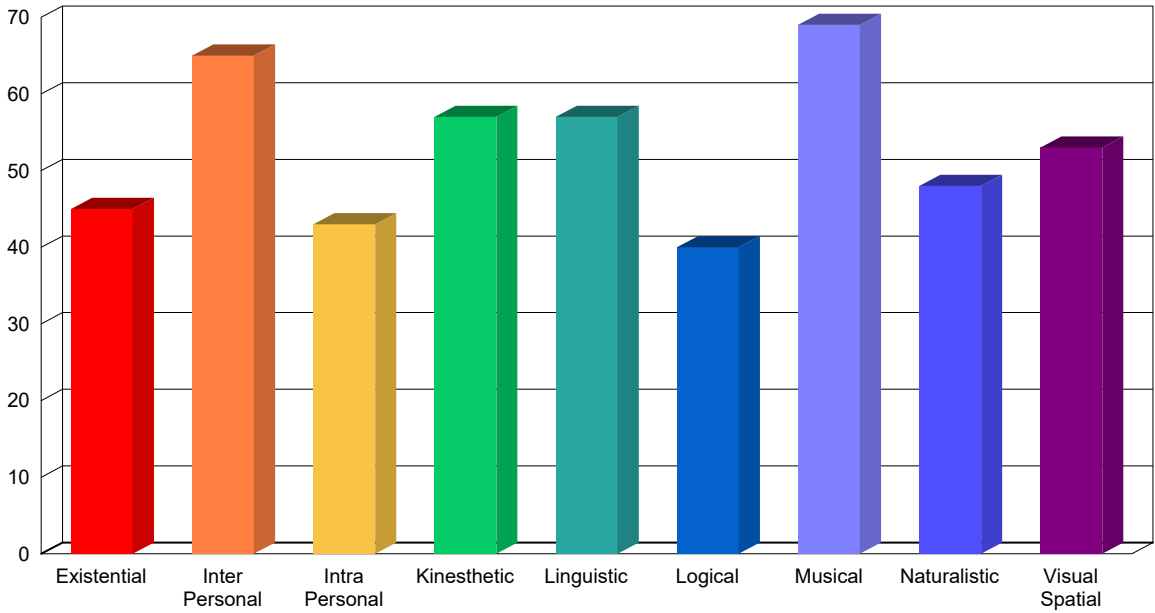
Naturalist intelligence designates the human ability to discriminate among living things (plants, animals) as well as sensitivity to other features of the natural world (clouds, rock configurations). This ability was clearly of value in our evolutionary past as hunters, gatherers, and farmers; it continues to be central in such roles as botanist or chef. It is also speculated that much of our consumer society exploits the naturalist intelligences, which can be mobilized in the discrimination among cars, sneakers, kinds of makeup, and the like.

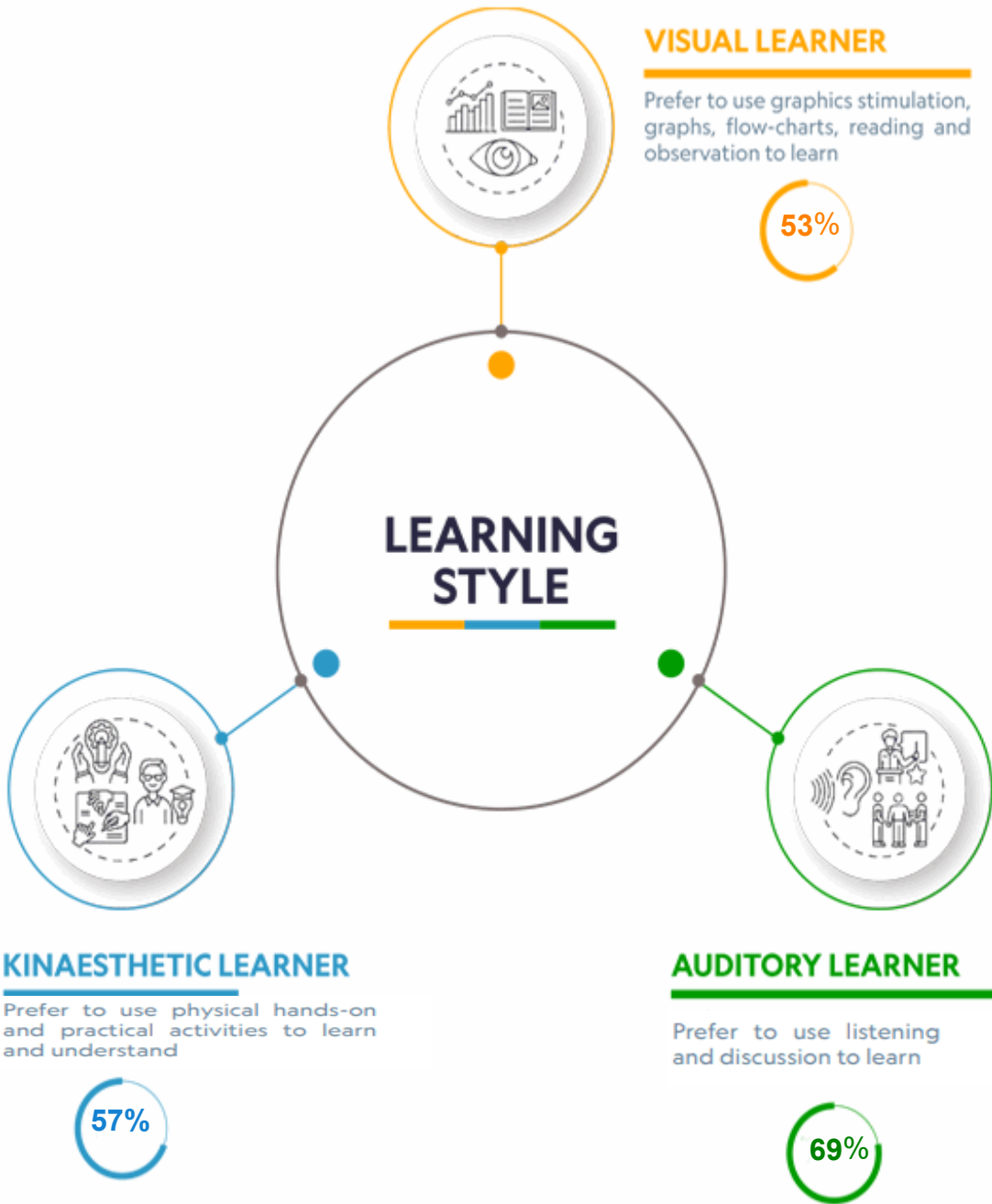


Existential Intelligence

Sensitivity and capacity to tackle deep questions about human existence, such as the meaning of life, why we die, and how did we get here. Existential Intelligence is concerned with the inner life of mind and spirit and its relationship to being in the world. It implies a capacity for a deep understanding of existential questions and insight into multiple levels of consciousness; and also implies awareness of spirit as the creative life force of evolution. It also implies awareness of our relationship to the transcendent, to each other, to the earth and all beings

MULTIPLE INTELLIGENCES SCORE SHEET





VISUAL LEARNER

Prefer to use graphics stimulation, graphs, flow-charts, reading and observation to learn

