

## The Melillo Cognitive Style Assessment

This assessment will help you determine your cognitive style – that is, whether your tendency is to be more right brained or more left brained. Choose the response that best describes your natural tendency, not your learned behaviors. Think about yourself as a child, teenager or young adult, and how you would have answered back then. It is very important that choose one answer to each question, even if you don't think it fits you exactly. Do not leave any blanks!

- \_\_\_1. A. I like to do and learn things one step at a time.  
B. I like to do and learn many things at the same time.
- \_\_\_2. A. I tend to focus on details.  
B. I tend to focus on the big picture.
- \_\_\_3. A. I don't always get the joke or think something is as funny as others.  
B. I always get the joke, even before others.
- \_\_\_4. A. I don't like change  
B. I need to change things often.
- \_\_\_5. A. I like routines.  
B. I rarely do anything the same way twice.
- \_\_\_6. A. I have very good handwriting.  
B. I have poor handwriting.
- \_\_\_7. A. I like when things are clearly spelled out and precise.  
B. I like to think in generalities.
- \_\_\_8. A. I tend to take things literally.  
B. I am good at reading between the lines.
- \_\_\_9. A. I will read a contract or instructions over and over to make sure I don't miss anything.  
B. I don't like reading contracts or instructions.
- \_\_\_10. A. I believe or have been told I have a high IQ.  
B. I believe or have been told I have an average IQ,
- \_\_\_11. A. I did better on the math portion of the SAT.  
B. I did better on the verbal portion of the SAT.
- \_\_\_12. A. I liked school and I am good at academics.  
B. I didn't like school and it affected my grades.

- \_\_\_13. A. I am good at learning by rote memorization and repetition.  
B. I learn best by just doing something.
- \_\_\_14. A. I would prefer to work with computers.  
B. I would prefer to work with people.
- \_\_\_15. A. I am not good at new ideas.  
B. I am very good at coming up with new ideas.
- \_\_\_16. A. I am not good at creative problem solving.  
B. I am very good at problem solving especially when it takes a creative solution.
- \_\_\_17. A. I was better at algebra than geometry in school.  
B. I was better at geometry than algebra in school.
- \_\_\_18. A. It is easy for me to visualize things.  
B. It is hard for me to visualize things.
- \_\_\_19. A. I cannot rotate objects in my mind easily.  
B. I can rotate objects in my mind easily.
- \_\_\_20. A. I have difficulty making friends.  
B. I make friends easily.
- \_\_\_21. A. I do not get along with the opposite sex well.  
B. I get along very well with the opposite sex.
- \_\_\_22. A. I am not an emotional person and never show emotions.  
B. I am emotional and show emotions easily.
- \_\_\_23. A. I prefer individual sports.  
B. I prefer team sports.
- \_\_\_24. A. I can never tell what someone is thinking.  
B. I always think I know what someone is thinking.
- \_\_\_25. A. I like to read.  
B. I don't read a lot.
- \_\_\_26. A. I am very good at spelling and grammar.  
B. I am not great at spelling and grammar.
- \_\_\_27. A. I like to read technical and nonfiction books.  
B. I like to read novels and stories.
- \_\_\_28. A. If I don't understand a word I will stop and look it up more often than not.  
B. If I don't understand a word I generally just move on and figure it out later.

- \_\_\_29. A. I have always been able to do calculations easily in my head.  
B. I don't do calculations in my head well; I need to write it down.
- \_\_\_30. A. I like numbers; I am good with numbers.  
B. I don't like numbers.
- \_\_\_31. A. I am more book smart than street smart.  
B. I am more street smart than book smart.
- \_\_\_32. A. I like planning ahead.  
B. I hate to plan; I just want to figure it out as I go.
- \_\_\_33. A. I am not good with metaphors; I like facts.  
B. I like metaphors or hypothetical examples.
- \_\_\_34. A. I will read the instructions closely before I try something.  
B. I never read instructions; I prefer to jump in feet first.
- \_\_\_35. A. I sometimes struggle with the main idea of a story.  
B. I always get the main idea of a story.
- \_\_\_36. A. I am better at understanding than doing.  
B. I am better at doing than understanding.
- \_\_\_37. A. I am logical; I tend to think things through very carefully before doing.  
B. I am intuitive; I like to act by "gut instinct."
- \_\_\_38. A. I have a great memory for facts and details.  
B. I don't have a great memory for facts or details.
- \_\_\_39. A. I remember names, not faces.  
B. I am very good with faces, but forget names.
- \_\_\_40. A. I have a terrible sense of direction.  
B. I have a very good sense of direction.
- \_\_\_41. A. I have an explosive anger if I am pushed.  
B. It takes a lot to get me angry; things don't tend to bother me.
- \_\_\_42. A. I like to work by myself.  
B. I like to work together as a team.
- \_\_\_43. When someone says they have good news and bad news:  
A. I like to hear bad news first.  
B. I like to hear good news first.
- \_\_\_44. A. I am good at saving money.  
B. I am not good at saving money.

