

Alert Scale of Cognitive Style

Some of the following choices may seem to be either both true or both false. However, please don't check both or leave any blank. Force yourself to choose the one sentence which is most accurate. These questions will help you discover your personal thinking style in the way you do your work.

1. I have to have neat, orderly surrounding to work in. (A) A _____ OR B _____
I have to have comfortable surroundings to work in. (B)
2. Deadlines and schedules make my work easier to do. (A) A _____ OR B _____
Deadlines and schedules interfere with the way I work. (B)
3. I'm good at analyzing all the different parts of a problem. (A) A _____ OR B _____
I'm good at thinking of many different solutions to a problem. (B)
4. I'm proud of the creativity of my work. (A) A _____ OR B _____
I'm proud of the thoroughness of my work. (B)
5. When I take a "break" I relax and do nothing. (A) A _____ OR B _____
When I take a "break" I find something different to do. (B)
6. I don't think about the time when I work. (A) A _____ OR B _____
I plan out my time when doing work. (B)
7. I will follow proven ways of doing my jobs. (A) A _____ OR B _____
I will find my own way of doing new jobs. (B)
8. I prefer to finish one job before starting a new one. (A) A _____ OR B _____
I prefer to be working on many jobs at the same time. (B)

9. I can usually analyze what should happen next. (A) A _____ OR B _____
I can usually sense what should happen next. (B)
10. I do easy things first and save important things for later. (A) A _____ OR B _____
I do important things first and other things later. (B)
11. Other people think I'm unorganized. (A) A _____ OR B _____
Other people think I organize things well. (B)
12. I arrange objects so they are off-center and angled. (A) A _____ OR B _____
I arrange objects so they are centered and in line. (B)
12. I follow an outline when I write a paper. (A) A _____ OR B _____
I don't use an outline or change it when I write. (B)
13. With a difficult decision I follow what I know. (A) A _____ OR B _____
With a difficult decision I follow my feelings. (B)
14. I question new ideas more than other people do. (A) A _____ OR B _____
I agree with new ideas before other people do. (B)
15. I change the way I do a job, for variety. (A) A _____ OR B _____
When one way works well, I don't change it. (B)
16. I'm usually late. (A) A _____ OR B _____
I'm usually early. (B)
17. Where I put things depends on what I'm doing. (A) A _____ OR B _____
I put each thing in a particular place. (B)
18. I'm very consistent. (A) A _____ OR B _____
I'm very spontaneous. (B)

19. I arrange clothes in my closet by type, length, season, etc. (A) A _____ OR B _____
 I don't put clothes in my closet in any particular order. (B)

Scoring:

1. Underline questions number 4, 5, 6, 10, 11, 12, 16, 17, 18. A _____
 2. Count the number of "A" responses for the underlined questions. B _____
 3. Count the number of "B" responses for the questions not underlined. Total _____
 4. Total the "A" and "B" responses you counted.

- 0 - 4 Strong left hemisphere orientation.
 5 - 8 Moderate left hemisphere orientation.
 9 - 11 Bilateral hemisphere balance.
 12-15 Moderate right hemisphere orientation.
 16-20 Strong right hemisphere orientation.