53%

LEARNING STYLE

KINAESTHETIC LEARNER

Prefer to use physical hands-on and practical activities to learn and understand

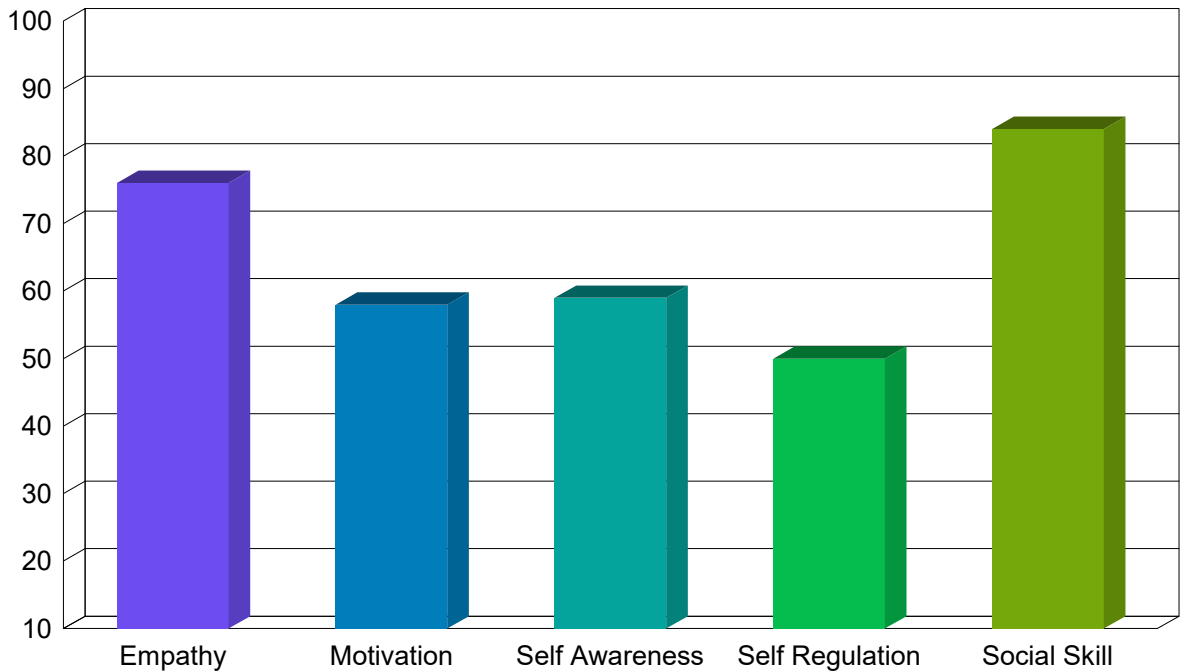
57%

AUDITORY LEARNER

Prefer to use listening and discussion to learn

69%

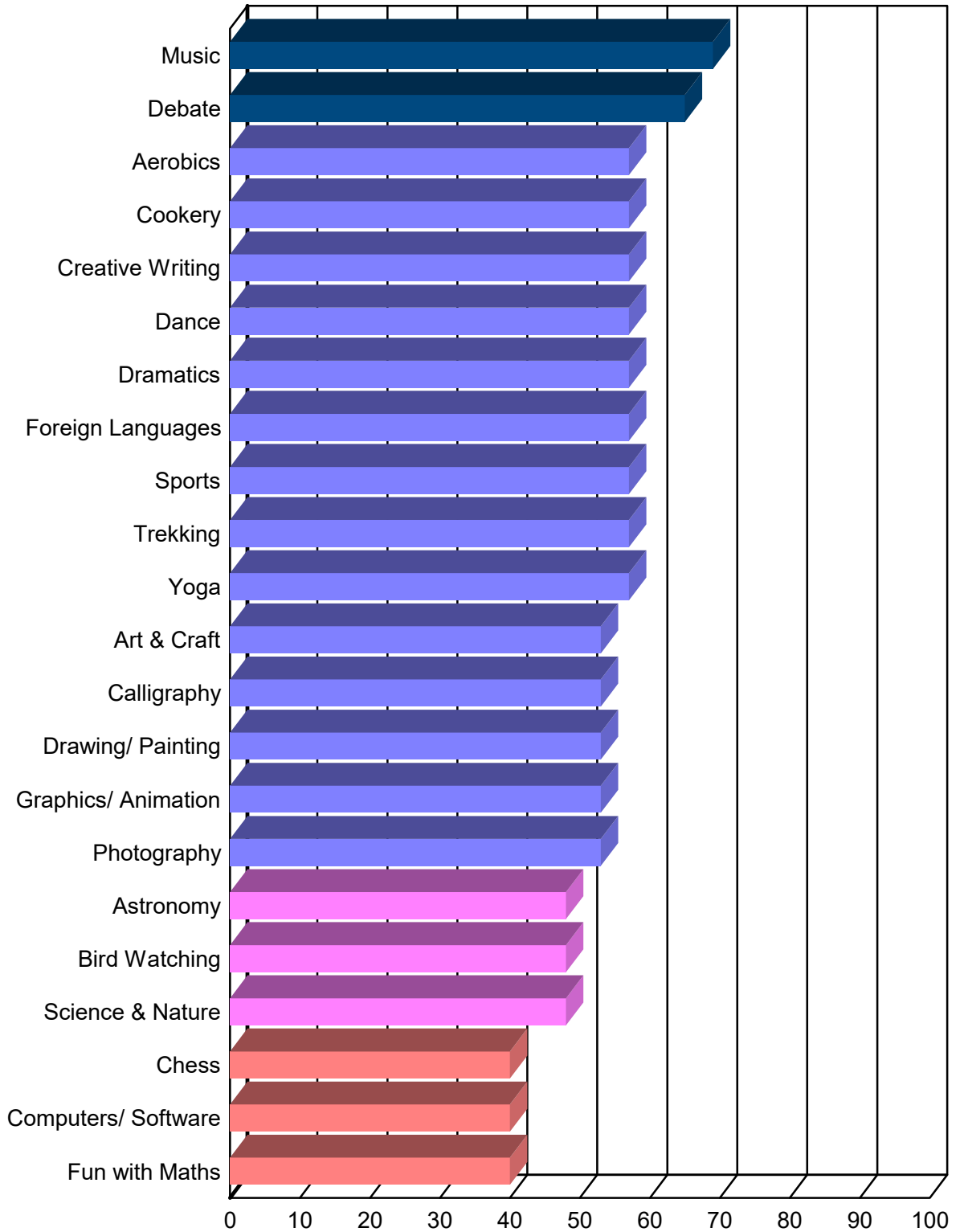
EMOTIONAL INTELLIGENCE



Emotional Intelligence (EI) indicates the capacity of an individual to recognize their own emotions as well as those of others. A person having emotional intelligence does not only feel comfortable among others, but will help others to feel at ease as well. This balanced state of mind can guide thinking and behavior very adaptive to environmental demands and pressure in order to achieve the desired goals. Though the term EI was first used by Michael Beldoch, a clinical psychologist, the concept became popular instantly with the publication of the book 'Emotional Intelligence' by Daniel Goleman. After that a number of scholars like Peter Salovey, John Meyer, Howard Gardner, Robert Sternberg and Reuven Bar-On have con-

ducted comprehensive research on the subject of Emotional Intelligence and it has been constructed since in diverse manner. Traditionally more emphasis has been put on certain aspects of intelligence such as logical reasoning, math skills, understanding analogies, verbal skills etc. But recent researches reveal that while IQ could predict a significant degree of success in academic performance but those with fabulous IQ scores were doing poorly in life. Now, it is generally accepted by the experts in managerial and psychological areas that EQ is more important than IQ in the everyday life including job market. Now corporations are looking candidates having high EQ than IQ.

