Hemispheric Dominance Test – Activity 2

**Purpose:** The brain is divided into two hemispheres, the right and the left. Each side is associated with different characteristics. After taking this short test, you will calculate whether you are right brained or left brained (that is, which of your brain hemispheres is dominant). This can say a lot about you!

**Assignment:**
Answer the following questions as best you can! Pick the answer that is MOST like you.

1. My locker at school is:
   a. orderly and neat, easy to find everything quickly
   b. disorganized and messy, hard to find things quickly

2. During school time, I:
   a. am often late for class, lunch, or meetings
   b. am rarely late for class, lunch, or meetings

3. In social studies, I best remember:
   a. map work
   b. historical dates and names

4. When I make a study schedule for homework, I:
   a. usually follow it closely
   b. hardly ever follow it

5. When I go to the movies, I like to sit on the:
   a. right side of the theater
   b. left side of the theater

6. I prefer to:
   a. solve equations with algebra
   b. work with graphs in geometry

7. I am better at remembering people’s:
   a. names
   b. faces

8. When putting something together, I usually:
   a. follow the written directions and do it right
   b. try to do it on my own and then follow directions

9. I am most interested in what:
   a. could be possible or the very unusual solutions
   b. is real and can be explained

10. When I watch or listen to a speaker, I tend to:
    a. concentrate on exactly what they are saying
    b. concentrate on how they say something (gestures, tone of voice, etc.)

11. When I am explaining something to someone, I:
    a. am very clear and orderly in my expectation
    b. have some difficulties in being clear and orderly

12. I enjoy doing things most when they are:
    a. well planned and happen as expected
    b. unplanned and happen spontaneously
13. I mostly enjoy doing assignments that are:
   a. open ended and have lots of options and independent choices
   b. structured and have a clear beginning and ending

14. In doing long term assignments, I usually:
   a. begin immediately and finish on schedule
   b. wait until the last minute to do it

15. When I make important decisions, I feel most comfortable:
   a. using only facts, logic, and/or probabilities
   b. using facts and logic with intuition or gut feeling if needed

16. Fold your hands in front of you, fingers intertwined. Which thumb is on top?
   a. right
   b. left

17. I would probably best:
   a. be a famous artist, mechanic, or designer
   b. be a famous writer, scientist, or lawyer

18. When someone is giving me many verbal directions, I have:
   a. no problem following them and remembering the order
   b. have some problems with remembering and ordering them

19. The following statement fits me better:
   a. I am very dependable and a model student
   b. I am imaginative, independent, and a little flaky.

20. The times tables and other rote memory things;
   a. come easily for me with just a little effort
   b. needed a lot of effort and repetition for me

Which is more like you?

21. a. creative
   b. logical

22. a. talk with your hands and have emotional expressions
   b. talk logically and factually

23. a. visualize or draw out problems to solve them
   b. logically talk my way through problems

24. a. I describe events with accuracy and realism
   b. I like to exaggerate descriptions of events to make them more interesting

25. a. I rarely doodle during my classes
   b. I often doodle during my classes

Now use the key to see which of your answers is associated with right and which is left. Write totals:

   # of Right:__________   # of Left:__________
Hemispheric Dominance Test Key

To score your hemispheric dominance test, use the following. The answers below that are BOLD are LEFT BRAIN answers. Others are right-brain answers.

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22. a. talk with your hands and have emotional expressions
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23. a. visualize or draw out problems to solve them
   b. **logically talk my way through problems**

24. a. **I describe events with accuracy and realism**
   b. I like to exaggerate descriptions of events to make them more interesting

25. a. **I rarely doodle during my classes**
   b. I often doodle during my classes

Revised 10/10/06 TLJ
**Purpose:**

Now that you have taken the Hemispheric Dominance test and know whether you are right or left brained, you need to know what it means.

**Assignment:**

1) Look through the lists below and indicate the things you think apply to you from both columns.

<table>
<thead>
<tr>
<th>Left-Hemispheric People:</th>
<th>Right-Hemispheric People:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Behavior:</strong></td>
<td><strong>Behavior:</strong></td>
</tr>
<tr>
<td>Sit still</td>
<td>Are humorous</td>
</tr>
<tr>
<td>Are task oriented</td>
<td>Have little sense of time</td>
</tr>
<tr>
<td>Can memorize things</td>
<td>Have messy desks</td>
</tr>
<tr>
<td>Have neat and orderly desks</td>
<td>Often use fingers to count</td>
</tr>
<tr>
<td>Follow directions</td>
<td>Are not organized</td>
</tr>
<tr>
<td>Use rote memory well</td>
<td>Are on the move*</td>
</tr>
<tr>
<td>Are very organized</td>
<td>Have difficulty following directions</td>
</tr>
<tr>
<td>Think in terms of black and white</td>
<td>Like to touch things, active hands</td>
</tr>
<tr>
<td>Are reality based</td>
<td>Get hunches, are intuitive</td>
</tr>
<tr>
<td>Are time oriented</td>
<td>Tend to be dramatic</td>
</tr>
<tr>
<td>Are focused and logical</td>
<td>Are often athletic</td>
</tr>
<tr>
<td>Are controlled</td>
<td>Have trouble with phonics</td>
</tr>
<tr>
<td>Speak well</td>
<td>Can have concentration problems</td>
</tr>
<tr>
<td>Use symbols well</td>
<td>Are scattered</td>
</tr>
<tr>
<td>Are sequential (do things in order)</td>
<td>Are random</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Learning Styles:</strong></th>
<th><strong>Learning Styles:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Like traditional teaching</td>
<td>See the overall picture, the whole</td>
</tr>
<tr>
<td>Learn well through lectures</td>
<td>Like hands-on activities</td>
</tr>
<tr>
<td>Will read chapters in books</td>
<td>Are better at analogies</td>
</tr>
<tr>
<td>Like to outline</td>
<td>Think outside the box</td>
</tr>
<tr>
<td>Are successful with sounding words out</td>
<td>Find memory devices helpful</td>
</tr>
<tr>
<td>Enjoy worksheets</td>
<td>Benefit from color coding</td>
</tr>
<tr>
<td>Process verbal information well</td>
<td>Need visuals</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>May Be Skilled In:</strong></th>
<th><strong>May Be Skilled In:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Handwriting</td>
<td>Identifying shapes and patterns</td>
</tr>
<tr>
<td>Symbols</td>
<td>Music</td>
</tr>
<tr>
<td>Language</td>
<td>Sports</td>
</tr>
<tr>
<td>Reading and Phonics</td>
<td>Arts and crafts</td>
</tr>
<tr>
<td>Locating facts and details</td>
<td>Visualization</td>
</tr>
<tr>
<td>Planning</td>
<td>Recognizing feelings and emotions</td>
</tr>
<tr>
<td>Talking and reciting</td>
<td>Spatial relationships</td>
</tr>
</tbody>
</table>

2) Using the score on the test and information noted on this page, answer the following: (20 points each)

   A) What was your score on the Hemispheric Dominance Test (questions 1-25, i.e. 15 Right, 10 Left)?
   B) According to this sheet, do you have more characteristics of the right or the left?
   C) Comparing the score with the characteristics on this sheet, do they match (i.e. if your score indicated you are a left-brained person, do you have more left characteristics on this sheet)?

3) Using the Internet, research your right and left-brain results, and list at least three career or job choices that fit your results. (40 points)