

Right/Left Brain Dominance Test

Name _____

Which Side Are You On? Circle either "A" or "B" that most accurately describes you.

1. A. At home, my room has organized drawer and closets. I even try to organize other things around the house.
 B. At home, I like the "lived-in" look. I clean as I see a need and when I have the time.
2. A. My desk is usually clean and has everything in place.
 B. I leave my work out on my desk so I can work as I am inspired by ideas.
3. A. I like using the "tried and true" method.
 B. I like creating new methods.
4. A. I follow directions carefully when I build a model, make a craft, etc.
 B. I like to build a model my way, making my own creation.
5. A. I complete one project at a time.
 B. I like to start many different projects, but do not like to finish them.
6. When I am asked to write a report on a subject, I.....

 A. research information, then outline and organize my writing.
 B. work in my own self-inspired direction.
7. When I had to do a project in class, I.....

 A. used my parents' ideas, a book's illustrated project or modeled another student's project who received an "A+" from my teacher.
 B. loved the challenge, and like a "mad scientist," I produced a unique project.
8. When I am in charge of a big job with many people working, I usually...

 A. organize, give everyone their responsibilities, make lists, and make sure everyone finishes their part on time.
 B. work at my own pace, let others work on the job as they want. I want to take care of needs/problems as they arise.
9. Which of these activities would you like to do the most?

 A. planning the details for a trip/project
 B. creating an original art form
10. I hate it when other people.....

 A. are indecisive about what activities to do when I am with them.
 B. plan activities in step-by-step detail when I am with them.

Scoring the Left/Right Brain Test

Add the number of "A" responses.

Write the sum here. _____

Add the number of "B" responses.

Write the sum here. _____

If you have more "A" responses than "B" responses, then you are left-brained dominate.

This means you.....

- are very rational
- analyze people and situations
- usually favor the subjects of math/science
- are methodical
- are a sequential thinker
- use logical reasoning
- like to work with things that can be seen or touched

If you have more "B" responses than "A" responses, you are right-brain dominate.

This means you.....

- are very creative
- are usually emotional
- like to be different from others
- handle situations easily
- like to think abstractly
- enjoy the arts(music,art,drama)
- are a divergent thinker

FUN FACTS ABOUT YOUR "SIDES"

- The right side of your body is controlled by the left side of your brain.
- The left side of your body is controlled by the right side of your brain.
- Most people are left-brain dominate, even people who are left-handed writers.
- The left side of your brain controls speech, reading, writing, and math.
- The right side deals with spatial relationships, abstractions, and your feelings.

The Differences Between Right & Left Brain Thinking

Right brain or creative thinkers gather information by feelings and intuition. This information is retained by using images and patterns and are able to visualize the whole idea as we gather our research.

The thought processes appear illogical and meandering because they are emotional, intuitive, abstract and laterally connected. Analysis of this information or problem-solving often involves free association and, while the solutions may be quite innovative, the route traveled to reach this conclusion would be impossible for a more rational left brain thinker to follow. Visual thinkers do not use a step-by-step process to gather information -- rather it is visually gathered all at once which makes organization of this information and verbalizing the accumulated data, either in written or verbal form, difficult. Right brain thinkers are best able to express themselves using art, music or dance.

Left Brain or Critical Thinkers collect information using logic and sense. This information is retained using words, numbers and symbols. Unlike right brain thinkers who see the whole concept, left brain thinkers see only parts of the whole idea that guides them in their logical, step-by-step gathering of information. Their brain processes are deductive, rational, concrete and analytically connected. Left brain thinkers express themselves with concise words, numerical and written formulas and technological systems.

Modern scientists know that your left brain is your verbal and rational brain while your right brain is your nonverbal and intuitive brain. We require special functions from both sides of our brains to accomplish most tasks in our daily lives. There are some nonverbal tasks -- such as drawing, painting, dancing and music, in which our right brain excels and you'd be best to shelve your left brain functions to prevent interference by your rational side.

While most people can be categorized as left or right brain thinkers, there are exercises that can help you develop and nurture your intuitive side.