

Cognitive-Style Quiz

Choose the one sentence that is more true. Do not leave any blanks.

1. A) It's fun to take risks.
B) I have fun without taking risks.
2. A) I look for new ways to do old jobs.
B) When one way works well, I don't change it.
3. A) I begin many jobs that I never finish.
B) I finish a job before starting a new one.
4. A) I'm not very imaginative in my work.
B) I use my imagination in everything I do.
5. A) I can analyze what is going to happen next.
B) I can sense what is going to happen next.
6. A) I try to find the one best way to solve a problem.
B) I try to find different answers to problems.
7. A) My thinking is like pictures going through my head.
B) My thinking is like words going through my head.
8. A) I agree with new ideas before other people do.
B) I question new ideas more than other people do.
9. A) Other people don't understand how I organize things.
B) Other people think I organize well.
10. A) I have good self-discipline.
B) I usually act on my feelings.
11. A) I plan time for doing my work.
B) I don't think about the time when I work.
12. A) With a hard decision, I choose what I know is right.
B) With a hard decision, I choose what I feel is right.
13. A) I do easy things first and important things later.
B) I do the important things first and the easy things later.
14. A) Sometimes in a new situation, I have too many ideas.
B) Sometimes in a new situation, I don't have any ideas.
15. A) I have to have a lot of change and variety in my life.
B) I have to have an orderly and well-planned life.
16. A) I know I'm right, because I have good reasons.
B) I know I'm right, even without good reasons.
17. A) I spread my work evenly over the time I have.
B) I prefer to do my work at the last minute.
18. A) I keep everything in a particular place.
B) Where I keep things depends on what I'm doing.
19. A) I have to make my own plans.
B) I can follow anyone's plans.
20. A) I am a very flexible and unpredictable person.
B) I am a consistent and stable person.
21. A) With a new task, I want to find my own way of doing it.
B) With a new task, I want to be told the best way to it.

To Score

1. Give yourself one point for each time you answered "A" for questions: 1, 2, 3, 7, 8, 9, 13, 14, 15, 19, 20, 21.
2. Give yourself one point for each time you answered "B" for questions: 4, 5, 6, 10, 11, 12, 16, 17, 18.
3. Add all points. Totals imply:
0-4: strong left brain
5-8: moderate left brain
9-13: middle brain
14-16: moderate right brain
17-21: strong right brain

***From The Alert Scale of Cognitive Style, by Dr. Loren D. Crane, Western Michigan University, 1989. Reprinted with permission.*