

Handout 3

Relationship between handedness and hemispheric dominance

Questionnaire

[Adapted from: Hackett, C. (2007). *Psychology: Self, others and society: Workbook stage 1: Units 1A & 1B*. Melbourne: Pearson Education Australia, pp. 122–123]

Using the questionnaire below, please record your response by ticking the box for each question that describes you best.

Participant's code: _____

Gender: _____

List your **three** best school subjects, i.e. those in which you achieve your best results:

1. _____
2. _____
3. _____

Questions	Left hand	Right hand	Either hand
1. Which hand do you use to write with?			
2. Which hand do you throw a ball with?			
3. Which hand do you pick up your mobile phone with?			
4. Which hand do you hold a tennis racket or a cricket bat with?			
5. Which hand holds a knife when you cut things?			
6. Which hand do you hold your toothbrush in?			
7. Which hand holds an eraser when you want to rub a mistake out?			
8. Which hand removes the top card when you deal from a deck of cards?			
9. What hand do you use to text with on your mobile phone?			
10. What hand do you take your change out of your purse or wallet with?			
11. Which hand do you hold a ruler or a rolled up piece of paper with?			
12. Which hand do you pull a chair out with?			
TOTAL			

[Questionnaire adapted from: Coren, S. (1992). *The left-hander syndrome: The causes and consequences of left-handedness*. New York: Free Press]

Handout 4

Relationship between handedness and hemispheric dominance

Scoring sheet

[Adapted from: Hackett, C. (2007). *Psychology: Self, others and society: Workbook stage 1: Units 1A & 1B*. Melbourne: Pearson Education Australia, pp. 122–123]

Scoring handedness

To work out your handedness score:

- Count the number of left, right and either hand responses.
- Multiply the number of right responses by 3. This number is your R SCORE.
- Multiply the number of either responses by 2. This number is your E SCORE.
- The number of left responses remains unchanged. This number is your L SCORE.
- Add your R, E and L scores. This is your handedness score.

Right responses x 3 (R)	Either responses x 2 (E)	Number of left responses (L)	TOTAL SCORE (R+E+L)

The scoring key:

Score	Handedness	Score	Handedness
33–36	strongly right handed	20–23	mildly left handed
29–32	moderately right handed	16–19	moderately left handed
25–28	mildly right handed	12–15	strongly left handed
24	ambidextrous		

Your score: _____ Your handedness: _____

Hemispheric dominance

To work out your hemispheric dominance, use the table below to help you.

Your hemispheric dominance (left- or right-brained) will be based on having two or three subjects that would be identified as involving the specialised cognitive functions of the left or right brain mentioned below.

For example, if your subject choices were maths (L), music (R) and biology (L), you would have a left hemispheric dominance.

Specialised cognitive functions of the left and right hemispheres	
Left hemisphere	Right hemisphere
Reading	Musical ability
Writing	Spatial ability: design, movement, dance
Analytical thinking	Emotional expression
Sequential thinking	Detection of emotion
Logical reasoning	
Mathematics	

[Table adapted from: van Iersel, H. et al. (2005). *Nelson Psychology: VCE Units 3 and 4*. Melbourne: Nelson Australia, p. 45]

Best subjects	Left- or right-brained?
1.	
2.	
3.	

Your hemispheric dominance: _____