



Support Operations *for* Academic Retention

Right Brain/Left Brain Dominance

Are you a global thinker or an analytical thinker? Identify which of the following traits you possess to find out! This will help you identify which study strategies you will most likely benefit from best. Mark applicable answers with a "T" or check mark to keep track of your answers.

Right Brain Dominant

- ___ When given a task or assignment, you want to know why it's important because you like the big picture.
- ___ You don't need to-do lists because you like to wing it.
- ___ You would prefer modeling clay into pottery over Sudoku puzzles because it is more creative.
- ___ When shopping for a new car, you would probably pick what looks best, rather than what drives best.
- ___ When traveling, you like impulsive adventure: Why plan it all out and ruin it?
- ___ Because you are visual, you prefer textbooks to lectures.
- ___ You can remember a person's face but not necessarily their name.
- ___ Your office is not necessarily organized but you find what you need, eventually.
- ___ When trying a new software program, you install it and immediately begin experimenting with it.
- ___ You aren't always on time, even if you mean to be.

Left Brain Dominant

- ___ When given a task or assignment, you don't always need to know why it's important.
- ___ You get a great deal of pleasure in creating to-do lists and checking each item off as it is accomplished.
- ___ You would prefer Sudoku puzzles over getting messy with clay.
- ___ When shopping for an new car, you would probably look at fuel efficiency and crash safety ratings over the looks of the car.
- ___ When traveling, you like to have your itinerary completely planned down to the last detail.
- ___ Because you respond to verbal cues, you prefer lectures to textbooks.
- ___ You are good at remembering names.
- ___ Your office is neatly organized with a place for everything. You spend little time looking for things.
- ___ When trying a new software program, you prefer to use the instruction manual.
- ___ You are almost always on time or early for meetings and appointments.



What Study Strategies Should You Use According to Your Brain Dominance?

If you exhibited more right brain dominant traits, you are a global thinker. Try the following study tips:

- Before you begin studying, get organized
- Work on developing time management skills
- Use spatial organizers when taking notes
- Draw diagrams
- Try visualizing the information presented in your notes
- Recite information
- Use mnemonics
- Use rhythmic activities
- Use movement
- Listen to music while studying (as long as it is not distracting!)

If you exhibited more left brain dominant traits, you are an analytical thinker. Try the following study tips:

- Make sure you attend class regularly
- Come to class prepared
- Read ahead in texts to recognize and identify organizational patterns
- Use memory devices
- Take precise notes
- Practice/rehearse information on a routine basis
- Use specific study strategies, such as SQ3R (See handout on “Using SQ3R”)

