

Right Brain - Left Brain

Are you a left brain or a right brain? Strictly speaking, of course, you're both, since normal people use both sides of their brains for virtually everything they do. Nevertheless, many people think in a way that scientists associate with one or the other of the brain's hemispheres. To determine your own thinking style, try this just for fun questionnaire.

Which statement is most like you (mark only one answer)

1. I remember best
 - a. names
 - b. faces
2. I prefer to have things explained to me
 - a. with words
 - b. by showing them to me
3. I prefer classes
 - a. with one assignment at a time
 - b. where I work on many things at once
4. I prefer
 - a. multiple choice tests
 - b. essay tests
5. I am
 - a. not good at observing body language, I prefer to listen to what people say
 - b. good at observing body language
6. I am
 - a. not good at thinking of funny things to say and do
 - b. good at thinking of funny things to say and do
7. I prefer classes
 - a. where I listen to "experts"
 - b. in which I move around and try things
8. I decide what I think about things
 - a. by looking at the facts
 - b. based on my experience
9. I tend to solve problems
 - a. with a serious, business-like approach
 - b. with a playful approach
10. I like
 - a. to use proper materials to get jobs done
 - b. to use whatever is available to get jobs done
11. I like my classes or work to be
 - a. planned so I know exactly what to do
 - b. open with opportunities for changes as I go along
12. I am
 - a. not very inventive
 - b. very inventive
13. I prefer classes when I am expected
 - a. to learn about things I can use in the future
 - b. to learn things I can use right away
14. I . . .
 - a. would rather not guess or play hunches
 - b. like to play hunches and guess
15. I like to express feelings and ideas
 - a. in plain language
 - b. in poetry, song, dance, art
16. I get insights from poetry, symbols, etc.
 - a. rarely
 - b. usually
17. I prefer
 - a. solving one problem at a time
 - b. solving more than one problem at a time
18. I respond more to people when
 - a. they appeal to my Logical side, my intellect
 - b. they appeal to my emotional side, my feelings
19. I prefer to learn
 - a. the well established parts of a subject
 - b. about the unclear parts, the hidden possibilities
20. I prefer
 - a. analytic reading, taking ideas apart and thinking about them separately
 - b. creative reading, putting a lot of ideas together
21. I prefer
 - a. to use my logic in solving problems
 - b. to use "gut feelings" in solving problems
22. I prefer
 - a. to analyze problems by reading and listening to experts
 - b. to see and imagine things when I solve problems
23. I'm very good at
 - a. explaining things with words
 - b. explaining things with hand movements and actions
24. I learn best from teachers who
 - a. explain with words
 - b. explain with movement and actions
25. When I remember or think about things, I do so best with
 - a. words
 - b. pictures and images
26. I prefer to
 - a. examine something that is finished and complete
 - b. organize and complete something that is unfinished
27. I enjoy
 - a. talking and writing
 - b. drawing and manipulating (handling) things
28. I am
 - a. easily lost in finding directions
 - b. good at finding directions
29. I am
 - a. primarily intellectual
 - b. primarily intuitive
30. I prefer to learn
 - a. details and specific facts
 - b. from a general overview, to look at the whole picture
31. I read
 - a. for specific details and facts
 - b. for main ideas
32. I learn and remember
 - a. only those things specifically studied
 - b. details and facts in the environment not specifically studied
33. I like to read
 - a. realistic stories
 - b. fantasy story
34. I feel it is more fun to
 - a. plan realistically
 - b. dream
35. I . . .
 - a. prefer total quiet when reading or studying
 - b. prefer music while reading or studying
36. I would like to write
 - a. non-fiction books
 - b. fiction books
37. If seeking mental health counseling, I would prefer
 - a. the confidentiality of individual counseling
 - b. group counseling and sharing of feelings with others
38. I enjoy
 - a. copying and filling in details
 - b. drawing my own images and ideas
39. It is more exciting
 - a. to improve something
 - b. to invent something
40. I prefer to learn by
 - a. examining
 - b. exploring
41. I prefer
 - a. algebra
 - b. geometry
42. I am skilled in
 - a. sequencing ideas
 - b. showing relationships among ideas
43. I prefer
 - a. dogs
 - b. cats
44. I . . .
 - a. use time to organize myself and my personal activities
 - b. have difficulty in pacing my personal activities to time limits
45. I have
 - a. almost no mood changes
 - b. frequent mood changes
46. I am
 - a. almost never absentminded
 - b. frequently somewhat absentminded
47. I am strong
 - a. in recalling verbal materials (names, dates)
 - b. in recalling spatial materials (colors, shapes)
48. I am skilled in
 - a. the statistical, scientific prediction of outcomes
 - b. the intuitive prediction of outcomes
49. I prefer
 - a. outlining over summarizing
 - b. summarizing over outlining
50. I prefer
 - a. verbal instructions
 - b. demonstrations

Scoring:

1. Compute the number of As _____
Compute the number of Bs _____
2. Answer "A" is a left brain response
Answer "B" is a right brain response