

# VERBAL INTELLIGENCE

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## The DIGITAL AGEING Project

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aims to enhance crucial cognitive abilities that naturally decline with age. This initiative seeks to boost confidence among individuals aged over 65 in learning new skills, including technology use. The project is designed to maintain older adults' cognitive abilities by developing activities that incorporate four of Howard Gardner's theories of multiple intelligences: verbal, logical-mathematical, spatial, and musical. The project began with a focus on Verbal Intelligence.

### The Multiple Intelligences theory

Howard Gardner's theory of multiple intelligences proposes that intelligence is a set of diverse cognitive abilities. Gardner categorized these into eight different intelligences, each highlighting a distinct way individuals can exhibit their intellectual capabilities.

**Verbal-linguistic intelligence** involves using words and language effectively for communication and problem-solving. It is shown through proficient use of one's language and learning new ones. Traits of those with high verbal intelligence include thinking in words, enjoying reading and writing, and excelling in speaking.

More information on:  
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# Expert's Corner

In the interview conducted with Ms. Sotiria Moza, a neuropsychology PhD candidate at A.U.TH., head of European projects at Materia group, and Scientific collaborator of the Cognitive Center & Tech Solutions Noesis, the importance of verbal intelligence is emphasized. She explains that linguistic competence, or verbal intelligence, includes various subdomains such as **reading, writing, understanding speech, and producing speech**. All these subdomains are crucial because they play a vital role in our daily lives, particularly in **communication**.

**The expert notes that research indicates verbal skills are often the first to benefit from empowerment exercises.** She compares cognitive competence to a pyramid, with linguistic skills forming its base, highlighting the significant benefits of practicing these skills. Examples of exercises to enhance verbal intelligence include reading, writing, fill-in-the-blanks, naming, and anagrams.

**Scan the QR code to watch the full interview video**



## Verbal Intelligence Test

Start by visiting our website to take the verbal intelligence test. Discover your level and get started with activities!

**[Take the test here](#)**

## Free Activities

On our **website** and **Moodle course**, you can explore the activities developed with insights from focus groups that included experts, social workers, and elderly individuals. Additionally, an introductory video explains more about verbal intelligence. Do what you can to keep the skills sharpen.

**Scan the QR code to access activities**



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# LOGICAL MATHEMATICAL INTELLIGENCE

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**Logical-mathematical intelligence** is described as the ability to identify logical or numerical patterns and the ability to reason. The processes used in logical-mathematical intelligence include **categorization, classification, inference, generalization, calculation, and hypothesis testing**. Numerical intelligence allows to analyse information, seek order, and give meaning to situations to apply it to problems in our daily lives.

Learn what activities are good for logical-mathematical intelligence  
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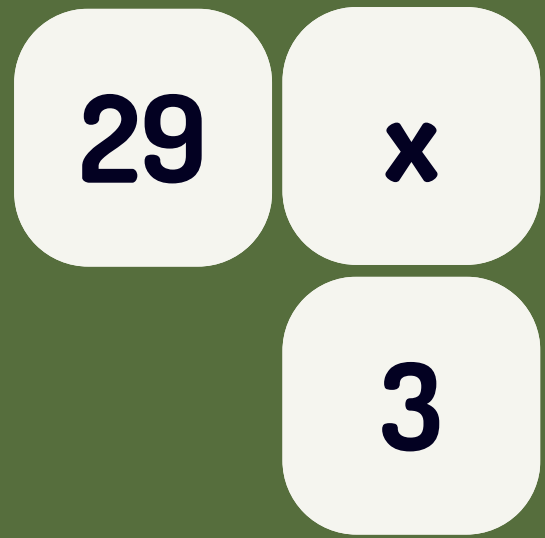


# Expert's Corner

In this interview, psychologist Asta Bartuseviciene from Lithuania discusses the importance of developing logical-mathematical intelligence in older adults, based on Howard Gardner's theory of multiple intelligences. She explains how enhancing these skills can support **brain health**, **maintain independence**, and **improve quality of life** as we age.

**The expert suggests various ways older adults can cultivate logical-mathematical intelligence to enhance brain function and overall quality of life.** New hobbies, courses, or even travel can stimulate the brain, forming new neural connections and keeping cognitive functions active. Additionally, she recommends playing logical games such as chess, and board games, which not only develop reasoning skills but also bring joy and social interaction.

**Scan the QR code to watch the full interview video**



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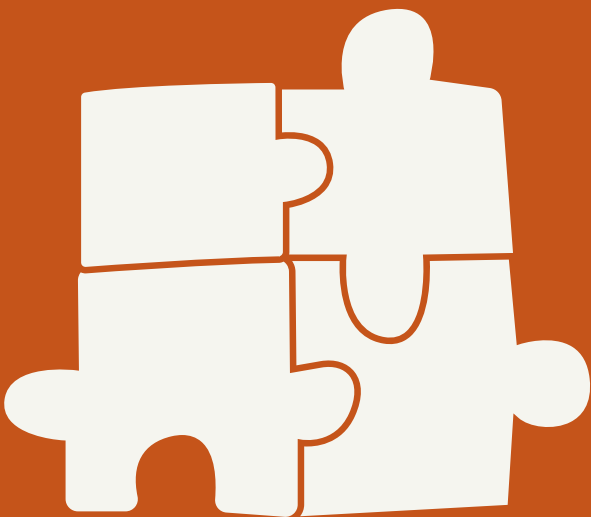
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# SPATIAL INTELLIGENCE



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Do what you can to  
keep the skills sharpen.

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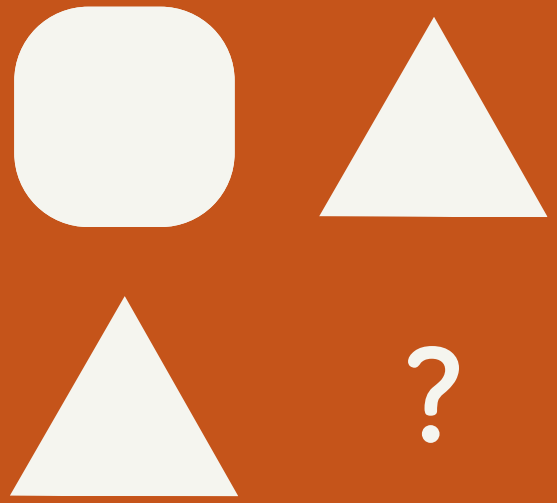
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# MUSICAL INTELLIGENCE



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Do what you can to  
keep the skills sharpen.

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