Circle A, B, or C for the description that is most like you. Mark only one letter for each question.

1. I remember best... A. names  
   B. faces  
   C. both names and faces.

2. I prefer to have things explained to me...  
   A. with words  
   B. by showing them to me  
   C. both ways

3. I prefer classes...  
   A. with one assignment at a time  
   B. where I work on many things at once  
   C. both ways

4. I prefer...  
   A. multiple choice tests  
   B. essay tests  
   C. both kinds of tests

5. I am...  
   A. not good at body language, I prefer to listen to what people say  
   B. good at body language  
   C. sometimes good, but other times not good

6. I am...  
   A. not good at thinking of funny things to say and do  
   B. good at thinking of funny things to say and do  
   C. sometimes good

7. I prefer classes...  
   A. where I listen to the “experts”  
   B. in which I move around and try things  
   C. where I listen and also try things

8. I decide what I think about things...  
   A. by looking at the facts  
   B. based on my experience  
   C. both ways

9. I tend to solve problems...  
   A. with a serious, business-like approach  
   B. with a playful approach  
   C. with both approaches

10. I like...  
    A. to use proper materials to get jobs done  
    B. to use whatever is available to get jobs done  
    C. a little of both

11. I like my classes or work to be...  
    A. planned so I know exactly what to do  
    B. open with opportunities for changes as I go along  
    C. both planned and open to changes
12. I am...  
   A. never inventive  
   B. very inventive  
   C. occasionally inventive  

13. I prefer classes when I am expected...  
   A. to learn about things I can use in the future  
   B. to learn things I can use right away  
   C. both kinds of classes  

14. I...  
   A. would rather not guess or play hunches  
   B. like to play hunches and guess  
   C. sometimes make guesses and play hunches  

15. I like to express feelings and ideas...  
   A. in plain language  
   B. in poetry, song, dance, art  
   C. both ways  

16. I get insights from poetry, symbols, etc...  
   A. rarely  
   B. usually  
   C. sometimes  

17. I prefer...  
   A. solving one problem at a time  
   B. solving more than one problem at a time  
   C. both equally  

18. I respond more to people when...  
   A. they appeal to my logical side, my intellect  
   B. when they appeal to my emotional side, my feelings  
   C. both ways  

19. I prefer to learn...  
   A. the well-established parts of a subject  
   B. about the unclear parts, the hidden possibilities  
   C. both ways  

20. I prefer...  
   A. analytic reading, taking ideas apart and thinking about them separately  
   B. creative reading, putting a lot of ideas together  
   C. both kinds of reading  

21. I prefer...  
   A. to use logic in solving problems  
   B. to use "gut feelings" in solving problems  
   C. both equally  

22. I prefer...  
   A. to analyze problems by reading and listening to experts  
   B. to see and imagine things when I solve problems  
   C. to do both.  

23. I'm very good at...  
   A. explaining things with words  
   B. explaining things with hand movements and actions  
   C. both
24. I learn best from teachers who...
   A. explain with words
   B. explain with movement and actions
   C. have no preference

25. When I remember or think about things, I do so best with...
   A. words
   B. pictures and images
   C. both equally well

26. I prefer to...
   A. examine something that is finished and complete
   B. organize and complete something that is unfinished
   C. do both

27. I enjoy...
   A. talking and writing
   B. drawing and manipulating (handling) things
   C. both equally

28. I am...
   A. easily lost in finding directions
   B. good at finding directions
   C. not bad in finding directions, but not really good either

29. I am...
   A. primarily intellectual
   B. primarily intuitive
   C. equally intellectual and intuitive

30. I prefer to learn...
   A. details and specific facts
   B. from a general overview, to look at the whole picture
   C. both ways equally

31. I read...
   A. for specific details and facts
   B. for main ideas
   C. for both equally

32. I learn and remember...
   A. only those things specifically studied
   B. details and facts in the environment not specifically studied
   C. have noticed no difference in these areas

33. I like to read...
   A. realistic stories
   B. fantasy stories
   C. no preference

34. I feel it is more fun to...
   A. plan realistically
   B. dream
   C. both equally fun

35. I...
   A. prefer total quiet when reading or studying
   B. prefer music while reading or studying
   C. listen to music only when reading for enjoyment, not when studying

36. I would like to write...
   A. non-fiction books
   B. fiction books
   C. no preference
37. If seeking mental health counseling, I would prefer...
   A. the confidentiality of individual counseling
   B. group counseling and sharing of feelings with others
   C. no preference for group over individual counseling