SUGGESTED ACTIVITIES



MOST SUITABLE ACTIVITIES FOR YOU



Music



Debate



Aerobics



Cookery



Creative Writing



Dance



Dramatics



Foreign Languages



Sports



Trekking



Yoga



Art & Craft



Calligraphy



Drawing/ Painting

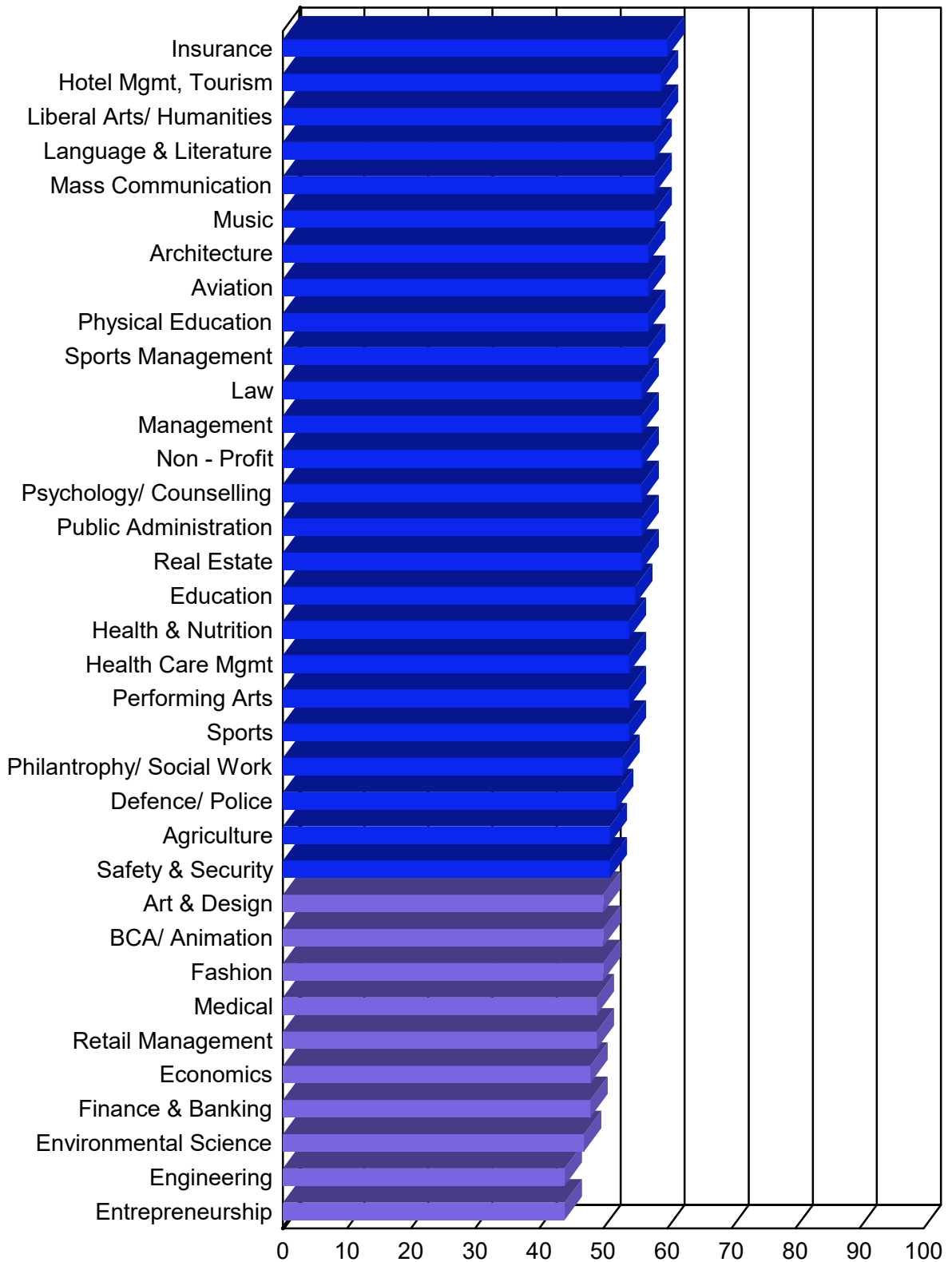


Graphics/ Animation



Photography

CAREER AREAS



MOST SUITABLE CAREER AREAS FOR YOU



Insurance



Hotel Mgmt, Tourism



Liberal Arts/Humanities



Language & Literature



Mass Communication



Music



Architecture



Aviation



Physical Education



Sports Management



Law



Management



Non-Profit



Psychology/ Counselling



Public Administration



Real Estate



Education



Health & Nutrition



Health Care Mgmt



Performing Arts



Sports



Philanthropy/ Social Work



Defense/ Police

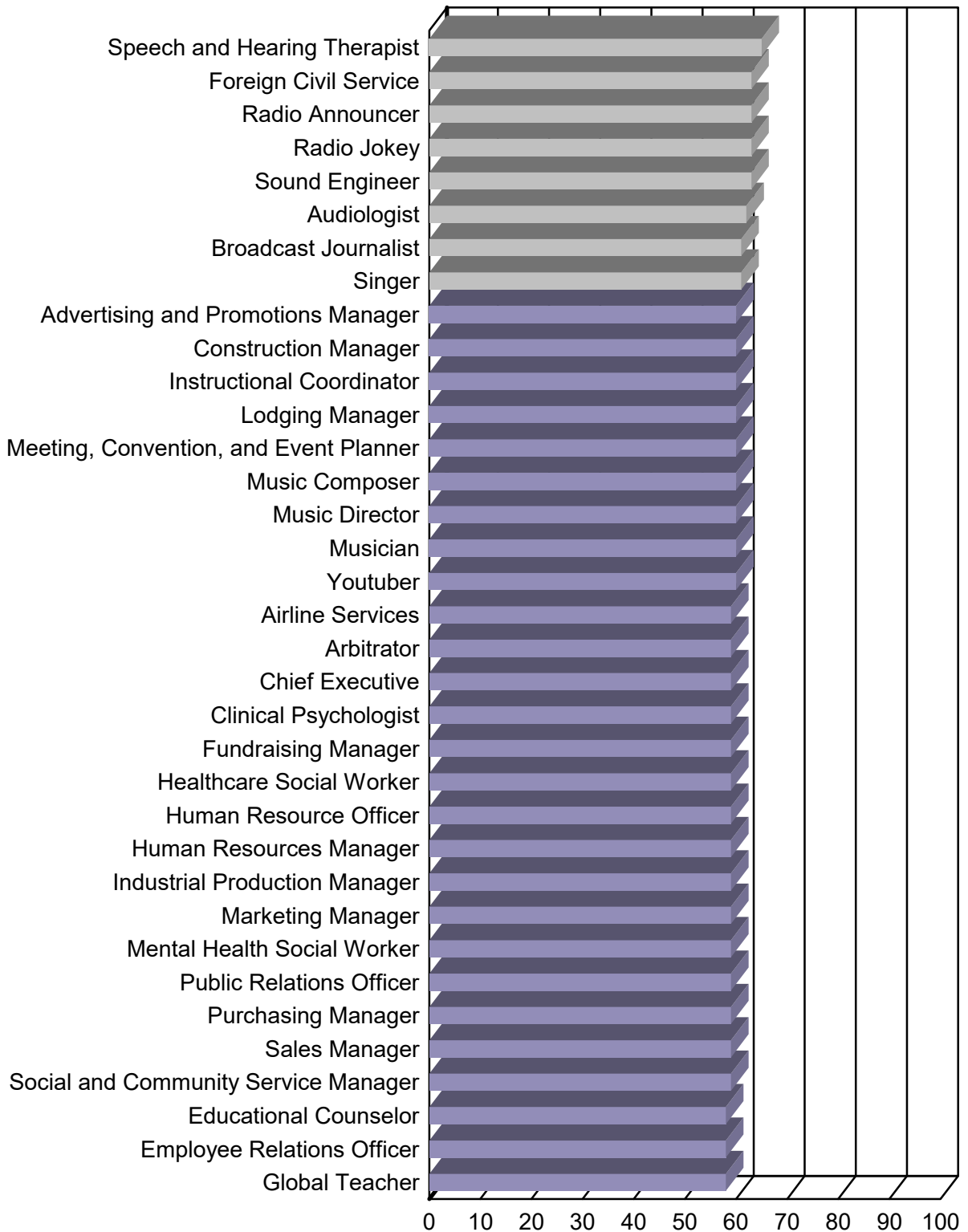


Agriculture

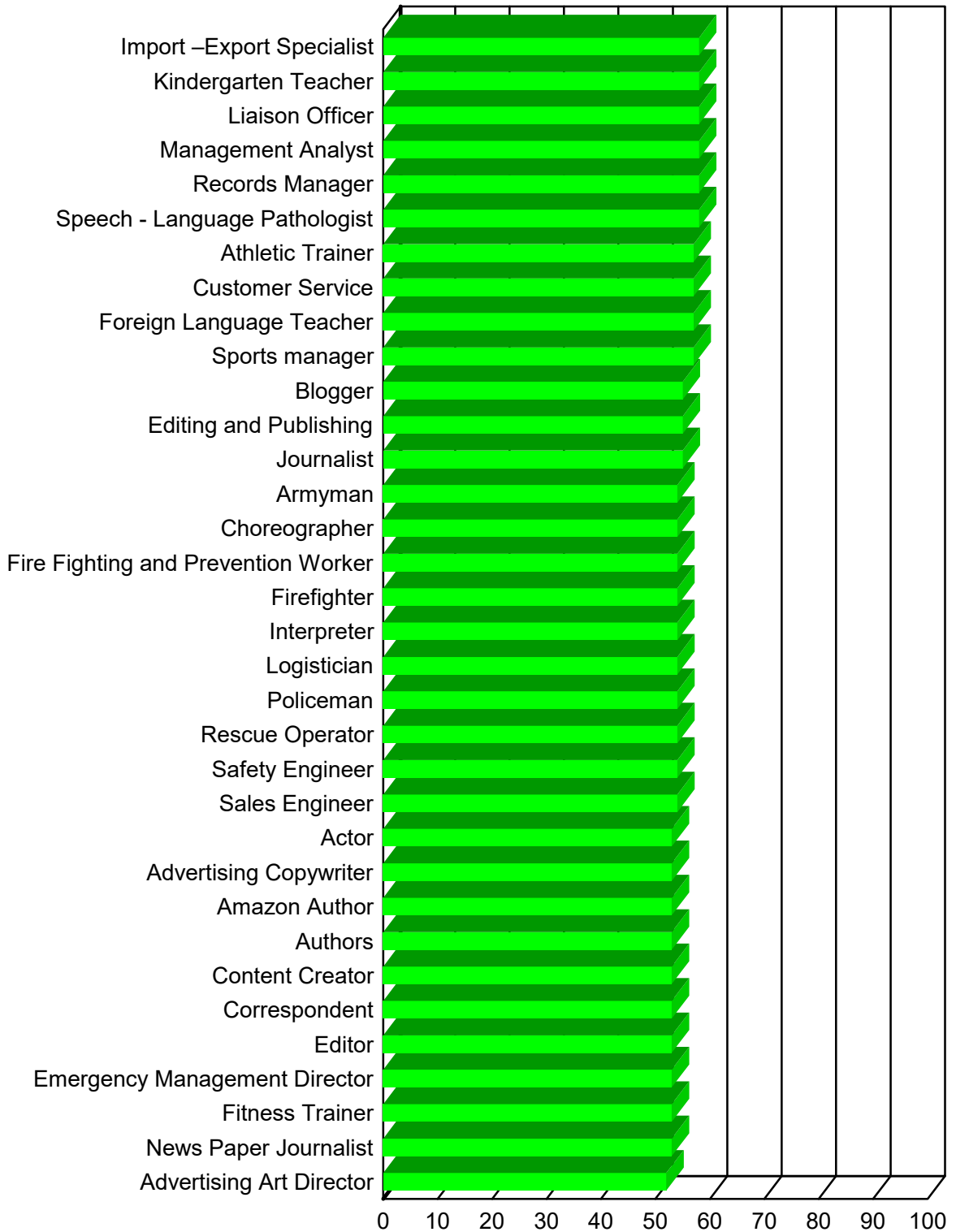


Safety & Security

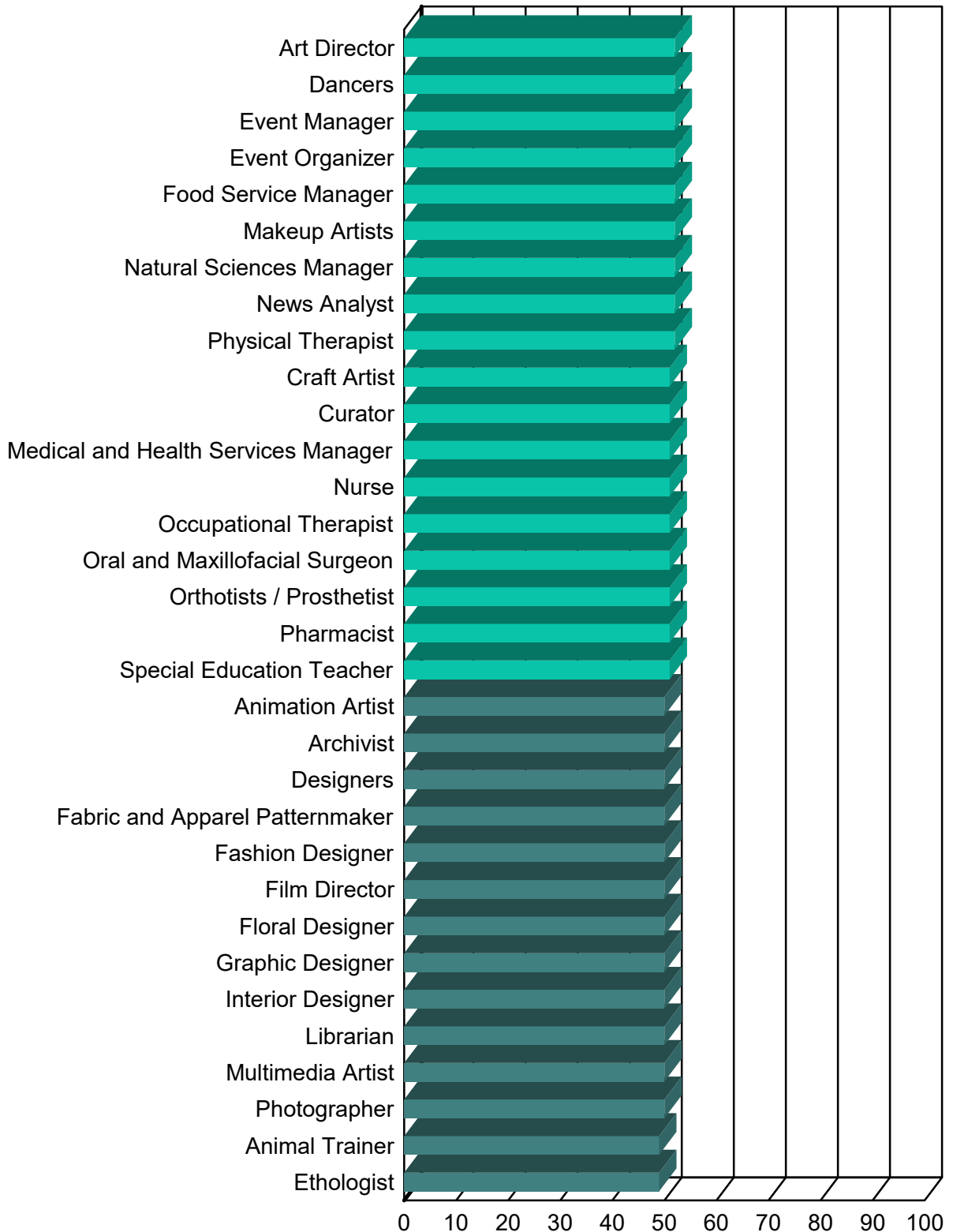
STABLE AND EMERGING CAREERS



STABLE AND EMERGING CAREERS



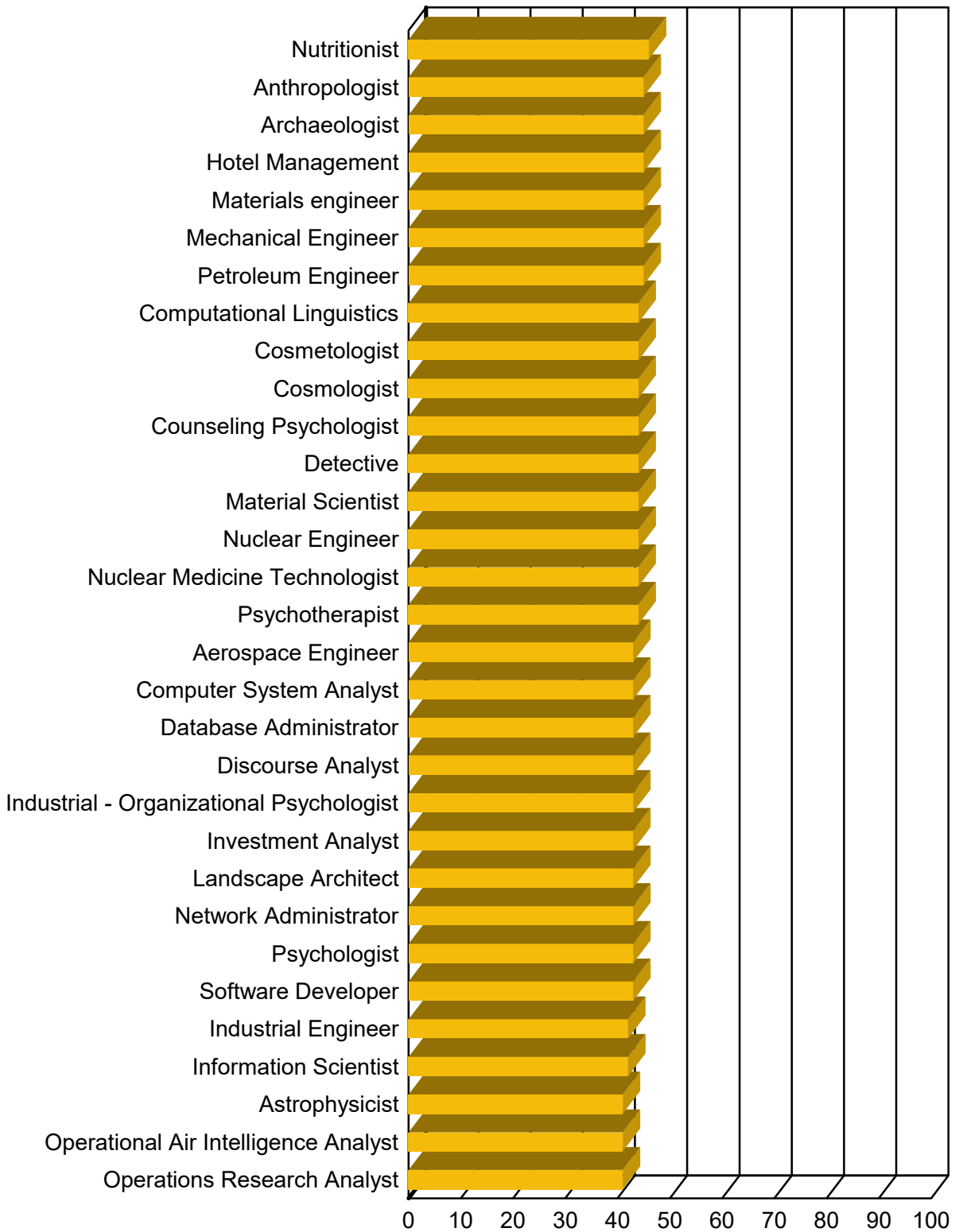
STABLE AND EMERGING CAREERS



STABLE AND EMERGING CAREERS



STABLE AND EMERGING CAREERS



Ways to enhance your LINGUISTIC INTELLIGENCE



- Play scrabble
- Do crossword puzzles
- Attend a writer's conference or take a class on writing
- Record yourself speaking into a recorder and listen to the playback with a critical ear
- Regularly go to the library and /or book stores to browse, borrow, or buy books
- Subscribe to quality newspapers or magazines and read them
- Read at least a book a week
- Keep a journal or diary, write daily
- Teach an illiterate person to read through a volunteer organization
- Ask friends to define unfamiliar words they use in their conversation with you
- Memorize favorite poetry or prose passages
- Circle unfamiliar words you encounter during your reading and look them up in the dictionary

Ways to enhance your

