

Introduction:

People are smart in different ways. Some people can create a catchy song at the drop of a hat. Others can memorize everything in a book, paint a masterpiece, or be the center of attention. When you realize what you are good at, you can figure out the best way to study. Based on Howard Gardner's theory of intelligence

In 1983, Howard Gardner, a noted Harvard University psychologist, presented a new theory of cognitive development in his book, *Frames of Mind, The Theory of Multiple Intelligences*. Gardner's cognitive **Theory of Multiple Intelligences** proposes that individuals have at least eight different intelligences. Gardner proposed that individuals have seven different intelligences.

1- Definition: It is the ability to learn from experience, solve problems, and use our knowledge to adapt to new situations. (This is the conceptual definition).

In 1983, Gardner defined an intelligence as "the ability to solve problems or to create products that are valued within one or more cultural settings". In 1999, Gardner's definition of intelligences broadened. Gardner stated: I now conceptualize **an intelligence** as biopsychological potential to process information that can be activated in a cultural setting to solve problems or create products that are of value in a culture.

2- Studying Tips Based on Multiple Intelligences (Theory of Multiple Intelligence)

2-1 Verbal Linguistic (Word Smart): Word smart people are good with words, letters, and phrases. You enjoy activities such as reading, playing scrabble or other word games, and having discussions. Common sub-intelligences (core abilities) of this intelligence include:

- A love of language
- An interest in the structure of language (syntax) and the sounds used in a language (phonology).
- Sharp, detailed, vivid memories about written or spoken language.
- The ability to excel in word games such as crossword puzzles or Scrabble.
- The ability to create, recite, and remember jingles, or poetry.
- An ability to learn and speak foreign languages.
- An ability to express ideas well in public (presentations, storytelling, or debates)
- An ability to express ideas well in writing (novels, articles, journals, prose, or poetry).

2-2 Logical-Mathematical (Number Smart):

Number smart people are good with numbers, logic, and equations. You enjoy coming up with solutions to logical problems and figuring things out.

- Think both concretely and abstractly
- Understand and apply abstract numerical symbols and operations, and perform complex calculations
- Use systematic, logic-based, sequential problem-solving techniques and scientific methods to measure, hypothesize, test, research, and confirm results.

2-3 Musical - (Music Smart):

Music smart people are good with rhythms and beats. You enjoy listening to music, attending concerts, and creating song. Other sub-intelligences.

Study Skills COURSE

Teacher : SOLTANI Jalal

Level 1st Year

Credit: 1h & Half

2-4 Bodily Kinesthetic (Body Smart): Body smart people work well with their hands. They enjoy physical activity such as exercise, sports, and outdoor work. It includes:

- Write concepts/terms down in their own words.
- Act out the concepts they need to remember
- Look for real-life examples that demonstrate what they are learning about.
- Try studying while moving or exercising.
- Draw or write things in the air as you think about them.

2-5 Spatial Intelligence (Picture Smart)

Picture smart people are good with art and design. they enjoy being creative, watching movies, and visiting art museums. Other sub intelligences (core abilities) include:

- Draw a picture on a flashcard for each concept or vocabulary word they study.
- Design charts, tables, diagrams, foldable, and/or other graphic organizers to organize and keep track of what they learn.
- Picture images and scenarios in their mind to associate with different concepts and ideas.
- Re-watch videos from class.
- Make visual flash cards to study vocabulary and key concepts.

2-6 Interpersonal intelligence: They enjoy going to parties, visiting with friends, and sharing what you learn. It includes:

- Discuss what they learn with a friend or family member.
- Create or join a study group.
- Go over section assessment chapter test.
- Avoid being alone when you try to study (only if your intrapersonal intelligence is weak).

2-7 Intrapersonal (Self Smart) : Self smart people are comfortable with themselves. You enjoy being alone to think and reflect. It includes:

- Find a place to study alone where you won't be interrupted (avoid group studying).
- Study in quiet places(unless your musical intelligence is high in which case light instrumentals may help).
- Reflect upon and correct handouts, book questions, and study guide by yourself.

2-8 Naturalist Intelligence: Nature smart people enjoy learning about the world of plants and animals. You generally like science and enjoy learning outdoors if the weather suits it. It includes:

- Try to be in or near nature when studying.
- An ability to organize, classify, arrange, or group items and ideas into logical units or categories.
- An ability to apply strong pattern-recognition talents to areas outside of the plant animal world, such as with artists, poets, laboratory scientists, and social scientists.

3- IQ Test: IQ is an acronym for intelligence quotient. It is a test designed to determine the relative mental capacity of a person.