

Learning and Your Brain Dominance

Are you RIGHT brain or LEFT brain dominant? Maybe a balanced combination? The right and left hemispheres of your brain process information differently. Both sides of your brain are involved in almost all your activities. It is essential to develop and use both sides of your brain. However, if **what you are learning is new, challenging, or stressful**, your brain prefers your dominant side. Knowing your brain dominance can help you in developing academic strategies that might work best and help you be successful. Finally, including various learning strategies that use more of your senses (visual, auditory, kinesthetic, read/write) can improve your learning even more.

Left Brain Characteristics	Right Brain Characteristics
Logical	Intuitive
Sequential	Random
Concrete	Abstract/Symbolic
Details	Main ideas
Verbal	Visual/Non-verbal
Linear	Holistic
Time-oriented	Spatial

Left Brain Learning Strategies	Right Brain Learning Strategies
Cornell Note Taking Method	Visualization
Outlines	Pictures, Charts, Graphs
Lecture Notes	Maps, Diagrams
Flash Cards	Timelines

Simple exercise: Try using your non-dominant hand to do something you always do with your dominant hand; i.e. if you are right-handed, use your left. It will feel awkward at first.

- Draw a simple circle or figure eight
- Pick up a cup or glass and drink
- Brush/comb your hair, your teeth

To discover your preferred hemisphere, along with exercises for both sides of your brain and strategies to improve how you learn, process, and relate information, go to:

<http://frank.mtsu.edu/~studskl/hd/learn.html>

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