

APPENDIX - E
MULTIPLE INTELLIGENCES INVENTORY FOR
ADULTS

(Armstrong, 2000)

INSTRUCTION

Circle the statements that apply best to you.

1. Books are important to me.
2. I can easily compute numbers in my mind.
3. I often see clear visual images when I close my eyes.
4. I engage in at least one sport or physical activity on a regular basis.
5. I have a pleasant singing voice.
6. I'm the sort of person that people come to for advice and counsel at work or in my neighbourhood.
7. I regularly spend some time alone meditating, reflecting, or thinking about important life questions.
8. I like to spend time backpacking, hiking, or just walking in nature.
9. I belong to some volunteer organization related to nature and I am concerned about helping to save nature from further destruction.
10. I have attended counselling sessions or personal growth seminars to learn more about myself.
11. I prefer group sports like badminton, volleyball to solo sports such as swimming and jogging.
12. I can tell when a musical note is off-key.
13. I find it difficult to sit still for long periods of time.

14. I'm sensitive to colour.
15. Mathematics and/ or Science were among my favourite subjects in schools.
16. I can hear words in my head before I read, speak, or write them down.
17. I get more out of listening to the radio or a spoken-word cassette than I do from television or films.
18. I enjoy playing games or solving brainteasers that require logical thinking.
19. I frequently use camera or comcorder to record what I see around me.
20. I like to work with my hands at concrete activities such as sewing, weaving, carving, carpentry, or model building.
21. I frequently listen to music on radio, records, cassettes, or compact discs.
22. When I have a problem, I'm more likely to speak out to another person for help than attempt to work it out on my own.
23. I am able to respond to setbacks with resilience.
24. I thrive on having animals around the house.
25. I enjoy word games like Scrabble, Anagrams, or Password.
26. I like to set up little "what if" experiments (for example, "What will happen if I double the amount of water I give to my rosebush each week?")
27. I enjoy jigsaw puzzle, mazes and other visual puzzles.
28. My best ideas often come to me when I'm out for a long walk or a jog, or when I'm engaging in some kind of physical activity.
29. I play a musical instrument.
30. I have at least three close friends.
31. I have a special hobby or interest that I keep pretty much to myself.

32. I'm involved in a hobby that involves nature in some way (e.g., bird watching).
33. I have some special goals for my life that I think about on a regular basis.
34. I favour social pastimes such as a game of bridge over individual recreations such as video games or solitaire.
35. My life would be poorer if there were no music in it.
36. I often like to spend my free time outdoors.
37. I have vivid dreams at night.
38. My mind searches for patterns, regularities, or logical sequences in things.
39. I enjoy entertaining myself or others with tongue twisters, nonsense rhymes, or puns.
40. Other people sometimes have to stop and ask me to explain the meaning of the words I use in my writing and speaking.
41. I'm interested in new developments in science.
42. I can generally find my way around unfamiliar territory.
43. I frequently use hand gestures or other forms of body language when conversing with someone.
44. I sometimes catch myself walking down the street with a television jingle or other tunes running through my mind.
45. I enjoy the challenge of teaching another person, or groups of people, what I know how to do.
46. I have a realistic view of my strengths and weaknesses.
47. I like to enrol myself in courses like botany, zoology.
48. I would prefer to spend a holiday alone in a cabin in the woods rather than at a fancy resort with lots of people around.
49. I consider myself a leader.
50. I can easily keep time to a piece of music.
51. I need to touch things in order to learn more about them.
52. I like drawing as well as to draw.

53. I believe that almost everything has a rational explanation.
54. English, social studies, and history were easier for me in school than mathematics and science.
55. Learning to speak or read another language has been relatively easy for me.
56. I sometimes think in clear, abstract, wordless, imageless concepts.
57. Geometry was easier for me than algebra in school.
58. I enjoy daredevil amusement rides or similar thrilling physical experiences.
59. I know the tunes to many different songs or musical pieces.
60. I feel comfortable in the midst of a crowd.
61. I consider myself to be strong willed or independent minded.
62. I'm quite good at telling the difference between different trees, dogs, cats, flowers etc.
63. I like to read books and magazines, or watch television shows or movies (e.g., National Geography) on nature.
64. I keep a personal diary or journal to record the events of my inner life.
65. I like to get involved in social activities connected with my work, church, or community.
66. If I hear a musical selection once or twice, I am usually able to sing it back fairly accurately.
67. I would describe myself as well coordinated.
68. I can comfortably imagine how something might appear if it were looked down on from directly above in a bird's-eye view.
69. I like finding logical flaws in things that people say and do at home and work.
70. My conversation includes frequent references to things that I've read or heard.
71. I've written something recently that I was particularly proud of or that earned me recognition from others.

72. I feel more comfortable when something has been measured, categorized, analyzed, or quantified in some way.
73. I prefer looking at reading materials that is heavily illustrated.
74. I need to practice a new skill rather than simply reading about it or seeing a video that describes it.
75. I often make tapping sounds or sing little melodies while working, studying, or learning something new.
76. I would rather spend my evenings at a lively party than stay at home alone.
77. I am self-employed or have at least thought seriously about starting my own business.
78. When on vacation, I prefer to go off to a natural setting like parks, rather than to a hotel.
79. I like to visit zoos.
80. I have a garden and enjoy working regularly in it.

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SCORING

Now give one point to each of the circled statements.

	C1	C2	C3	C4	C5	C6	C7	C8
	1	2	3	4	5	6	7	8
	16	15	14	13	12	11	10	9
	17	18	19	20	21	22	23	24
	25	26	27	28	29	30	31	32
	39	38	37	36	35	34	33	47
	40	41	42	43	44	45	46	62
	54	53	52	51	50	49	48	63
	55	56	57	58	59	60	61	78
	70	69	68	67	66	65	64	79
	71	72	73	74	75	76	77	80
TOTAL								

INTERPRETATION

C1 = It indicates your Linguistic strength.

C2 = It indicates your Logical-Mathematical strength.

C3 = It indicates your Spatial strength.

C4 = It indicates your Bodily-Kinesthetic strength.

C5 = It indicates your Musical strength.

C6 = It indicates your Interpersonal strength

C7 = It indicates your Intrapersonal strength.

C8 = It indicates your Naturalistic strength.

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