Exercise: Assignment Five

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

**Exercise: ASSIGNMENT FIVE**.

**Howard Gardner's Theory of Multiple Intelligences:**

Howard Gardner proposed eight types of intelligence. According to the theory, traditional psychometric views are limited while people have different types of intelligence (“Multiple Intelligences | Thomas Armstrong, Ph.D.,” n.d.). He categorized his theory in eight types of intelligence which are:

1. **Intrapersonal:**

It defines the people who are well aware of their own feelings, emotions, and motivations. For example, students who know their aim and carrier that they want to achieve in the future. They understand every difficulty and ease that comes in their way to achieve something, and they respond these with wise decisions.

1. **Interpersonal:**

These are the people who understand others and make good relationships. They assess other’s feelings and emotions and can give meaningful suggestion to them. For example, psychologist, they listen to your problems and help you to overcome from it.

1. **Spiritual:**

Spiritual intelligence refers to the qualities of the person. For example, it tells us person's capabilities on the basis of love, peace, wisdom, and integrity.

1. **Visual:**

These are the people who are good at visualizing things. These people do a great job in puzzle solving, reading graphs and charts, drawing, recognizing patterns, etc.

1. **Musical:**

These people show their interest in music and different rhythms. For example, musician and dancers, they develop different steps and lyrics on the beats of music.

1. **Kinaesthetic:**

These people have command over their physical action and movement. They perfectly control their physical activities. For example, sportspersons and actor. They understand what physical activities they have to do and when.

1. **Linguistic:**

These people have a strong command of their words. They can impress others through their communication skill. For example, the salesman in the shop they easily bring out your interest in the product that they want to sell.

1. **Mathematical:**

These people have command on subjects like mathematics, computer science, and other logical activities like experiments, analyzing and recognizing different ideas. For example, scientists who perform the different experiment and analyze its results (“Gardner’s Theory of Multiple Intelligences,” n.d.).

**Emotions, Fear and Anxiety**

Emotions are the complex state of feelings which create our thoughts and behavior. Positive emotions bring positive attitude and behavior in the individual while negative emotions can lead to behavior that is not only harmful to the individual himself but also for the people around him. This change in behavior can be psychological as well as physical.

Emotions have a high impact on the learning process. Negative emotions like fear and anxiety can directly affect learning power and memory of the individuals. These negative emotions can be due to the environmental elements, internal element or combination of both. To eliminate all negative emotions, it is essential for the psychologist first to identify the factors that are developing it in the brain of students.

**Internal factors:**

 Genetic predisposition and imbalance of hormones can cause fear and anxiety disorder in the children. This shows up their impact with the passage of time. It slowly makes learning power slow in the students. Other internal factors that can cause fear and anxiety in students include medication side effects and usage of drugs. Many students start smoking and other drugs which take away their attention from the studies. Drugs make them isolated from the people around them, and students lose their interest from society and education. Proper medication is also a crucial factor, due to the wrong medication many harmful results come. Imbalance of hormones and impact on different body parts create stress, anxiety, and fear in the students (“How to Deal with Chronic Fear and Anxiety | Taking Charge of Your Health & Wellbeing,” n.d.).

**Environmental factors:**

 These are the factors that mostly happen in the surrounding of the individual which leads to an enormous impact on the brain of the individuals. Many individuals grow up within an anxiety and fear-provoking conditions like abusive, disorganized, poor environmental circumstances. Home, peer, school, and culture make our environments.

 Students with low background family with lack of sources face more fear and anxiety at school than the students who have a strong background. Peer pressure and school stress slow down the learning power. Basic elements of anxiety and fear at the school include the relationship with the teacher, peers, and other staff of the school. Diversity in the background, language, and emotional growth put an impact on the student who decides whether students are comfortable in it or not. Students who are not comfortable in the school environment become rejected, bullied, and isolated. The rejection and bullying in the school develop the fear and anxiety in the student, and slowly they become isolated in the school.

 Positive relation with classmates and other peers develop positive emotions and thus help in enhancing the learning power of the students. The students who face bullying from seniors, as well as students of their own class or peers living around them, make them more stressful and full of fear and anxiety. Sometimes, students who admire their peers who are well achieved and have academic excellence create pressure on other students. All these conflicts and peer pressure results in low learning power.

 Every student has different learning power, and some students understand difficult things in less time while some students take time while understanding straight and straightforward things. In such case when teachers give assignments, tasks, and projects to the whole class, students with low learning power get pressure which leads to weak performance in the class (“Teens and College Students | Anxiety and Depression Association of America, ADAA,” n.d.).

References

Gardner’s Theory of Multiple Intelligences. (n.d.). Retrieved February 6, 2019, from https://www.verywellmind.com/gardners-theory-of-multiple-intelligences-2795161

How to Deal with Chronic Fear and Anxiety | Taking Charge of Your Health & Wellbeing. (n.d.). Retrieved February 6, 2019, from https://www.takingcharge.csh.umn.edu/how-deal-chronic-fear-and-anxiety

Multiple Intelligences | Thomas Armstrong, Ph.D. (n.d.). Retrieved February 6, 2019, from http://www.institute4learning.com/resources/articles/multiple-intelligences/

Teens and College Students | Anxiety and Depression Association of America, ADAA. (n.d.). Retrieved February 6, 2019, from https://adaa.org/living-with-anxiety/college-students