

Learning Strengths and Study Strategies

	LEARNING STRENGTHS	STUDY STRATEGIES	
		ENGAGE	EXPRESS
LINGUISTIC	reading; writing; talking; telling stories; editing; spelling	hearing and reading words; talking through a problem	reading aloud; talking about what you're studying; summarizing (writing and/or verbalizing)
LOGICAL/ MATHEMATICAL	problem-solving; reasoning; calculating; organizing; using numbers	breaking down a problem and analyzing it; finding relationships and patterns	organizing information into a pattern; finding relationships; using graphic organizers; creating study guides (tables, charts, timelines)
SPATIAL	imagining; reading maps and charts; completing puzzles; drawing; painting	looking at maps, charts, pictures, and timelines; imagining what's happening	creating or drawing pictures, maps, and diagrams; using graphic organizers; creating visual study guides (webs or graphics)
BODILY/ KINESTHETIC	balancing; building or creating things with your hands; dancing; playing sports	learning by doing; moving and touching objects; acting out	taking notes; rewriting notes; building models; acting; creating theatrical performances; role playing
MUSICAL	remembering melodies; learning rhythms; singing; playing instruments	using patterns, rhythms, and melodies; actively listening in lectures	creating songs or tunes; tapping out rhythms while memorizing
INTER- PERSONAL	understanding people; leading; organizing; communicating with others	working in groups; interviewing; relating and comparing information with others	studying with a group or partner; explaining aloud to a peer
INTRA- PERSONAL	understanding feelings; setting goals	working alone; reflecting; making personal connections	creating note cards; quizzing yourself
NATURALIST	understanding nature; making distinctions; categorizing	exploring; categorizing; learning about the natural qualities of things	organizing information into a pattern; finding relationships; creating a same/different chart