



# Brain Hemisphere Dominance

Which side of your brain do you rely on most? Take this survey and find out more about how you learn.

1. When you walk into a theater, classroom or auditorium, if there are no other influential factors, which side do you prefer?  
\_\_\_\_\_ a) Left \_\_\_\_\_ b) Right
2. When taking a test, which do you prefer that the questions be?  
\_\_\_\_\_ a) Objective (true/false, multiple choice) \_\_\_\_\_ b) Subjective (discussion or essay questions)
3. Do you often have hunches?  
\_\_\_\_\_ a) No \_\_\_\_\_ b) Yes
4. When you have hunches, do you follow them?  
\_\_\_\_\_ a) No \_\_\_\_\_ b) Yes
5. Do you have a place for everything and everything in its place?  
\_\_\_\_\_ a) Yes \_\_\_\_\_ b) No
6. In learning a dance step, what is easier for you?  
\_\_\_\_\_ a) Learn the sequence of movements and talk your way through the steps.  
\_\_\_\_\_ b) Learn by imitation and getting a feel for the music.
7. Do you like to move your furniture several times a year, or do you prefer to keep the same arrangement?  
\_\_\_\_\_ a) Keep \_\_\_\_\_ b) Move
8. Can you tell approximately how much time has passed without a watch?  
\_\_\_\_\_ a) Yes \_\_\_\_\_ b) No
9. Which is easier for you to understand?  
\_\_\_\_\_ a) Algebra \_\_\_\_\_ b) Geometry
10. Is it easier for you to remember people's names or to remember people's faces?  
\_\_\_\_\_ a) Names \_\_\_\_\_ b) Faces
11. When given the topic "school," would you prefer to express your feelings by drawing or writing?  
\_\_\_\_\_ a) Writing \_\_\_\_\_ b) Drawing
12. When someone is talking to you, do you respond to the literal meaning or to the person's feelings as expressed by the sound?  
\_\_\_\_\_ a) Meaning \_\_\_\_\_ b) Feeling
13. When speaking, do you use few or many gestures? (that is, do you use your hands when you talk?)  
\_\_\_\_\_ a) Few gestures \_\_\_\_\_ b) Many gestures
14. What is your desk or work area like?  
\_\_\_\_\_ a) Neat and organized \_\_\_\_\_ b) Cluttered with stuff I might need.
15. Is it easier for you to read for main ideas or read for specific details?  
\_\_\_\_\_ a) Specific details \_\_\_\_\_ b) Main ideas
16. Do you do your best thinking sitting erect or lying down?  
\_\_\_\_\_ a) Sitting erect \_\_\_\_\_ b) Lying down
17. Do you feel more comfortable saying or doing humorous or well-reasoned things?  
\_\_\_\_\_ a) Well-reasoned things \_\_\_\_\_ b) Humorous things
18. In math, can you explain how you got the answer?



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\_\_\_\_\_ a) Yes \_\_\_\_\_ b) No

Now, to determine your brain hemisphere dominance, count the number of times you selected a) as your answer. Then count the number of times you selected b).

If you selected significantly more a) answers than b) answers, you are predominantly **left-brained**. Alternately, if you selected significantly more b) answers than a) answers, you are predominantly **right-brained**. If you have the same, or nearly the same, amount of a) answers as you do b) answers, you have a balance between the two.

- I am predominantly
- left-brained
  - right-brained
  - I have a balance

Take a look at the set of characteristics associated with each brain hemisphere to find out more about how you think and learn.

## Left Brain

- ← Seat of language
- ← Processes in logical and sequential order
- ← Responds to verbal instructions
- ← Problem solves by logically deconstructing
- ← Looks at differences
- ← Is planned and structured
- ← Prefers talking and writing
- ← Prefers multiple choice tests
- ← Controls feelings
- ← Prefers ranked authority structures



## Right Brain

- Visual
- Processes intuitively and randomly
- Responds to demonstrated instructions
- Problem solves with hunches, looking for patterns and configurations
- Looks at similarities
- Is fluid and spontaneous
- Prefers elusive, uncertain information
- Prefers drawing and manipulating objects
- Prefers open-ended questions
- Free with feelings
- Prefers collegial authority