

Left Brain Right Brain Quiz

Scientists have explored theories about the two hemispheres of the brain and the ways that they differ in function and control of the body. According to recent research, people who are right brain dominant and those who are left brain dominant process information and respond in different ways.

Most theories suggest that right-brain dominant people are guided by the more emotional, intuitive right side of the brain, while left-brain people respond in logical ways, guided by the left side of the brain.

Your dominant brain type has a very significant affect on your study skills, homework habits, and grades. For instance, some students may struggle with specific assignment types or test questions, based on their brain types.

By understanding your dominant brain type, you may be able to adjust your study methods, and perhaps shape your schedule and coursework, to suit your own personality type.

Take the quiz

Question: 1. If you could choose a writing assignment, would you rather

- ☐ **A)** Describe the planets in the solar system
- ☐ **B)** Write a story about an ant that saves the world

Question: 2. Your friends would be more likely to vote you:

- ☐ **B)** Most likely to get lost
- ☐ **A)** Most likely to invent a time machine

Question: 3. In the morning you get dressed according to:

- ☐ **A)** The outfit you planned
- ☐ **B)** Whatever smells okay

Question: 4. If you had two homework projects at the same time, would you proceed by:

- ☐ **A)** Finishing one and moving on to the next
- ☐ **B)** Doing a little bit on one until I get bored, then move to the next

Question: 5. In a theatre production, would you rather:

- ☐ **A)** Be the director
- ☐ **B)** Be the lead actor

Question: 6. You just won a free one-week holiday to the beach! Would you

- ☐ **B)** Leave now!
- ☐ **A)** Take some time to plan my trip

Question: 7. Someone just told you you're psychic. You think to yourself:

- ☐ **A)** That's ridiculous
- ☐ **B)** I think I really might be ...

Question: 8. On a multiple choice test do you:

- ☐ **B)** Think too much and get confused every time
- ☐ **A)** Review the choices and see a solid right answer

Question: 9. If you watched a sad movie in class would you:

- ☐ **A)** Control emotions
- ☐ **B)** Cry a little

Question: 10. When you eat M&Ms are you tempted to:

- ☐ **A)** Sort them by color and eat them in order
- ☐ **B)** Sneak them in class and eat them when I'm bored

Results

Equal amount of As and Bs = You are a middle brain dominant student!

You are open minded but not gullible about things or people. You may run into trouble making decisions sometimes, while your logical brain plays tug-of-war with your gut instinct.

You enjoy the arts, but you could also do well in science and math. You appreciate the beauty of all things in life, and are well-rounded. Middle brain students would do well on *The Apprentice*, since they can have a strong mix of gut instinct and an appreciation for numbers. You would have a strong career in business, but you may not go that route; you may be more interested in studying the arts and sciences in college.

You would be wise to read over the characteristics of left and right brain students and consider whether you fall into the traps of either type. For instance, extreme right brain dominant students can get too bogged down in thought, while extreme left brain students can be rigid in their views.

Mostly Bs = You are a right brain dominant student!

- You like to use visual aids
- You are the quiet one in study groups, but you come up with brilliant ideas
- You need to read things twice, but then you've got it!
- Things you read make more sense after a day or so

- You are good with people
- You don't fall for practical jokes as easily as some
- You seem dreamy, but you're really deep in thought

- You like to write fiction, draw, or play music
- You might be athletic
- You take time to ponder and you think there are two sides to every story
- You may lose track of time
- You are spontaneous
- You're fun and witty
- You may find it hard to follow verbal directions

Advice for Right Brain Students

- Choose to do personal essays
- Let your imagination work for you in the arts

- Let your deep thinking work for you during essay tests—but don't ponder too long
- Be creative with essays.
- Use images and charts when you study
- Write down directions
- Try to be more organized!

Mostly As = You are a left brain dominant student!

- You probably work with a daily task list
- You like to be the critic in class
- You feel you're naturally good at math or science
- You are rational and logical
- Your research is precise and well-documented
- You set goals for yourself
- You can interpret information well
- Your room is tidy
- You can answer questions spontaneously
- You follow directions and you do read directions (unlike some people)
- You can listen to a long lecture without losing patience
- You don't let feelings get in your way
- Your words are precise

Advice for Left Brain Students

- Study in a quiet room to avoid distraction
- You like to take the lead in a study group, so go ahead and volunteer
- Take advantage of your skills in math and science
- Choose non-fiction reading
- You prefer factual questions and assignments, as opposed to open-ended questions
- You can organize your notes well, so you should
- Keep your room organized
- Work alone when you have a choice; you get frustrated with others who "clown around"
- Take more risks; don't be afraid to be creative