LOGICAL INTELLIGENCE

- Play games such as: Cards, Dominos with family and friends
- Learn to use an abacus, learn a computer language and Conduct science experiments
- Work on logic puzzles and brain teasers
- Practice calculating simple math problems in your head
- Read the business section of your daily newspaper and look up economic or financial concepts with which you are unfamiliar
- Go to the library and read books about famous math/ science discoveries in history
- Visit a science museum, planetarium, aquarium or other science center
- Circle unfamiliar math or science words in your reading and find books that describe them or people who can explain them to you
- Confront, rather than avoid, mathematical problems you encounter in everyday life such as finding savings at grocery
- Teach math or science concept to someone in your family or to a friend
- Visit a science lab or other places where math/science concepts are being used
- Use manipulative materials, e.g. beans, in learning new math concepts



Ways to enhance your **MUSICAL INTELLIGENCE**

- ▶ Go to concerts, Join a community choir
- ▶ Create a collection of music CDs and listen to them regularly
- ▶ Take formal music lessons on a specific instrument
- ▶ Create a regular time for your family to sing together
- ▶ Read musical critiques in newspapers or magazines
- ▶ Volunteer to sing or play a musical instrument at a retirement home or hospital
- ▶ Read about the lives of famous composers and performers
- ▶ Listen for naturally occurring melodies and rhythms in such phenomena as footsteps, bird songs etc.
- ▶ Create a musical autobiography by collecting recordings that were popular at different stages of your life



Ways to enhance your **VISUAL-SPATIAL INTELLIGENCE**

- Work on jigsaw puzzles, Rubik's cube, mazes, other visual puzzles
- Get a graphic software program and create designs, drawings and images on your computer
