

Activity 1: Hemispheric Dominance Test

Instructions: Answer the following questions by choosing the statement that best describes your response. An inventory of responses is provided at the end of the test that will help you analyze the result.

1. Are you usually running late for class or other appointments?
 - ☐ Yes.
 - ☐ No.
2. When answering test questions, which do you prefer?
 - ☐ Objective questions (true or false, matching type, multiple choice)
 - ☐ Subjective questions (discussion or essay questions)
3. When making decisions, which do you prefer?
 - ☐ You go with your gut feel, which is what you feel is right.
 - ☐ You carefully weigh each option.
4. When relating an event to a friend, you _____.
 - ☐ go straight to the main point and then fill in the details
 - ☐ tell many details before revealing the conclusion
5. Do you have a place for everything and everything in a place?
 - ☐ Yes.
 - ☐ No.
6. When faced with a major change in life, you feel _____.
 - ☐ excited
 - ☐ terrified
7. Choose which work style you prefer.
 - ☐ Concentrate on one task at a time until it is complete.
 - ☐ Juggle several things at once.
8. Can you tell approximately how much time has passed without a watch?
 - ☐ Yes.
 - ☐ No.
9. Which is easier for you to understand?
 - ☐ Algebra
 - ☐ Geometry
10. Which is easier for you to remember?
 - ☐ People's names
 - ☐ People's faces

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11. When learning how to operate new equipment, you _____.
 - ☐ jump in and discover how to use it
 - ☐ carefully read the instruction manual before using it.
12. When someone is speaking to you, you respond to _____.
 - ☐ what is being said (the words)
 - ☐ how it is being said (tone, tempo, volume, emotion)
13. How would you describe your use of gestures when speaking?
 - ☐ I do only a few gestures.
 - ☐ I like to gesture a lot.
14. What is your desk or work area like?
 - ☐ It is neat and organized.
 - ☐ It is cluttered with the stuff I might need.
15. When asked about your opinion, you _____.
 - ☐ immediately say what on your mind
 - ☐ think carefully before you speak
16. You do your best thinking while _____.
 - ☐ sitting in one place
 - ☐ walking around or lying down
17. When reading a magazine, you _____.
 - ☐ jump in wherever looks most interesting
 - ☐ start at page one and continue reading until the end page
18. When you're shopping and you see something you want to buy, you _____.
 - ☐ save up until you have the money
 - ☐ charge it immediately
19. If you were hanging a picture frame on the wall, you would _____.
 - ☐ carefully measure it centered and straight
 - ☐ put it where it looks right and move it if necessary

Please proceed to the **Hemispheric Dominance Inventory** to know the result.

Hemispheric Dominance Inventory

Instructions: Use this inventory sheet to analyze your results. You will discover whether you are *Left-brain Dominant* or *Right-brain Dominant*.

Example: I answered 15 out of 19 questions as Left-brain Dominant.

	First Option	Second Option	Tally
1.	Right-brain Dominant	Left-brain Dominant	
2.	Left-brain Dominant	Right-brain Dominant	
3.	Right-brain Dominant	Left-brain Dominant	
4.	Right-brain Dominant	Left-brain Dominant	
5.	Left-brain Dominant	Right-brain Dominant	
6.	Right-brain Dominant	Left-brain Dominant	
7.	Left-brain Dominant	Right-brain Dominant	
8.	Left-brain Dominant	Right-brain Dominant	
9.	Left-brain Dominant	Right-brain Dominant	
10.	Left-brain Dominant	Right-brain Dominant	
11.	Right-brain Dominant	Left-brain Dominant	
12.	Right-brain Dominant	Left-brain Dominant	
13.	Right-brain Dominant	Left-brain Dominant	
14.	Right-brain Dominant	Left-brain Dominant	
15.	Left-brain Dominant	Right-brain Dominant	
16.	Left-brain Dominant	Right-brain Dominant	
17.	Right-brain Dominant	Left-brain Dominant	
18.	Left-brain Dominant	Right-brain Dominant	
19.	Left-brain Dominant	Right-brain Dominant	

My Result: I answered _____ out of 19 questions as _____.

Note that a *Left-brain Dominant* or *Right-brain Dominant* person can still have qualities of the other, it just happens that the other brain hemisphere is more dominant.

Kindly refer to the lesson to understand the meaning of your Hemispheric Dominance Test result.

Reference

Middle Tennessee State University. (n.d.). Hemispheric dominance inventory. Retrieved from http://capone.mtsu.edu/studskl/hd/hemispheric_dominance.html