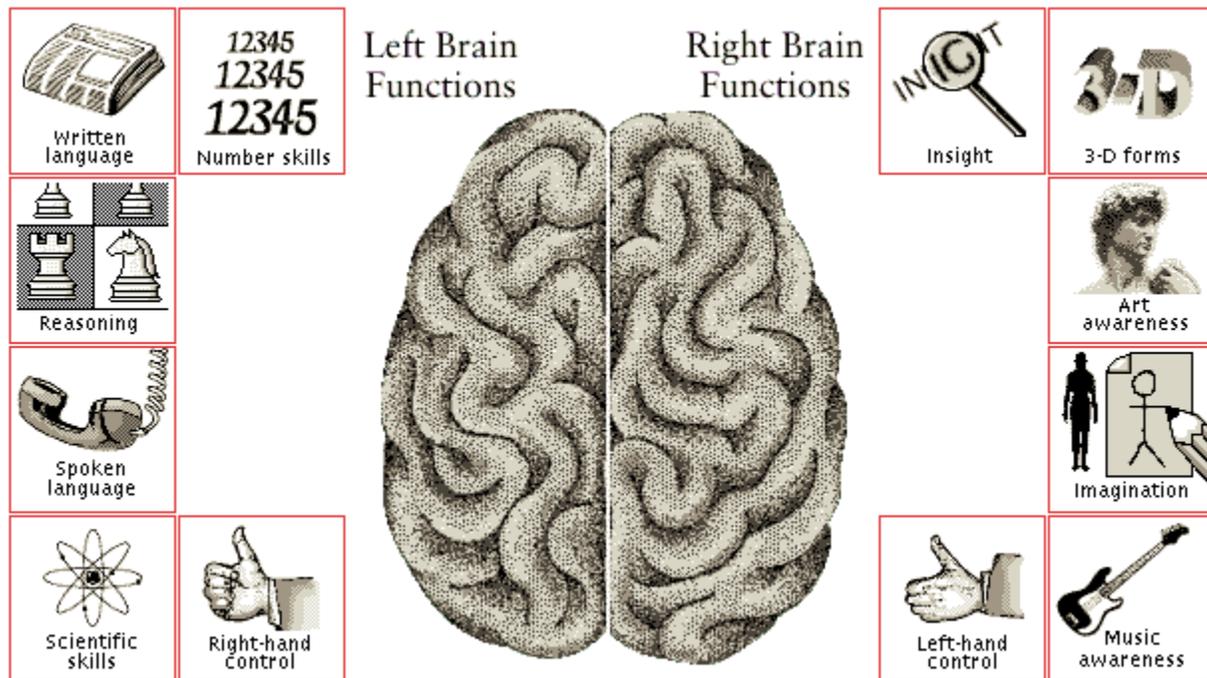


Left Brain / Right Brain - What type of person are you?



This chart is from <http://nepalwushu.com/understanding-how-left-brain-and-right-brain-work>

The left side of the brain controls the right side of the body, and the right side of the brain controls the left half of the body. This much is scientific fact. The left side of the brain is also the seat of language and processes information in a logical and sequential order. The right side is more visual and processes intuitively, holistically, and randomly. People tend to use one side more than the other. "Left brain" folks tend to have a logical and intellectual approach to the world, while "right brain" folks are artistic and intuitive.

Which side of your brain do you think you use most? Personally, I've generally been seen as left brain (a scientist), but I've been moving into more creative activities (like storytelling). In truth, I'm a creative scientist & a very logical storyteller. The table on the next page may help you think about which part of your brain you favor.