- Take a photography class and use a camera to record your visual impressions
- Watch TV and films with a critical eye
- Redecorate the interior of your home and landscape the exterior
- Create a picture library of favorite images
- Take a class in drawing, sculpting, painting, photography
- Make three dimensional models of ideas you have for inventions or other projects
- Learn how to use and interpret flowcharts, diagrams and other forms of visual organizers



Ways to enhance your **BODY-KINESTHETIC INTELLIGENCE**

- ▶ Take lessons in a specific individual sport, e.g. golf, tennis, etc.
- ▶ Learn a martial art, e.g., judo, karate, or another self-defense method
- ▶ Exercise regularly; join a gym or fitness center
- ▶ Learn a craft such as woodworking, weaving, knitting, etc.
- ▶ Take a class at a community center or college in art , e.g. clay, sculpture in stone, etc.
- ▶ Learn yoga
- ▶ Take formal lessons in dance
- ▶ Take up a hands-on hobby, e.g. gardening, cooking, model-building
- ▶ Learn sign language or Braille
- ▶ Go on a blindfold walk with a friend or family member and explore the environment with your hands and other senses



Ways to enhance your **INTRAPERSONAL INTELLIGENCE**

- ▶ Do individual counseling or psychotherapy work
- ▶ Study eastern philosophies to learn about “self”
- ▶ Learn to meditate
- ▶ Practice Yoga
- ▶ Listen to motivational audio and video
- ▶ Write your autobiography
- ▶ Read self -help books
- ▶ Establish a quiet place in your house for introspection



Ways to enhance your **INTERPERSONAL INTELLIGENCE**

- ▶ Try to meet one new person a week
- ▶ Buy a file, fill it with names of friends, relatives and others, and stay in touch with them
- ▶ Join a volunteer or service -oriented group such as Rotary, Red Cross etc.
- ▶ Take a leadership role in a group you are currently involved with in your community



