Note: You will benefit from using strategies and study tools from BOTH sets listed below. Test out those that you most enjoy, but also challenge yourself to try strategies that may not be in your brain dominance.

**People who are Left Brain Dominant**

*Are often good at...*
- Looking at details
- Focusing on one thing
- Giving direct answers
- Organization
- Individual competition
- Establishing routines
- Working through ideas
- Following schedules

*They almost always...*
- Do things the same way
- Like a neat environment
- Are self-motivated
- Value facts over feelings
- Ask “how do I do it?”

*They may be frustrated by...*
- Not knowing the purpose
- Not understanding how a teacher grades
- Dealing with generalities
- Having an opinion expressed as fact
- Having to find personal meaning in what you learn
- Working in groups
- Questions with no right answer

*Questions they may ask...*
- What facts do I need to know?
- What should it look like?
- When is it due?

*They are often more...*
- Verbal, logical, linear, concrete, time and detail oriented.

*They may prefer to organize material and study with...*
- Outlines, The Cornell Format for notes and linear forms of detailed notes.

**People who are Right Brain Dominant**

*Are often good at...*
- Seeing the big picture
- Cooperating in groups
- Giving and receiving praise
- Reading Body language
- Going with the flow
- Doing several things at once
- Focusing on ideas/themes
- Reading between the lines

*They almost always...*
- Visualize the future
- Think fast on their feet
- Have good rapport with others
- See many solutions
- Accept many kinds of people
- Try to avoid conflict

*They may be frustrated by...*
- Having to explain things step by step
- Accepting criticism without taking it personally
- Not knowing the meaning of or purpose in doing something
- Keeping detailed records
- Having to choose one answer
- Re-doing anything once it is done

*Questions they may ask...*
- What does this have to do with me?
- How can I make a difference?
- How much of this is really necessary?

*They are often more...*
- Visual, intuitive, holistic, abstract, special and oriented toward main ideas.

*They may prefer to organize material and study with...*
- Charts, maps, time lines, graphs using colors and different formatting.

**Balanced Brain (no clear dominance)**

A balanced score means you are able to draw on the strengths of both the right and left hemispheres of your brain, depending upon a given situation. This combination makes you a creative and flexible thinker.

The down side to having a more “balanced brain” is that you may sometimes feel paralyzed by indecision when the two hemispheres of your brain are competing to solve a problem in their own unique ways. You may also find career choices difficult due to your proficiency in several different areas.

As mentioned above, you will benefit from using both right and left brain tools.