

# Visual or Spatial Intelligence



Visual or Spatial Intelligence is sometimes also called being 'picture smart'. It means that you tend to learn by seeing and can picture things in your head easily.

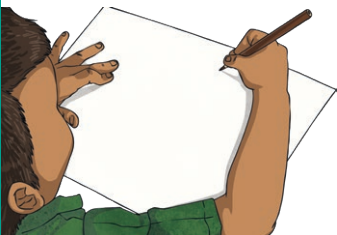
Visual Intelligence is one of eight different types of intelligence that Howard Gardner wrote about in his 1983 book, 'Frames of Mind'. Most people are a mix of the eight different types and change types as they grow older.

## If you have high Visual or Spatial Intelligence:

- You probably enjoy creative activities such as drawing, painting, designing or sculpting with blocks, clay or any craft materials.
- You might also enjoy making or recognising visual patterns or using colours to organise and express your ideas.
- You might have a great imagination and see very particular details.

## Learning tips for people with high Visual or Spatial Intelligence:

Try drawing a sketch to untangle your thinking.



Organise your ideas with different colours or patterns.



When trying to explain your ideas to another person, sketch or describe your ideas in a way to build a picture in that person's head.

## Career ideas for people with high Visual or Spatial Intelligence:

Artist



Designer



Architect