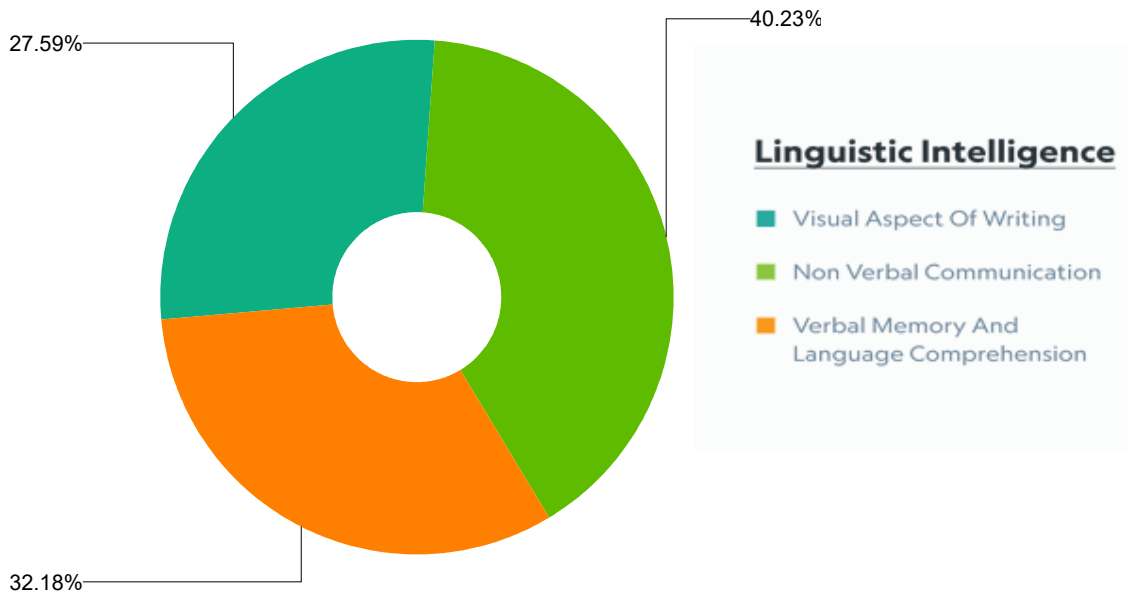
Ways to enhance your **NATURALISTIC INTELLIGENCE**

- ▶ Plant a garden
- ▶ Care for a pet
- ▶ Start a recycling plant
- ▶ Take a nature hike or walk
- ▶ Start up an aquarium
- ▶ Start up a terrarium
- ▶ Visit the zoo
- ▶ Purchase nature tools(binoculars, telescope, microscope)
- ▶ Read daily newspaper for articles on natural phenomena
- ▶ Go hiking in the mountains
- ▶ Go camping

