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)
   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) 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. 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.