Left Brain characteristics	Right Brain characteristics
The left-side of the brain is adept at tasks that involve logic, language and analytical thinking.	The right side of the brain is best at expressive and creative tasks.
Logic	Emotions
Words	Pictures
Parts and specifics	Wholes and relationships among the parts
Analysis (breaking apart)	Synthesis (putting together)
Sequential thinking	Simultaneous and holistic thinking
Text and numbers	Graphics
Facts	Imagination
Safety	Risk taking
Sequential order	Simultaneous intake
Is time-bound, has a sense of time and goals and your position in relation to those goals	Is time free, might lose a sense of time altogether
Governs the right side of your body	Governs the left side of your body

This chart is based on <http://nepalwushu.com/understanding-how-left-brain-and-right-brain-work>

Homework: There are lots of left brain/right brain tests online. According to some, I'm mostly right brain; according to others, I'm mostly left brain. Try a few yourself, & see if the results fit your impression of yourself.

- <http://web-us.com/brain/braindominance.htm>
- http://www.intelliscript.net/test_area/questionnaire/questionnaire.cgi
- <http://www.blogthings.com/areyourightorleftbrainedquiz/>
- <http://frank.mtsu.edu/~studskl/hd/learn.html>

Extrovert/Introvert - What type of person are you?

Do you like to put it all out there, or hold your cards close to your chest? Prefer to be loud or quiet? Or, more likely, do your preferences change? For example, I'm a storyteller, & teacher (which means I'm an extrovert), but I hate crowds & loud parties (so I'm an introvert). It's important not to force people into these categories; some people think extroversion is better than introversion, but they're just different ways of being.

Here's one way to look at it: Do you like to spend time in the outer world of people and things (Extroversion), or in your inner world of ideas and images (Introversion)? Take a minute to ask yourself which of the following descriptions seems more natural, effortless, and comfortable for you?

Extroversion (E) I like active involvement in events and having a lot of different activities. I'm excited when I'm around people and I like to energize other people. I like moving into action and making things happen. I generally feel at home in the world. I often understand a problem better when I can talk out loud about it and hear what others have to say.

The following statements generally apply to me:

- I am seen as "outgoing" or as a "people person."
- I feel comfortable in groups and like working in them.
- I have a wide range of friends and know lots of people.
- I sometimes jump too quickly into an activity and don't allow enough time to think it over.
- Before I start a project, I sometimes forget to stop and get clear on what I want to do and why.

Introversion (I) I like dealing with the ideas, pictures, memories, and reactions that are inside my head, in my inner world. I often prefer doing things alone or with one or two people I feel comfortable with. I take time to reflect so that I have a clear idea of what I'll be doing when I decide to act. Ideas are almost solid things for me. Sometimes I like the idea of something better than the real thing.

The following statements generally apply to me:

- I am seen as "reflective" or "reserved."
- I feel comfortable being alone and like things I can do on my own.
- I prefer to know just a few people well.
- I sometimes spend too much time reflecting and don't move into action quickly enough.
- I sometimes forget to check with the outside world to see if my ideas really fit the experience.

Adapted from Looking at Type: The Fundamentals by Charles R. Martin (CAPT 1997)

The above is copied from:

<http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/extraversion-or-introversion.asp>

Here's another way to define the two types

Extraverts (70-75% of population)	Introverts (25-30% of population)
Energized by what goes on in the outer world	Energized by what goes on in the inner world
Need to talk to clarify what they think	Need to reflect before they talk
Can be seen as accessible and understandable	Can be seen as difficult to know well initially
Difficult for them to just sit & listen	Work quietly without interruption
Often work to change the world	Often work to understand the world
Interests often have breadth	Interests often have depth
Interaction	Concentration
Sociability	Territoriality
Multiplicity of relationships	Limited relationships
Expenditure of energies	Conservation of energies

The above chart is from:

http://www.newreflectionsounseling.com/Default.aspx?page=ENTER_TOPIC_INTROVERSION

But remember, **All Generalizations Are False**. If we are tempted to force people into categories, or to claim one type is better than another, maybe we shouldn't use the terms at all: <http://www.succeedsocially.com/introversion>. Also remember that there is no such thing as a pure extrovert or pure introvert, & that introversion is not the same as shyness.

Homework: try this survey, write down the result, & we'll discuss it in class next week.

<http://www.guardian.co.uk/science/quiz/2012/mar/13/quiz-are-you-an-introvert>