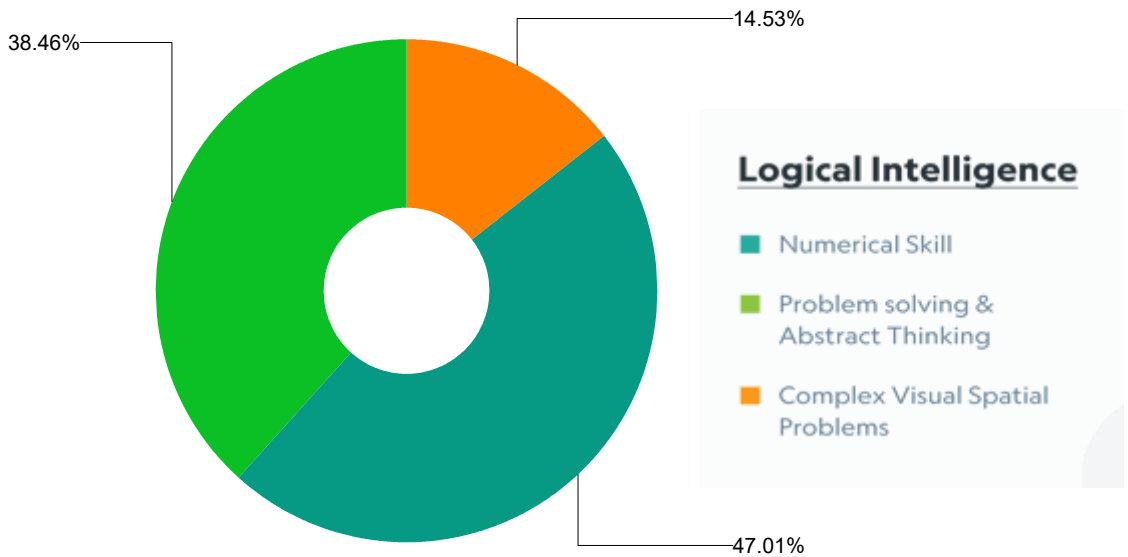


SPLIT MI READINGS

Linguistic Intelligence

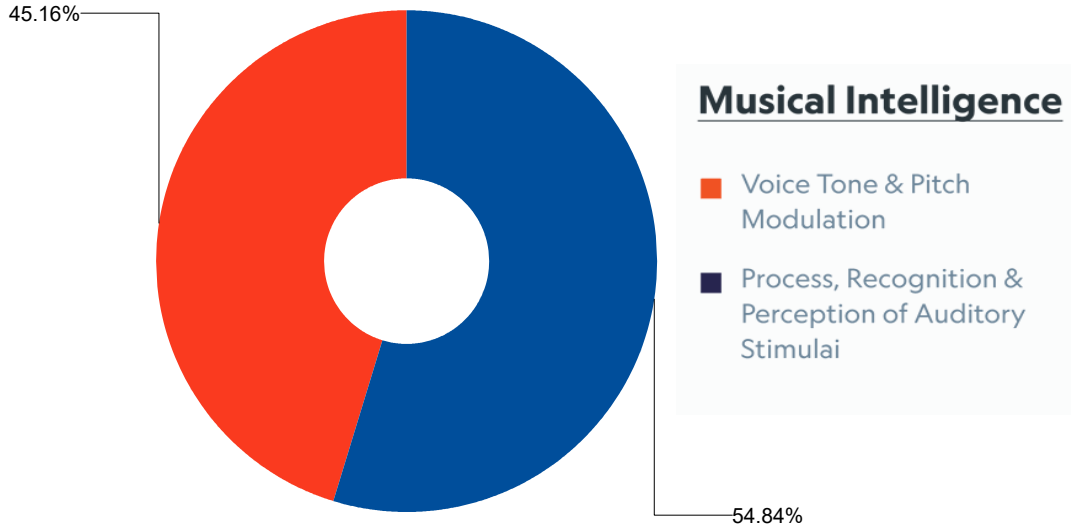


Logical Intelligence

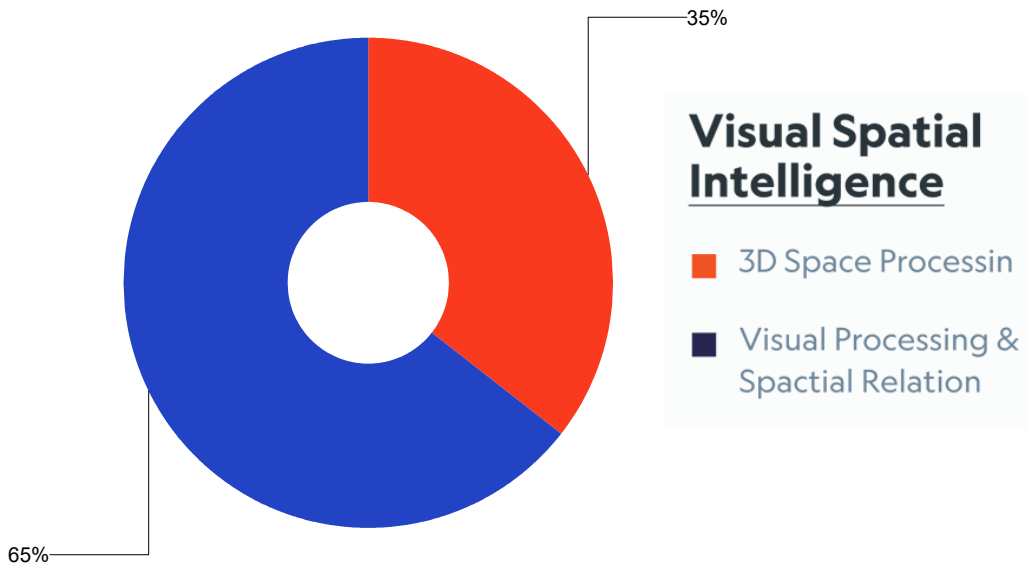


SPLIT MI READINGS

Musical Intelligence

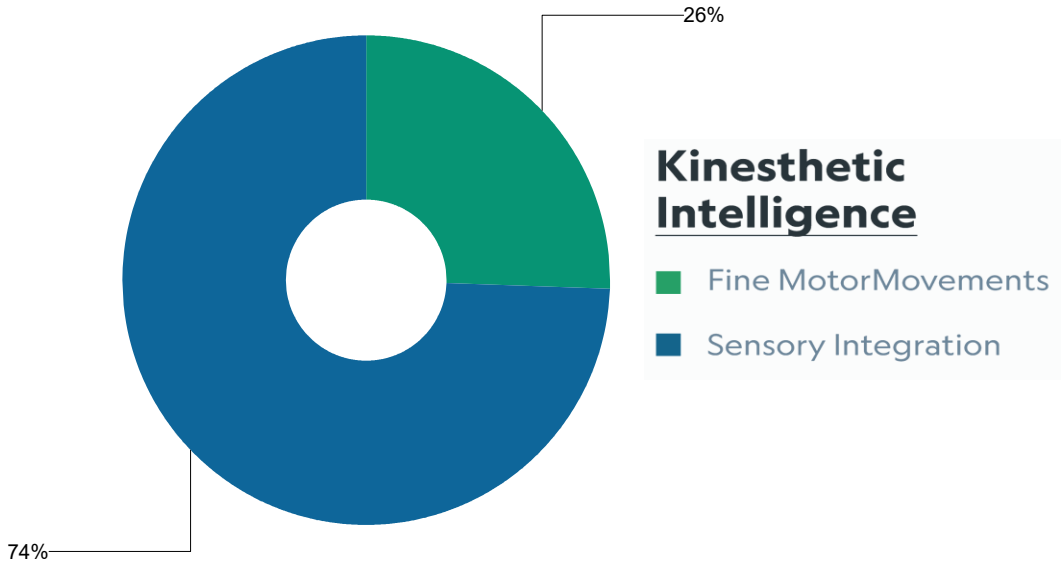


Visual Spatial Intelligence

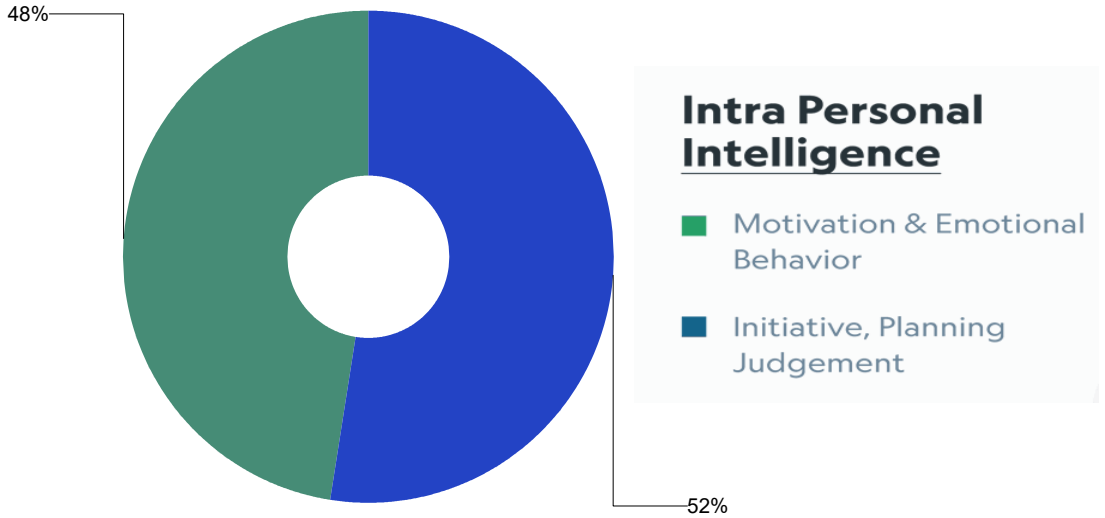


SPLIT MI READINGS

Kiesthetic Intelligence

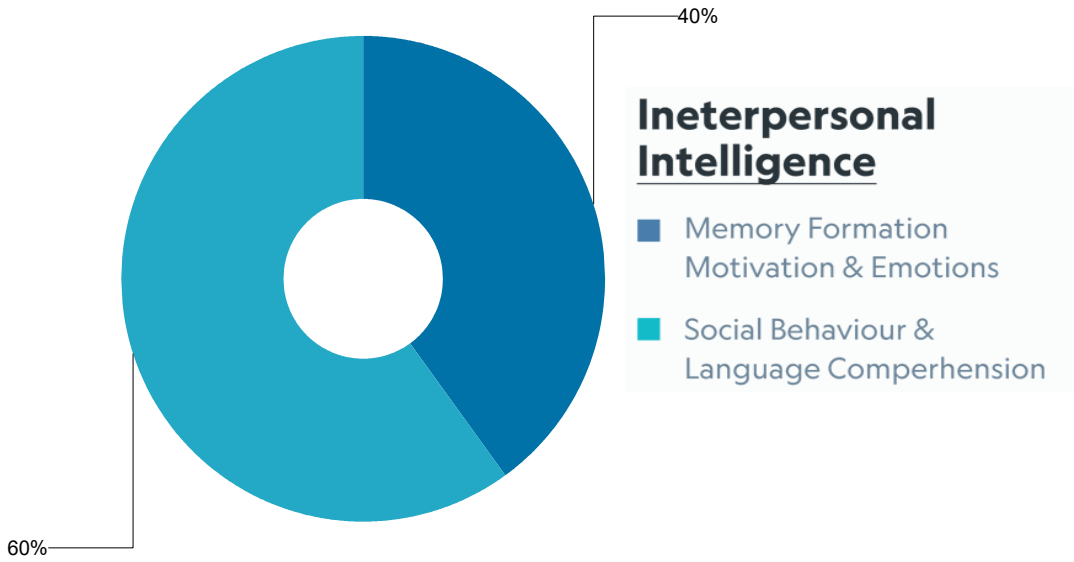


Intra Personal Intelligence

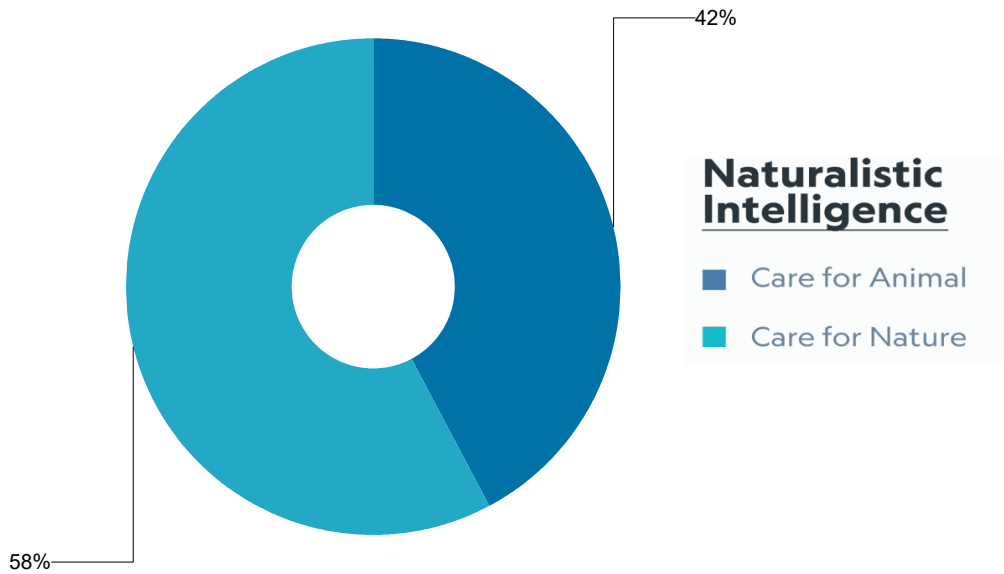


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Inter Personal Intelligence

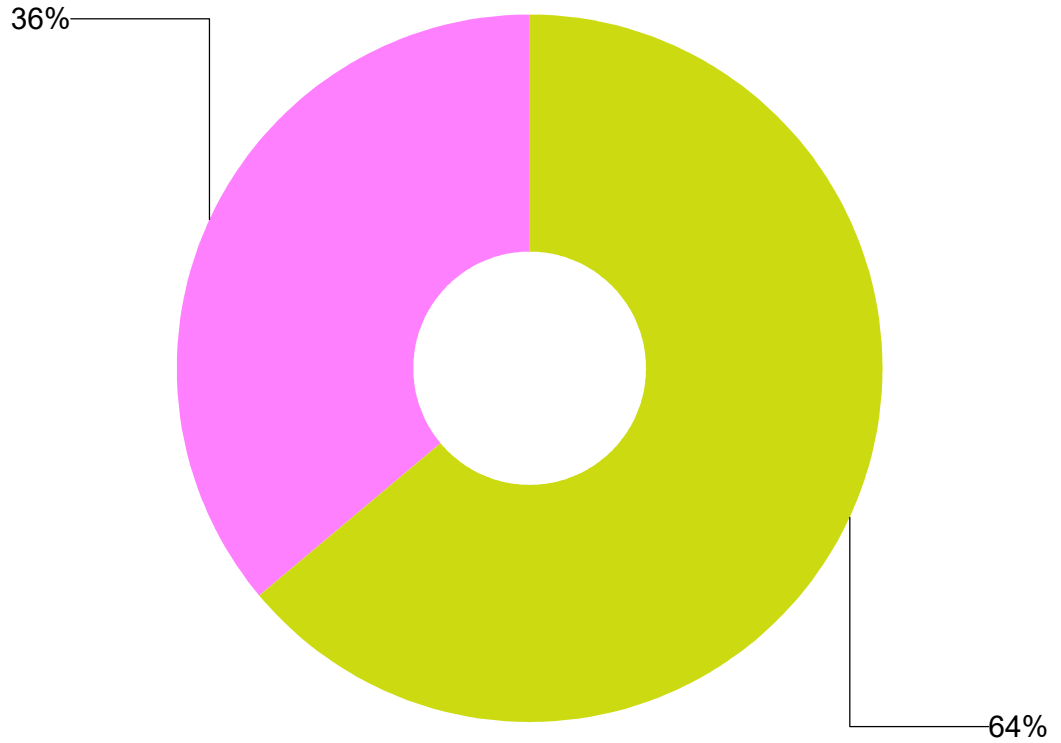


Naturalistic Intelligence



