

# LEFT OR RIGHT BRAIN?

Take a quick test and find out if you are left or right brain dominant!

1. Which of the following statements is more characteristic of you?
  - a. I'm a tense person; I worry about getting things right; I'm more nervous than most people.
  - b. I'm relaxed and easy going; you can't fight life, so you may as well roll with the punches.
2. Do you get depressed a lot?
  - a. yes
  - b. no
3. Think about the music you like. Would you say that
  - a. the beat, or
  - b. the melody...is more important to you?
4. If you were learning a new skill, which of the following ways of acquiring knowledge would appeal to you more?
  - a. Reading books and attending lectures on the subject.
  - b. An "experience oriented" approach consisting of field trips, workshops, lab work, and apprenticeship.
5. If you were in college, which of these two majors would you rather select?
  - a. art
  - b. math
6. Which of these games would you rather play?
  - a. Scrabble
  - b. Checkers
7. Which statement more accurately describes your behavior?
  - a. I'm an impulse buyer; when I want something, I get it even if I can't afford it.
  - b. I'm deliberate shopper. I think about something before I buy it. Sometimes I wait so long that what I want is sold out by the time I decide to buy it. I often talk myself out of things I first thought I wanted.
8. Are you often unsure of your grammar?
  - a. yes
  - b. no
9. When you learn something new how does the process usually work?
  - a. I flounder around until suddenly a light goes on and I get the knack of it; understanding seems to come all at once, as if a curtain had been lifted or a door opened.
  - b. I work gradually, learning one aspect at a time; eventually I begin to understand all the pieces and can put the whole picture together.
10. If you had to solve a problem, which would you choose?
  - a. a crossword puzzle
  - b. a jigsaw puzzle
11. Do you often have hunches?
  - a. yes
  - b. no
12. If you could do only one or the other, would you rather

- a. read a book
- b. see a movie

13. Do you often have trouble putting your feelings and opinions into words? Do you have trouble expressing what you really mean?

- a. yes
- b. no

14. If you have to park a car parallel to the curb, do you

- a. usually get it right the first time
- b. usually have to pull out at least once and try another time

15. If you were taking a trip and someone were giving you directions, would you prefer that he

- a. write down the directions, listing the route numbers, turnoffs, and landmarks in order
- b. show you the route on a map

16. When you're choosing clothes are you more likely to select

- a. fabrics with a lot of texture, such as leather, suede, thick wools, silk shirts, and corduroy
- b. relatively understated fabrics, such as cottons and normal-weight suits

17. Do you remember faces well?

- a. yes
- b. no

18. Do you remember people's names well?

- a. yes
- b. no

19. With which of the following statements would you be more likely to agree?

- a. There are many things that science will never be able to explain.
- b. There's a natural law that governs everything; therefore, science should eventually be able to explain things that at first appear to be mysterious.

20. Are you a better-than-average athlete?

- a. yes
- b. no