

## Brain Dominance Self Test

*In this short self-test you will examine which side of your brain you prefer to use when processing information and learning. Answer each question with your first "gut reaction" and try not to think too hard about each response.*

		A		B
1.	How do you prefer to make decisions?		Logically	Intuitively
2.	Which do you remember more easily?		Names	Faces
3.	Which do you prefer?		Planning activities in advance	Doing things spontaneously
4.	When listening to a speaker, which do you pay more attention to?		What the speaker is saying	The speaker's body language
5.	Are you usually aware of what time it is and how much time has passed?		Yes	No
6.	Which way do you typically write papers?		Plan the sequence of ideas in advance	Let your ideas flow freely
7.	Which are you more likely to remember after listening to music?		Words	Tunes
8.	Do you frequently move furniture around in your home?		No	Yes
9.	Are you a good memorizer?		Yes	No
10.	Which subject do you prefer?		Algebra	Trigonometry
11.	How do you plan your day?		List the important activities in order to better see that they are carried out	Just let things happen
12.	Which way do you use a tube of toothpaste?		Carefully roll it up from the bottom	Squeeze it in the middle
13.	When you sit down to study for two hours, how do you work?		I work on one topic for a long period of time until it is completed.	I work on several topics and projects, sometimes going back and forth between them.
14.	Which do you prefer?		The details and specifics of how things work	The big picture, larger concepts and theories
15.	Which questions are you more likely to ask?		"How should I do this?" and "What facts do I need to know?"	"How much of this is really necessary?" and "What is this really all about?"
16.	Which do you prefer?		An established routine	Going with the flow, doing things differently each time
17.	When in a new city, which do you find most helpful?		Clearly worded directions	A map
18.	How do you find yourself preparing for an exam?		With a clear and organized plan of action	With a less organized approach, studying different topic areas a different times
			<b>Total A answers</b>	<b>Total B answers</b>

## Results

Brain dominance is a theory that infers that we have a preference for using one hemisphere of the brain over the other hemisphere. The left hemisphere of the brain is more rational, analytical, and verbal, while the right hemisphere is more holistic and intuitive, responsive to visual imagery. This test is designed to reveal your “dominant side” and examine how you can use this insight to maximize your learning experience.

### **Left Brain Dominance (Higher score on column A)**

Left-brain characteristics include: verbal, logical, linear, concrete, time oriented, and details. You may want to try outlines, lecture notes, or the Cornell Format as study tools.

### **Right Brain Dominance (Higher score on column B)**

Right-brain characteristics include: visual, intuitive, holistic, abstract, spacial and main ideas. You may want to try charts, maps, time lines, graphs, or visualization as study tools.

## Brain Dominance Information

*Note: You will benefit from using strategies and study tools from BOTH sets listed below. Test out those that you most enjoy, but also challenge yourself to try strategies that may not be in your brain dominance.*

### People who are Left Brain Dominant

#### Are often good at...

Looking at details  
Focusing on one thing  
Giving direct answers  
Organization  
Individual competition  
Establishing routines  
Working through ideas  
Following schedules

#### They almost always...

Do things the same way  
Like a neat environment  
Are self-motivated  
Value facts over feelings  
Ask "how do I do it?"

#### They may be frustrated by...

Not knowing the purpose  
Not understanding how a teacher grades  
Dealing with generalities  
Having an opinion expressed as fact  
Having to find personal meaning in what you learn  
Working in groups  
Questions with no right answer

#### Questions they may ask...

What facts do I need to know?  
What should it look like?  
When is it due?

#### They are often more...

Verbal, logical, linear, concrete, time and detail oriented.  
*They may prefer to organize material and study with...*  
Outlines, The Cornell Format for notes and linear forms of detailed notes.

### People who are Right Brain Dominant

#### Are often good at...

Seeing the big picture  
Cooperating in groups  
Giving and receiving praise  
Reading Body language  
Going with the flow  
Doing several things at once  
Focusing on ideas/themes  
Reading between the lines

#### They almost always...

Visualize the future  
Think fast on their feet  
Have good rapport with others  
See many solutions  
Accept many kinds of people  
Try to avoid conflict

#### They may be frustrated by...

Having to explain things step by step  
Accepting criticism without taking it personally  
Not knowing the meaning of or purpose in doing something  
Keeping detailed records  
Having to choose one answer  
Re-doing anything once it is done

#### Questions they may ask...

What does this have to do with me?  
How can I make a difference?  
How much of this is really necessary?

#### They are often more...

Visual, intuitive, holistic, abstract, special and oriented toward main ideas.  
*They may prefer to organize material and study with...*  
Charts, maps, time lines, graphs using colors and different formatting.

## Balanced Brain (no clear dominance)

A balanced score means you are able to draw on the strengths of both the right and left hemispheres of your brain, depending upon a given situation. This combination makes you a creative and flexible thinker.

The down side to having a more "balanced brain" is that you may sometimes feel paralyzed by indecision when the two hemispheres of your brain are competing to solve a problem in their own unique ways. You may also find career choices difficult due to your proficiency in several different areas. As mentioned above, you will benefit from using both right and left brain tools.