

Are You Right-Brained or Left-Brained?



Your learning style is influenced by whether you are right-brained or left-brained.

Background

What does “hemisphere” mean?

- Half of a sphere

Does this mean that we only use half of our brains? No! Researchers often criticize popular psychology for this, because the popular lateralizations often are distributed across both hemispheres, although mental processing is divided between them.

1. Which is more true of you?

- A. I am tense about getting things right.
- B. I am relaxed and let things happen.

2. Which do you enjoy more about music?

- A. The beat
- B. The melody

3. Which ways of learning do you like best?

A. Workshops and field trips

B. Books and lectures

4. Which of these two subjects so you like more?

A. Art

B. Math

5. When you buy something, do you make sure you have received the correct change?

A. Yes, I count.

B. No.

6. How do you figure things out?

- A. The answer comes to me all at once, like a light going on.
- B. A piece at a time, then I put it all together.

7. Which would you rather do?

A. Read

B. Watch TV

8. How are you at putting your feelings into words?

A. Very good

B. It is hard for me

9. If you practice an instrument or a sport, how do you do it?

A. When I feel like it and have the time.

B. The same time each day, for a certain amount of time.

10. You are riding your bike to a friend's house. You have never been there before. Which method do you use to find your way?

A. I ask for directions, then I look at a map.

B. I ask for directions, then write down street names and landmarks.

11. Which of these types of fabrics do you prefer?

- A. Fabrics without much texture (cotton and denim)
- B. Fabrics with lots of texture (corduroy, suede, velvet)

12. Are you good at remembering faces?

A. Yes

B. No

13. Are you good at remembering names?

A. Yes

B. No

14. How do you feel about psychic claims: that there is such a thing as ESP (extrasensory perception), for example?

- A. Science cannot explain everything: they are worth looking into.
- B. They are foolish and non-scientific.

It is time to score your results...

Record a “L” for left or a “R” for right beside your respective selection.

1. Which is more true of you?

A. I am tense about getting things right. (LEFT)

B. I am relaxed and let things happen.
(RIGHT)

2. Which do you enjoy more about music?

A. The beat (**LEFT**)

B. The melody (**RIGHT**)

3. Which ways of learning do you like best?

- A. Workshops and field trips **(RIGHT)**
- B. Books and lectures **(LEFT)**

4. Which of these two subjects so you like more?

A. Art (**RIGHT**)

B. Math (**LEFT**)

5. When you buy something, do you make sure you have received the correct change?

A. Yes, I count. **(LEFT)**

B. No. **(RIGHT)**

6. How do you figure things out?

- A. The answer comes to me all at once, like a light going on. **(RIGHT)**
- B. A piece at a time, then I put it all together. **(LEFT)**

7. Which would you rather do?

A. Read (**LEFT**)

B. Watch TV (**RIGHT**)

8. How are you at putting your feelings into words?

A. Very good (**LEFT**)

B. It is hard for me (**RIGHT**)

9. If you practice an instrument or a sport, how do you do it?

A. When I feel like it and have the time.

(RIGHT)

B. The same time each day, for a certain amount of time. **(LEFT)**

10. You are riding your bike to a friend's house. You have never been there before. Which method do you use to find your way?

A. I ask for directions, then I look at a map.
(RIGHT)

B. I ask for directions, then write down street names and landmarks. **(LEFT)**

11. Which of these types of fabrics do you prefer?

- A. Fabrics without much texture (cotton and denim) **(LEFT)**
- B. Fabrics with lots of texture (corduroy, suede, velvet) **(RIGHT)**

12. Are you good at remembering faces?

A. Yes (**RIGHT**)

B. No (**LEFT**)

13. Are you good at remembering names?

A. Yes (**LEFT**)

B. No (**RIGHT**)

14. How do you feel about psychic claims: that there is such a thing as ESP (extrasensory perception), for example?

- A. Science cannot explain everything: they are worth looking into. **(RIGHT)**
- B. They are foolish and non-scientific. **(LEFT)**

So...

Are you Left-Brained or Right-Brained?

Total up your worksheet to determine your dominant side.

So, what does this mean?

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

Right-Brain Dominant

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

Right-Brain Dominant

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

Right-Brain Dominant

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.

Left-Brain Dominant

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

Left-Brain Dominant

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?"

Left-Brain Dominant

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

Left-Brain Dominant

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.

What if I scored both sides equally?

- **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.