

HEMISPHERIC DOMINANCE TEST

Determine which side of your brain left or right is dominant. Circle the answers that most closely describe your preferences. There are 20 questions. When you have completed the questions, you will need to enter your data in the **BRAIN DOMINANCE DATA SHEET**.

1) When you walk into a theater, classroom, or auditorium (and assuming that there are no other influential factors), which side do you prefer?

- A. Right
- B. Left

2) When taking a test, which style of questions do you prefer?

- A. subjective (discussion)
- B. objective (true/false, multiple choice, matching)

3) Do you often have hunches?

- A. Yes
- B. No

4) When you have hunches, do you follow them?

- A. Yes
- B. No

5) Do you have a place for everything and keep everything in its place?

- A. No
- B. Yes

6) When you are learning a dance step, is it easier for you to:

- A. learn by imitation the teacher and getting the feel of the music?
- B. learn the sequence of movements and talk your way through the steps?

7) Do you like to move your furniture several times a year, or do you prefer to keep the same arrangement?

- A. Move
- B. Keep

8) Can you tell approximately how much time passed without a watch?

- A. No
- B. Yes

9) Speaking in strictly relative terms, is it easier for you to understand

- A. geometry
- B. algebra

10) Is it easier for you to remember people's names or to remember people's faces? A. faces

- B. Names

11) When given the topic "school", would you prefer to express your feelings through drawings or writing?

- A. drawing
- B. writing

12) When someone is talking to you, do you respond to the word meaning, or do you respond to the person's word pitch and feelings?

- A. word pitch and feeling (how it is said)
- B. word meaning (what is said)

13) When speaking, do you use few gestures, or do you use many gestures (that is, do you use your hands when you talk)?

- A. many gestures (often use hands when you talk)
- B. few gestures (very seldom use hands when you talk)

14) Your desk or where you work is

- A. cluttered with stuff that you might need
- B. neat and organized

15) Is it easier for you to read for main ideas or to read for specific details?

- A. main ideas
- B. specific details

16) Do you do your best thinking sitting erect or lying down?

- A. lying down
- B. sitting erect

17) Do you feel more comfortable saying/doing humorous things or saying/doing well-reasoned things?

- A. humorous things
- B. well-reasoned things

18) In math

- A. you can get the answer but cannot explain how
- B. you can explain how you got the answer

19) Which best describes your reaction to this quote? "Everything happens for a reason"

- A. intelligence is part of the cause and everything happens for an intelligent reason, there are no accidents in the universe that fact that you are reading these words is no coincidence.
- B. of course everything happens for a reason simple cause and effect

20) Which best describes your experiences of dreaming?

- A. Lucid Dream and good recall
- B. Do not dream or recall dreaming

All of these questions are somewhat subjective. Total your circled "A"s and enter the number below for your **Brain Hemisphere Dominance Score**. Compare your answer to the chart supplied below. The numbers on the chart are the number of "A"s that you have circled.

BRAIN HEMISPHERE DOMINANCE SCORE

Right Brain Dominant									Balanced				Left Brain Dominant						
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

The ultimate situation is not to have one dominant hemisphere but rather a whole brain, a "golden brain", a balanced brain. A cognitively enhanced brain. People that have a balanced brain might tend to choose both answers.

Left-Hemisphere Dominance (12 or more)

Your score indicates that you are generally a highly organized person. If you are sloppy, even your mess makes sense to you. When given a job to do, you like to approach the task one step at a time rather than plunging into it. If you are involved in extra-curricular activities, you are probably well-disciplined. For example, if you are a musician, you probably follow a practice schedule well. In the future, you'd probably do well in one of the following areas: accounting, engineering, or computer programming.

Right – Hemisphere Dominance (9 or less)

Your total indicates that you use intuition and creativity to achieve certain goals, rather than an outlined, detailed plan of action. You feel that too much planning tends to limit possibilities. If you are involved in extra-curricular activities that require practice or drilling, you perform well when inspired but otherwise do not enjoy the routine of practicing every day. Chances are good that you are interested in one of the following areas: music, art, and athletics.

Balanced Hemispheres (10 or 11)

As indicated in the previous descriptions, left-hemisphere people prefer structure; right-hemisphere people do not. Your score indicates that you fall somewhere between these two extremes. When given a job to do, you may prepare yourself by making lists (something a left-hemisphere person would do), but the lists may not be highly organized (which a right hemisphere person may prefer).

Enter the values asked for in the **BRAIN DOMINANCE DATA SHEET** provided in your forms. You can utilize the table provided below to assist you in completing the Data sheet.

LEFT BRAIN FUNCTIONS

uses logic
detail oriented
facts rule
words and language
present and past
math and science
can comprehend
knowing
acknowledges
order/pattern perception
knows object name
reality based
forms strategies
practical
safe

RIGHT BRAIN FUNCTIONS

uses feeling
"big picture" oriented
imagination rules
symbols and images
present and future
philosophy & religion
can "get it" (i)e meaning)
believes
appreciates
spatial perception
knows object function
fantasy based
presents possibilities
impetuous
risk taking