



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 bigger 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 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 then geometry in school.
B I was better at geometry then 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 an emotional person and show emotions easily.



23. A I prefer individual sports.
B I prefer team sports.
25. A I like to read.
B I don't read a lot.
27. A I like to read technical and nonfiction books
B I like to read novels and stories.
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.
31. A I am more book smart than street smart.
B I am more street smart than book smart.
33. A I am not good with metaphors; I like facts
B I like metaphors or hypothetical examples
35. A I sometimes struggle with the main idea of a story.
B I always get the main idea of a story.
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"
39. A I remember names not faces.
B I am very good with faces but forget names.
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.
43. A When someone says they have good news and bad news; I like to hear the bad news first.
B When someone says they have good news and bad news; I like to hear the good news first.
24. A I can never tell what someone is thinking.
B I always think I know what someone is thinking.
26. A I am very good at spelling and grammar.
B I am not great at spelling and grammar.
28. A If I don't understand a word I will stop to 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.
30. A I like numbers; I am good with numbers.
B I don't like numbers.
32. A I like planning ahead.
B I hate to plan; I just want to figure it out as I go.
34. A I will read the instructions closely before I try something.
B I never read instructions; I prefer to jump in feet first.
36. A I am better at understanding than doing.
B I am better at doing than understanding.
38. A I have a great memory for facts and details.
B I don't have a great memory for facts and details.
40. A I have a terrible sense of direction.
B I have a very good sense of direction.
42. A I like to work by myself.
B I like to work together as a team.
44. A I am good at saving money.
B I am not good at saving money.



45. A I like to hold onto 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.
47. A I don't really focus on how I look.
B I am very aware of how I look.
49. A I don't know or follow fashion trends.
B I love wearing the latest styles.
51. A Some people would consider me a geek
B No one would ever consider me to be a geek
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.
55. A I like to be alone.
B I like being around others.
57. A I prefer yellow or orange (warm colors).
B I prefer purple, blue or green (cool colors)
59. A I am a perfectionist.
B I don't care if things are not perfect.
61. A I am not good at creative writing.
B I like to write my own stories.
63. A I am very good at learning languages.
B I am terrible at languages.
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.
46. A I like realistic art.
B I like abstract art.
48. A I don't notice what others think of me.
B I notice and care a lot about what others think of me.
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.
52. A I generally obey laws and follow the rules.
B I generally don't follow rules; most rules don't make sense.
54. A I am very neat and organized.
B I would be considered messy and disorganized.
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.
58. A I like things that are manmade and mechanical.
B I like things that are natural.
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 or grammar.
62. A I like to listen to classical music
B I like popular music (rock or country)
64. A I am better at reading books than people.
B I am better at reading people than books.
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 I like to be touched and to touch others.
69. A I'd rather stay indoors.
B I'd rather be outside.
71. A I don't like parties and social gatherings in general
B I love parties and social gatherings.
73. A Function is much more important than style and design.
B Design is at least as important as function.
75. A I would prefer to communicate through text or email.
B I would prefer to communicate on the phone or in person.
77. A I prefer to be organized and plan things.
B I prefer to be spontaneous and not worry about the details.
79. A I think reason is more important than feelings.
B I think feelings are more important than reason.
81. A I am better at crossword puzzles.
B I am better at jigsaw puzzles.
83. A If learning a new piece of equipment: I carefully read the instruction manual before beginning.
B If learning a new piece of equipment: I jump in and wing it (I use the manual as the last resort)
85. A I do not use hand gestures when I speak.
B I use many gestures and hand movements when I speak.
87. A At work: I concentrate on one task at a time until it is complete.
B At work: I usually juggle several things at once.
68. A I am somewhat uncoordinated, not very athletic.
B I am generally very coordinated and athletic.
70. A I like to vacation at the same places over and over.
B I like to vacation in new places.
72. A I am a realist.
B I am a dreamer.
74. A I prefer math, research or science.
B I prefer philosophy and mythology.
76. A I am not a people person
B I am definitely a people person.
78. A I think it is important to improve on things that exist and make them better.
B I think it is not important to develop new things and new ideas.
80. A When learning a new chapter in a textbook; I think it is best to outline the chapter.
B When learning a new chapter in a textbook; I think it is best to summarize the chapter.
82. A In a theatre production, I would rather bet the director.
B In a theatre production, I would rather be the lead actor.
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.
86. A If I were hanging a picture on a wall, I would carefully measure to make sure it is centered and straight.
B If I were hanging a picture on a wall, I would put it where it looks right and move it if necessary.
88. A I like to plan my future steps
B I enjoy dreaming about my future.



**DR. ROBERT
MELILLO**

- 89.** A I like to take ideas apart and look at them separately.
B I like to put ideas together.
- 91.** A I think it is more exciting to improve something
B I think it is more exciting to invent something.
- 93.** A I prefer total quiet when reading or studying.
B I prefer to have music on while reading or studying.
- 95.** A As a kid, the worst thing would be to: fail a test.
B As a kid, the worst thing would be to: be embarrassed in class.
- 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.
- 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.
- 90.** A I like to learn about things we are sure of.
B I like to learn about hidden possibilities.
- 92.** A I am strong: in recalling verbal materials (names, dates).
B I am strong: in recalling spatial material (directions and locations)
- 94.** A I think in words.
B I think in pictures.
- 96.** A I learn best from teachers who explain with words.
B I learn best from teachers who explain with pictures, movement and actions.
- 98.** A I would rather not guess or play hunches.
B I like to play hunches and guess.
- 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.



DR. ROBERT MELILLO

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

Total A's

Total B's

Total after subtracting the lower score from the top score:

