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
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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.

<table>
<thead>
<tr>
<th>Left Brain</th>
<th>Right Brain</th>
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</thead>
<tbody>
<tr>
<td>← Seat of language</td>
<td>→ Visual</td>
</tr>
<tr>
<td>← Processes in logical and sequential order</td>
<td>→ Processes intuitively and randomly</td>
</tr>
<tr>
<td>← Responds to verbal instructions</td>
<td>→ Responds to demonstrated instructions</td>
</tr>
<tr>
<td>← Problem solves by logically deconstructing</td>
<td>→ Problem solves with hunches, looking for patterns and configurations</td>
</tr>
<tr>
<td>← Looks at differences</td>
<td>→ Looks at similarities</td>
</tr>
<tr>
<td>← Is planned and structured</td>
<td>→ Is fluid and spontaneous</td>
</tr>
<tr>
<td>← Prefers talking and writing</td>
<td>→ Prefers elusive, uncertain information</td>
</tr>
<tr>
<td>← Prefers multiple choice tests</td>
<td>→ Prefers drawing and manipulating objects</td>
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<tr>
<td>← Controls feelings</td>
<td>→ Prefers open-ended questions</td>
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<tr>
<td>← Prefers ranked authority structures</td>
<td>→ Free with feelings</td>
</tr>
<tr>
<td></td>
<td>→ Prefers collegial authority</td>
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