

The Theory of Multiple Intelligence

Howard Gardiner is an American developmental psychologist best-known for this theory of multiple intelligences.

He believed that the conventional concept of intelligence was too narrow and restrictive and that measures of IQ often miss out on other "intelligences" that an individual may possess.



Intrapersonal Intelligence – understanding yourself!

Differences Between Interpersonal V Intrapersonal communication is that interpersonal is between two or more people, and intrapersonal is between you and yourself.

Intrapersonal communication serves several social functions. Internal vocalization, or talking to ourselves, can help us achieve or maintain social adjustment. For example, a person may use self-talk to calm himself down in a stressful situation, or a shy person may remind herself to smile during a social event.

How do you talk to yourself?

Developing good self-talk enhances how you perform as well as your social wellbeing!

<https://matterapp.com/blog/intrapersonal-intelligence-what-it-is-and-five-habits-to-develop-it/>

Naturalist Intelligence

In the midst of the fear, anxiety, and uncertainty surrounding the pandemic, nature has a few valuable life lessons that can help guide us:

1. The Importance of Teamwork/Community
2. Small Things Make A Big Difference
3. Nature doesn't hurry
4. The Best Things In Life Truly Are Free
5. Good Always Follows the Bad



It may be this intelligence that gives us the best chance to have a future!

<https://www.youtube.com/watch?v=GHLTAHCFsl>