

Left/Right Brain Self-Assessment

PLEASE DO NOT WRITE ON THIS PAGE

Read the following and write down the number of the most answers which are most appropriate to you.

1. I have no trouble making decisions about the correct thing to do.
2. I see problems or pictures as a whole rather than in parts or details.
3. I follow written directions best and prefer to write and talk.
4. I often think of many things at once rather than thinking through one idea at a time.
5. I'm usually aware of the time.
6. When I'm introduced to someone for the first time, I pay particular attention to the person's face. I later forget the person's name, but I remember his or her face.
7. I attack most problem-solving activities analytically and logically.
8. When comparing things, I look for ways they are alike rather than the ways they are different.
9. I'd rather take a true/false, multiple-choice or matching test than an essay test.
10. Most often, I use my imagination and I think in an abstract manner.
11. If I have a problem, I break it down into smaller parts in order to arrive at a solution.
12. I seem to learn best if I can observe a demonstration or read the directions.
13. Generally, I like to be in control of a situation and I do not like to take too many risks.
14. I like assignments that are open-ended rather than more structured ones.
15. I learn best by seeing and hearing.
16. I learn best by touching or doing.
17. I usually think in concrete patterns and solve problems with a step-by-step approach.
18. If I try to remember information, I generally picture it in my mind.
19. Although I sometimes get upset, I am a rational person.
20. I don't mind trying anything once; I take risks when it is necessary.
21. Sometimes I talk to myself in order to think or learn something.
22. I can let my feelings "go". I am considered to be somewhat emotional.
23. I solve problems on an intellectual basis rather than an intuitive one.
24. People have told me I'm creative.

25. I prefer to think of one thing at a time.
26. I like to act in a spontaneous manner.
27. I prefer to plan things and know what's going to happen ahead of time.
28. I can easily remember melodies and tunes.
29. I am usually in control of my feelings.
30. I do well in geometry and geography.
31. I can usually recall information I need quickly and easily.
32. I enjoy reading and writing poetry; it comes easily to me.
33. I can really concentrate when I want to.
34. When I work in a group, I can "feel" the moods of the others.
35. I understand mathematical concepts.
36. When solving problems, I rely on one idea leading to another in order to come to a conclusion.
37. I can learn new vocabulary words easily.
38. When I plan a party, I "hang loose" rather than plan all of the details.
39. I usually can learn easily from any teacher.
40. In class I'm generally aware of what everyone is doing.
41. I notice and remember details.
42. I can easily see the whole picture when only a few puzzle pieces are in place.
43. I don't mind practicing something repeatedly in order to master it.
44. I communicate best with someone "in person" rather than on the phone.
45. I can remember jokes and punch lines.
46. I have trouble concentrating when I know I should.
47. I can write directions in a clear and logical manner.
48. I sometimes rely on my intuition when making decisions.
49. I basically have a day-to-day routine.
50. I sometimes can remember things according to where I "saw" them on the page.

SCORING TABLE

_____ even numbered
= **RIGHT BRAIN ABILITY**

_____ odd numbered circled
= **LEFT BRAIN ABILITY**