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 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 a 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”)