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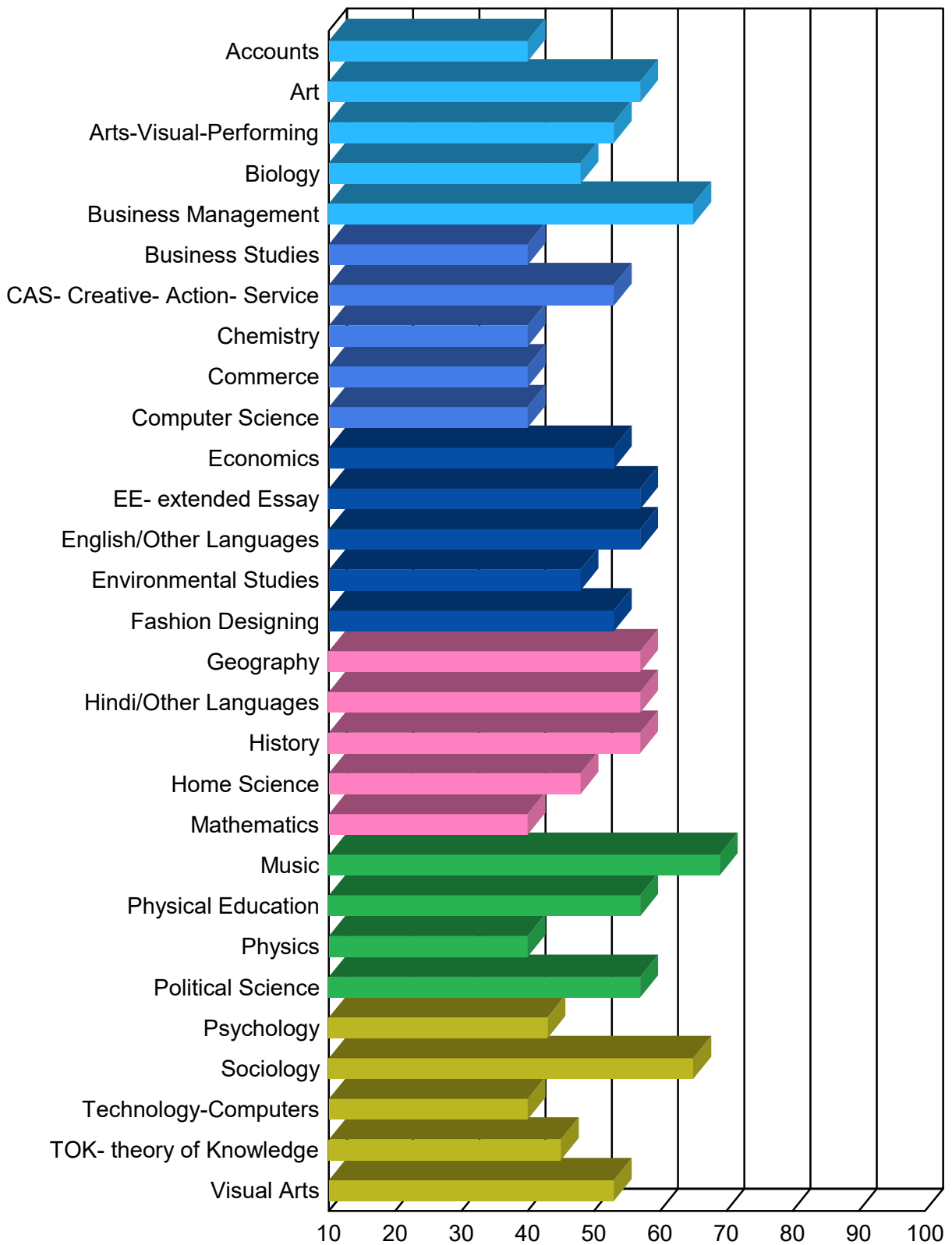
Existential Intelligence

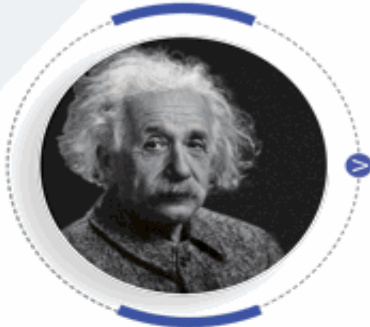


Existential Intelligence

- Self Reflection
- Religion & God

SUBJECT STRENGTH





"The measure of intelligence is the ability to change."

Albert Einstein



"Intelligence without ambition is a bird without wings."

Walter H. Cottingham



Crazy people are considered mad by the rest of the society only because their intelligence isn't understood."

Wei Hui



"The ability to observe without evaluating is the highest form of intelligence."

J. Krishnamurti



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