

Brain Hemisphere

(Source: <http://www.la-psiholog.ro/teste-psihologice/dominanta-creierului-tau>)

1. *Do you usually get late to meetings?*
A: It happens frequent
B: It never happens
2. *When do you want to be clear about your ideas:*
A: You are using your hands and gesture
B: You are not using your hands and gesture
3. *When you are telling a story to a friend:*
A: You are losing yourself in details.
B: You are telling the story straight, clear and with details.
4. *You draw conclusions using your feelings and intuition.*
A: Yes
B: No.
5. *You've just met a new person. Which is the first thing that comes to your mind when you think about her/him?*
A: Figure
B: Name
6. *Using a notebook and planning things is:*
A: A boring thing
B: A necessary thing
7. *Setting personal goals for short time is:*
A: It is a way to restrict my options
B: It motivates me and prevents delays
8. *When you have a written exam, do you prefer:*
A: Essay and free debate.
B: Items with multiple choice
9. *Which one of these great personalities do you prefer?*
A: Leonardo da Vinci
B: Isaac Newton
10. *Do you think about past events?*
A: No
B: Yes

A	B
Right hemisphere	Left hemisphere

If you are the left hemisphere type

... The focus of the left brain is verbal, processing information in an analytical and sequential way, looking first at the pieces then putting them together to get the whole. Left brain thinking is verbal and analytical.

Left-brain characteristics include a gift for language, analytical skills, and mathematical concepts such as time and sequence. You may find that individuals with this brain dominance are good with letters,

numbers, and words. These individuals seem to “have a knack for”:

- Language skills including reading, writing, and speaking
- Math
- Logic and reasoning
- Science

If you are the right hemisphere type

... Right brain is non-verbal and intuitive, using pictures rather than words. The best illustration of this is to listen to people give directions. Though right-brain or non-verbal thinking is often regarded as more ‘creative’. The right brain of the brain focuses on the visual, and processes information in an intuitive and simultaneous way, looking first at the whole picture then the details.

Right-brain characteristics include creativity, the ability to see patterns, spatial awareness, and the

understanding of how things relate to one another in different contexts. You may find that individuals with

this brain dominance are good at recognizing faces, places, and objects . These individuals seem to “have a knack for”:

- “Out-of-the-box” thinking
- Art, including the ability to draw, paint, sculpt, etc.
- Imaginative thinking
- Music, including the ability to play instruments with ease or to recognize a song melody and play it back upon “hearing it”

Keep in mind that “right-brained” individuals may exhibit one or several of these traits.