Personality Spectrum Profiles

**Thinker - NT**

**Personal strengths** - You enjoy solving problems and love to develop models and systems. You have an abstract and analytical way of thinking. You love to explore ideas. You dislike unfairness and wastefulness. You are global by nature, always seeking universal truth.

**Work/school** - You work best when assigned projects which require analytical thinking and problem-solving. You are inspired by futuristic ideas and potentials. You need the freedom to go beyond the established rules. You feel appreciate when praised for your ingenuity. You dislike repetitive tasks.

**Relationships** - You thrive in relationships that recognize your need for independence, and private time to think and read. Stress can come from the fear of appearing foolish. You want others to accept that you feel deeply, even though you may not often express it.

**Learning** - You like quiet time to reflect on new information. Learning through problems-solving and designing new ways of approaching issues is most interesting to you. You may find it effective to convert material you need to learn into logical charts and graphs.

**Organizer - SJ**

**Personal strengths** - You value the traditional family and support social structures. You never take responsibility lightly. You have a strong sense of history, culture, and dignity. You value order and predictability. You dislike disobedience or nonconformity. You value loyalty and obligation.

**Work/school** - You enjoy work that requires detailed planning and follow-through. You prefer to have tasks defined in clear and concrete terms. You need a well-structured, stable environment, free from abrupt changes. You feel appreciated when you are praised for neatness, organization, and efficiency. You like frequent feedback so you know you are on the right track.

**Relationships** - You do best in relationships that provide for your need of security, stability, and structure. You appreciate it when dates that are important to you are remembered by others.

**Learning** - You must have organization to the material and know the overall plan and what will be required of you. Depending on your most developed Multiple Intelligences, organizing the material could include any of the following: highlighting key terms in text, rewriting and organizing notes from class or the text, making flash cards.

**Giver - NF**

**Personal strengths** - You value honesty and authenticity above all else. You enjoy close relationships with those you love and there is a strong spirituality in your nature. Making a difference in the world is important to you, and you enjoy cultivating potential in yourself and others. You are naturally romantic and a peacemaker. You dislike hypocrisy and deception.

**Work/school** - You function best in a warm, harmonious working environment with the possibility of interacting with openness and honesty. You prefer to avoid conflict and hostility. You thrive when your creative approach to your work is appreciated and praised.

**Relationships** - You enjoy relationships that include warm, intimate talks. You feel closer to people when they express their feelings and they are open and responsive. You think romance, touch, and appreciation are necessary for survival. You blossom when others express a loving commitment to you and you are able to contribute to the relationship.

**Learning** - You enjoy studying with others and also helping them learn. Study groups are very effective for you to remember difficult information.

**Adventurer - SP**

**Personal strengths** - Adventure is your middle name. A hands-on approach to problems solving is important to you, and you take pride in being highly skilled in a variety of fields. You need variety and hate waiting. You live in the here and now. It is your impulsiveness that drives everything you do. You dislike rigid structure and would prefer to be the person in authority.

**Work/school** - You function best in a work environment that is action-packed with a hands-on approach. You appreciate the opportunity to be skillful and adventurous, and to use your natural ability as a negotiator. You like freedom on the job so you can perform in nontraditional ways and in your own style. Keeping a good sense of humor and avoiding boredom on the job is important to you. You feel appreciated when your performance and skills are acknowledged.

**Relationships** - You function best in relationships that recognize your need for freedom. You thrive on spontaneous playfulness and excitement.

**Learning** - You learn exciting and stimulating information easiest so pick classes and instructors carefully. Study with fun people in a variety of ways and places. Keep on the move. Develop games and puzzles to help memorize terminology.
Multiple Intelligences Skills

**SKILLS**

**Verbal/Linguistic**
- Analyzing own use of language
- Remembering terms easily
- Explaining, teaching, learning, & using humor
- Understanding syntax and meaning of words
- Convincing someone to do something

**Musical/Rhythmic**
- Sensing tonal qualities
- Creating or enjoying melodies and rhythms
- Being sensitive to sounds and rhythms
- Using “schemas” to hear music
- Understanding the structure of music

**Logical/Mathematical**
- Recognizing abstract patterns
- Reasoning inductively and deductively
- Discerning relationships and connections
- Performing complex calculations
- Reasoning scientifically

**Visual/Spatial**
- Perceiving and forming objects accurately
- Recognizing relationships between objects
- Representing something graphically
- Manipulating images
- Finding one’s way in space

**Bodily/Kinesthetic**
- Connecting mind and body
- Controlling movement
- Improving body functions
- Expanding body awareness to all senses
- Coordinating body movement

**Intrapersonal**
- Evaluating own thinking
- Being aware of and expressing feelings
- Understanding self in relationship to others
- Thinking and reasoning on higher levels

**Interpersonal**
- Seeing things from others’ perspectives
- Cooperating within a group
- Communicating verbally and non-verbally
- Creating and maintaining relationships

**Naturalist**
- Deep understanding of nature
- Appreciation of the delicate balance in nature
- Feeling most comfortable when in nature

**LEARNING TECHNIQUES**

**Verbal/Linguistic**
- Read text and highlight no more than 10%
- Rewrite notes
- Outline chapters
- Teach someone else
- Recite information or write scripts/debates

**Musical/Rhythmic**
- Create rhythms out of words
- Beat out rhythms with hand or stick
- Play instrumental music/ write raps
- Put new material to songs you already know
- Take music breaks

**Logical/Mathematical**
- Organized material logically
- Explain it sequentially to someone
- Develop systems and find patterns
- Write outlines and develop charts and graphs
- Analyze information

**Visual/Spatial**
- Develop graphic organizers for new material
- Draw mind maps
- Develop charts, and graphs
- Use color in notes to organize
- Visualize material (method of loci)

**Bodily/Kinesthetic**
- Move or tap while you learn; pace and recite
- Use “method of loci” or manipulatives
- Move fingers under words while reading
- Create “living sculptures”
- Act out scripts of material, design games

**Intrapersonal**
- Reflect on personal meaning of information
- Visualize information / keep a journal
- Study in quiet setting
- Imagine experiments

**Interpersonal**
- Study in a group
- Discuss information
- Use flash cards with others
- Teach someone else

**Naturalist**
- Form study groups of people with like interests
- Choose courses related to nature, when possible
- Connect ideas to what you know about nature