

# Alert Scale of Cognitive Style

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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)
13. 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)
14. With a difficult decision I follow what I know. (A) A \_\_\_\_\_ OR B \_\_\_\_\_  
With a difficult decision I follow my feelings. (B)
15. I question new ideas more than other people do. (A) A \_\_\_\_\_ OR B \_\_\_\_\_  
I agree with new ideas before other people do. (B)
16. 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)
17. I'm usually late. (A) A \_\_\_\_\_ OR B \_\_\_\_\_  
I'm usually early. (B)
18. Where I put things depends on what I'm doing. (A) A \_\_\_\_\_ OR B \_\_\_\_\_  
I put each thing in a particular place. (B)
19. I'm very consistent. (A) A \_\_\_\_\_ OR B \_\_\_\_\_  
I'm very spontaneous. (B)

20. 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.