- \_\_\_45. A. I like to hold on to things; it takes a lot for me to throw something out.  
B. I like to get rid of old things and replace them with new things.
- \_\_\_46. A. I like realistic art.  
B. I like abstract art.
- \_\_\_47. A. I don't really focus on how I look.  
B. I am very aware of how I look.
- \_\_\_48. A. I don't notice what others think of me.  
B. I notice and care a lot about what others think of me.
- \_\_\_49. A. I don't know or follow fashion trends.  
B. I love wearing the latest styles.
- \_\_\_50. A. I prefer to wear classic clothes that I have worn for years and are comfortable.  
B. I prefer to wear newer trendier styles even if they are uncomfortable.
- \_\_\_51. A. Some people would consider me a geek.  
B. No one would ever consider me to be a geek.
- \_\_\_52. A. I generally obey laws and follow the rules.  
B. I generally don't follow rules; I make up my own rules; most rules don't make sense.
- \_\_\_53. A. I work better with positive reinforcement; I work to achieve a goal.  
B. I work better with negative reinforcement; I focus on avoiding failure.
- \_\_\_54. A. I am very neat and organized.  
B. I would be considered messy and disorganized.
- \_\_\_55. A. I like to be alone.  
B. I like being around others.
- \_\_\_56. A. I never remember the words to a song; I like the music more.  
B. I like the words to a song and remember them almost instantly.
- \_\_\_57. A. I preferred, yellow or orange (warm colors).  
B. I prefer purple, blue or green (cool colors).
- \_\_\_58. A. I like things that are manmade and mechanical.  
B. I like things that are natural.
- \_\_\_59. A. I am a perfectionist.  
B. I don't care if things are not perfect.

- \_\_\_60. A. I would never write, or show someone something I have written before checking for grammatical or spelling errors.  
B. I am more interested in the overall content of something I write rather than the details like spelling and grammar.
- \_\_\_61. A. I am not good at creative writing.  
B. I like to write my own stories.
- \_\_\_62. A. I like to listen to classical music.  
B. I like popular music (rock or country).
- \_\_\_63. A. I am very good at learning languages.  
B. I am terrible at languages.
- \_\_\_64. A. I am better at reading books than people.  
B. I am better at reading people than books.
- \_\_\_65. A. I mentally comprehend suffering, but I don't really feel it.  
B. I feel very bad or sad for others who are suffering.
- \_\_\_66. A. I rarely get depressed.  
B. I get depressed easily.
- \_\_\_67. A. I generally don't like to be touched, especially by someone I don't know.  
B. I need human contact and like to be touched and to touch others.
- \_\_\_68. A. I am somewhat uncoordinated, not very athletic.  
B. I am generally very coordinated and athletic.
- \_\_\_69. A. I'd rather stay indoors.  
B. I'd rather be outside.
- \_\_\_70. A. I like to vacation at the same place over and over.  
B. I like to vacation in new places.
- \_\_\_71. A. I don't like parties and social gatherings in general.  
B. I love parties and social gatherings.
- \_\_\_72. A. I am a realist.  
B. I am a dreamer.
- \_\_\_73. A. Function is much more important than style or design,  
B. Design is at least as important as function.
- \_\_\_74. A. I prefer math, research or science.  
B. I prefer philosophy and mythology.
- \_\_\_75. A. I would prefer to communicate through text or email.  
B. I would prefer to communicate on the phone or in person.
- \_\_\_76. A. I am not a people person.  
B. I am definitely a people person.

\_\_\_77. A. I prefer to be organized and plan things.

B. I prefer to be spontaneous and not worry about the details.

\_\_\_78. A. I think it is most important to improve on things that exist and make them better.

B. I think it is most important to develop new things and new ideas.

\_\_\_79. A. I think reason is more important than feelings.

B. I think feelings are more important than reason.

\_\_\_80. When learning a new chapter in a textbook:

A. I think it is best to outline the chapter.

B. I think it is best to summarize the chapter

\_\_\_81. A. I am better at crossword puzzles.

B. I am better at jigsaw puzzles.

\_\_\_82. In a theater production, I would rather:

A. be the director.

B. be the lead actor.

\_\_\_83. If learning a new piece of equipment I:

A. carefully read the instruction manual before beginning

B. jump in and wing it (I use the manual as the last resort).

\_\_\_84. A. What is being said (words), is more important than how it is being said (tone, tempo, volume, emotion).

B. How something is being said (tone, tempo, volume, emotion) is more important than what the person is saying.

\_\_\_85. A. I do not use hand gestures when I speak.

B. I use many gestures and hand movements when I speak.

\_\_\_86. If I were hanging a picture on a wall, I would:

A. carefully measure to be sure it is centered and straight.

B. put it where it looks right and move it if necessary.

\_\_\_87. At work:

A. I concentrate on one task at a time until it is complete.

B. I usually juggle several things at once.

\_\_\_88. A. I like to plan my future steps.

B. I enjoy dreaming about my future.

\_\_\_89. A. I like to take ideas apart and look at them separately.

B. I like to put ideas together.

\_\_\_90. A. I like to learn about things we are sure of.  
B. I like to learn about hidden possibilities.

\_\_\_91. I think it is more exciting to:  
A. improve something.  
B. invent something.

\_\_\_92. I am strong:  
A. in recalling verbal materials (names, dates).  
B. in recalling spatial material (directions and locations).

\_\_\_93. A. I prefer total quiet when reading or studying.  
B. I prefer to have music on while reading or studying.

\_\_\_94. A. I think in words.  
B. I think in pictures.

\_\_\_95. As a kid, the worst thing would be to:  
A. fail a test,  
B. be embarrassed in class.

\_\_\_96. A. I learn best from teachers who explain with words.  
B. I learn best from teachers who explain with pictures, movement and actions.

\_\_\_97. A. I like to express feelings and ideas in plain language.  
B. I like to express feelings and ideas in poetry, song, dance and art.

\_\_\_98. A. I would rather not guess or play hunches.  
B. I like to play hunches and guess.

\_\_\_99. A. I am very direct and straightforward with people.  
B. I try not to hurt someone's feelings so I am not as direct with people.

\_\_\_100. A. I think the best trait is to be reserved and modest.  
B. I think the best trait is to be outgoing and interesting.

## Scoring

To find out your cognitive style, add up all the A's and B's. Subtract the lower score from the top score. Then plot the resulting number on the A or B side of the scale. A is left brain dominant B is right brain dominant.

Example: 80 A's – 20 B's = 60 A

