

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

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

20. I arrange clothes in my closet by type, length, season, etc. (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.
2. Count the number of "A" responses for the underlined questions. A _____
3. Count the number of "B" responses for the questions not underlined. B _____
4. Total the "A" and "B" responses you counted. Total _____

- 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.