38. I enjoy...
   A. copying and filling in details
   B. drawing my own images and ideas
   C. both equally

39. It is more exciting...
   A. to improve something
   B. to invent something
   C. both are exciting

40. I prefer to learn...
   A. by examining
   B. by exploring
   C. both ways equally

41. I prefer...
   A. algebra (word problems)
   B. geometry (visual problems)
   C. both equally

42. I am skilled in...
   A. sequencing ideas
   B. showing relationships among ideas
   C. both equally

43. I prefer...
   A. dogs
   B. cats
   C. both equally

44. I ...
   A. use time to organize myself and my personal activities
   B. have difficulty in pacing my personal activities to time limits
   C. pace personal activity to time limits easily

45. I have...
   A. almost no mood changes
   B. frequent mood changes
   C. few mood changes.

46. I am...
   A. almost never absent-minded
   B. frequently somewhat absent-minded
   C. occasionally absent-minded

47. I am strong...
   A. in recalling verbal materials (names, dates)
   B. in recalling spatial material
   C. equally strong in both

48. I am skilled in...
   A. the statistical, scientific prediction of outcomes
   B. the prediction of outcomes
   C. equally strong in both

49. I prefer...
   A. outlining over summarizing
   B. summarizing over outlining
   C. equally skilled in both

50. I prefer...
   A. verbal instructions
   B. demonstrations
   C. no real preference
YOUR STYLE OF LEARNING AND THINKING:  
RIGHT, LEFT, OR WHOLE BRAIN DOMINANT

LEFT (A's)______     RIGHT (B's)______       WHOLE BRAIN (C's)______

1. Compute your B score minus your A score. It can be a minus or plus.

2. If your C score is 15 or higher, divide your B minus A score by 3. Round your score to the nearest number. The answer will be your score. It can be a minus or plus number. __________________

OR

If your C score is from 9 to 14, divide your B minus A score by 2. The answer will be your score. It can be a minus or plus answer. __________________

OR

If your C score is less than 9, do not divide at all. Your B minus A score is your answer. __________________

PLOT YOUR SCORE BELOW

| -40... -10 | -9 | -8 | -7 | -6 | -5 | -4 | -3 | -2 | -1 | 0 | +1 | +2 | +3 | +4 | +5 | +6 | +7 | +8 | +9 | +10...+40 |

A score of 0 = Whole brain dominance / (Christopher Robin)
A score of -1 to -6 = Whole brain dominance favoring the left / (Eeyore)
A score of +1 to +6 = Whole brain dominance favoring the right / (Piglet)
A score of -7 or lower = Left brain dominance / (Owl)
A score of +7 or higher = Right brain dominance / (Pooh)

DO NOT THEN TRAIN YOUTH TO LEARNING BY FORCE AND HARSHPNESS: BUT DIRECT THEM TO DO IT BY WHAT AMUSES THEIR MINDS:  
SO THAT YOU MAY BE BETTER ABLE TO DISCOVER WITH ACCURACY THE PECULIAR BENT OF THE GENIUS OF EACH.

...PLATO
TEACHING TECHNIQUES FOR BRAIN COMPATIBILITY

**For Concrete Sequential Use:**
- A score of -7 or lower (OWL)
  1. Workbooks or lab manuals
  2. Lectures accompanied with Power Point Presentations, drawings, or models; demonstration teaching
  3. Hands-on materials (paint, frogs, plastic or wood models, apparatus, etc.)
  4. Field trips
  5. Programmed instruction or computer-assisted instruction.

**AND EXPECT STUDENTS TO:**
- Follow step-by-step directions exactly
- Use various drill techniques to practice what they have learned
- Give correct answers available from text

**For Abstract Random Use:**
- A score of +7 or higher (POOH)
  1. Movies and DVDs
  2. Group discussions among students
  3. Lecture with discussion of material presented
  4. Television
  5. Short reading assignments which act as springboards for class activities

**AND EXPECT STUDENTS TO:**
- Listen to, learn from, and respond to fellow students
- Be aware of color, sounds and moods in their environment
- Observe body language, listen for intonation and reflect upon these in connection with the message given.

**For Abstract Sequential Use:**
- A score of -1 to -6 (EEYORE)
  1. Instructional CD-ROMs
  2. Podcasts
  3. Extensive textbook reading assignments
  4. Webinars
  5. Lecture

**AND EXPECT STUDENTS TO:**
- Be able and willing to read large amounts of material
- Be able to conceptualize ideas and convey them either orally or in writing
- Be able to concentrate on an idea without being distracted by environmental activities or inner feelings

**For Concrete Random Use:**
- A score of +1 to +6 (PIGLET)
  1. Games or simulations
  2. Independent study projects
  3. Optional reading assignments
  4. Brief mini-lectures
  5. Problem solving activities

**AND EXPECT STUDENTS TO:**
- Frame hypotheses, develop alternative solutions and test them
- Be able to solve problems with limited information or date provided
- Experiment with ideas and material through application.