

Name : _____

Add totals : _____

a's _____

b's _____

a's are left brained
b's are right brained

Are You Right-Brained Or Left-Brained?

Did you know that your brain is made up of two halves? The *left* side of your brain controls the *right* side of your body, and the *right* side of your brain controls the *left* side of your body. The two halves are connected by a system of fibers called the *corpus callosum*.

In 1940, some doctors cut the corpus callosum of patients with epilepsy. They wanted to see if this would "trap" the patients' seizures on one side of the brain so the other side could function normally. It seemed to work.

In 1960, a scientist named Roger Sperry studied patients who had been through this operation. He noticed some interesting things about them. His "split-brained" patients could hold an object in their right hand and name it. But when they held an object in their left hand, they could describe it, but they couldn't name it! Sperry also found that these patients could write with their right hands but not draw. They could draw with their left hands but not write.

Sperry's studies seemed to show that each half of the brain has different characteristics and abilities. The left half is logical, analytical, and used for verbal tasks. The right half sees things "whole" instead of in parts, and is used for creative thinking.

Now people talk about being "left-brained" (logical) or "right-brained" (creative). But brain science is really much more complicated than that. The latest thinking and research puts the focus on being "whole-brained." Still, thinking about how our brains function can tell us more about our personal style.

YOUR CREATIVE STYLES

Read each question, then circle a or b for the answer that you would most likely choose.

1. Which is more true of you?
 - a. I am tense about getting things right
 - b. I am relaxed and let things happen
2. Do you often feel sad or down in the dumps?
 - a. no
 - b. yes
3. Which do you enjoy more about music?
 - a. the beat
 - b. the melody
4. Which way of learning do you like best?
 - a. books and lectures
 - b. workshops and field trips
5. Which of these two subjects do you like more?
 - a. math
 - b. art
6. Which of these two games do you prefer?
 - a. Scrabble
 - b. checkers
7. How do you usually buy something?
 - a. I think about its value and how I will use it
 - b. I just buy it
8. When you buy something, do you make sure to get the correct change back?
 - a. yes, I count it
 - b. no
9. How do you figure things out?
 - a. a piece at a time, then put it all together
 - b. the answer comes to me all at once, like a light going on
10. Which of these two types of puzzles do you prefer?
 - a. crossword puzzles
 - b. jigsaw puzzles
11. How often do you have a hunch?
 - a. never or almost never
 - b. often
12. Which would you rather do?
 - a. read
 - b. watch TV
13. How are you at putting your feelings into words?
 - a. very good
 - b. it is hard for me
14. If you practice an instrument or a sport, how do you do it?
 - a. the same time each day, for a certain amount of time
 - b. when I feel like it and have the time
15. You're riding your bike to a friend's house. You've never been there before. Which method do you use to find your way?
 - a. I ask for directions, then write down street names and landmarks
 - b. I ask for directions, then look at a map
16. Which of these types of fabrics do you prefer?
 - a. fabrics without much texture (cotton, denim)
 - b. fabrics with lots of texture (corduroy, suede, velvet)
17. Are you good at remembering faces?
 - a. no
 - b. yes
18. Are you good at remembering names?
 - a. yes
 - b. no
19. How do you feel about psychic claims — that there is such a thing as ESP, for example?
 - a. they are foolish and nonscientific
 - b. science can't explain everything; they are worth looking into
20. Are you a better athlete than you are a student?
 - a. no
 - b. yes