

Genetic Dominance Profile test		Questions answered: 57 / 57		
1Section 1				
1.1Which stripes do you prefer to look at? a or b.				
		a	b	
1.2Do all the variations of crossed-over movements. Could you do them all without any difficulty? Yes or No				
		a yes	b	
1.3Clap your hands in front of your nose. Now cross your hands and touch your left ear with your right hand and with your left hand touch your nose. Clap again and now touch the right ear with your left hand and touch your nose with your right hand. Do this ten times. Did you get it right within the first three times that you tried? Yes / No				
		a	b no	
1.4Sit in a relaxed position and clasp your hands comfortably in your lap. Which thumb is on top? a, b or c				
		a	b	c
2Section 2				
2.1Which answer to a question do you prefer? a or b		Cat a		b
2.2Which answer to a question do you prefer? a or b		6 a		b
2.3Which answer to a question do you prefer? a or b				
		a a	b	
2.4Which answer to a question do you prefer? a or b				
		a a	b	
2.5Glance quickly at this picture Is it a smiling face? Yes or No				
		Yes	No no	
2.6Which watch do you prefer? a or b				
		a a	b	
2.7Which picture would you have drawn, if you had to draw a picture of a house? a or b				
		a a	b	
2.8When reading, do you prefer? a or b a Words only on the page. b Pictures in between.		a	b b	
2.9Are you very neat and tidy? Yes or No		Yes yes	No	
3Section 3				
3.1Which answer is applicable to you? a or b When I am angry, I tend to: a Control my feelings (bottle up). b Spontaneously express my feelings (free with feelings).		a a	b	
3.2Which answer is applicable to you? a or b When I have to solve a problem, I mostly focus on: a Differences. b Similarities.		a a	b	
3.3Which answer is applicable to you? a or b During discussions at work will you: a Observe. b Participate.		a	b b	
3.4Which answer is applicable to you? a or b When under stress do you tend to speak: a Less - stay quiet. b More - express yourself.		a a	b	
3.5Which answer is applicable to you? a or b When in trouble, do you: a Experience difficulty in telling your side of the story. b Explain your side of the story.		a a	b	
3.6Which answer is applicable to you? a or b Will you describe yourself as: a Shy. b Forward.		a a	b	
3.7Which answer is applicable to you? a or b When given assignments in class you will: a Just read through it and then do as you think it should be. b Ask questions to make sure you do the right thing.		a a	b b	
3.8Which answer is applicable to you? a or b At social gatherings: a You quiet. b You like taking the lead.		a a	b	
3.9Do you treasure your time alone? Yes or No		Yes yes	No	
4Section 4				
4.1Which answer is applicable to you? a or b The word that describes me the best is: a Thinking. b Feeling.		a a	b	
4.2When I take notes it look like:				
		a a	b b	
4.3Which answer is applicable to you? a or b Do you prefer learning or understanding sometimes through: a Words and instructions. b Pictures and demonstrations.		a a	b	
4.4Which answer is applicable to you? a or b Do you say: a I think we should... b I feel it should be nice if...		a a	b	
4.5Do people ever say to you: Stop feeling and think for a change? Yes or No		Yes	No no	
4.6Which answer is applicable to you? a or b The picture below that best represents my personality is:				
		a a	b	
4.7Which answer is applicable to you? a or b When others hurt your feelings do you: a Rationally discuss it with them in a calm way. b Express your feelings through shouting, screaming, kicking, etc.		a a	b	
4.8Which answer is applicable to you? a or b When two of your friends have an argument or fight will you: a Stand back and not get involved (walk away). b Become emotionally involved.		a	b b	
4.9Can people easily see when you are angry or hurt? Yes or No		Yes	No no	
5Section 5				
5.1Look at any small object. Extend your hands away from your face (+, 40 cm), and make a hole of not bigger than a R5 coin. Look with both eyes through the hole in your hands at the object. Without moving your head close your left eye. Can you still see the object?		Yes yes	No	
5.2Make a hole with your hands and hold your hands in front of you. Are you looking through the hole with your Left eye or your Right eye?		Left eye Left eye	Right eye	
5.3When looking at something are you always seeking for movement and action? Yes or No		Yes Yes	No	
6Section 6				
6.1With which ear do you normally answer the telephone? Left ear or Right ear		Left ear	Right ear Right ear	
6.2Keep your body still, then turn your head as far as possible to the left and then as far as possible to the right. In which direction could you turn your head the furthest? Left or Right		Left	Right Right	
6.3With which ear do you think you can hear/listen the best? Left ear or Right ear		Left ear	Right ear right ear	
6.4After listening to a song on the radio you can: hum parts of the tune or recall some of the words.				
		hum parts of the tune	recall some of the words recall some of the words	
6.5Which answer is applicable to you? a or b When listening to someone speaking, I tend to focus more on: a HOW the person says it. b WHAT the person says.		a HOW	b WHAT b what	
7Section 7				
7.1Which answer is applicable to you? With which hand do you write? Left hand or Right hand				
		Left hand	Right hand Right hand	
7.2With which hand do you throw a ball? Left hand or Right hand				
		Left hand	Right hand Right hand	
7.3When you eating, in which hand do you hold the spoon? Left hand or Right hand				
		Left hand	Right hand Right hand	
8Section 8				
8.1Which answer is applicable to you? a, b or c Which of these "actions" phrases would you tend to use more often: a Looking phrases, such as "I get the picture"... b Hearing phrases, such as "I hear you right" or I hear you "loud and clear..." c Doing phrases, such as "Get to grips with"....		a	b	c
8.2Which answer is applicable to you? a, b or c You have just bought an outdoor barbecue. How do you go about assembling it: a Rely on a diagram or the picture on the box. b Have the instructions read out as you work. c Experiment until you discover which of the pieces go where.		a	b	c
8.3Which answer is applicable to you? a, b or c You are asked to explain to some clients in another city how a new piece of equipment works. Do you a Fax the instructions. b Talk to the people who will be using it. c Let them try it first and then answer their queries on the phone.		a	b	c
8.4Which answer is applicable to you? a, b or c What do you consider the most important factor in a work environment: a That it is tidy and attractive. b That there are no distraction or noise. c That there are room to move around and spread out your equipment.		a	b b	c
8.5Which answer is applicable to you? a, b or c In normal conversations how do you talk: a You sometimes talk too quickly for some of your listeners. b Medium pace. c You are always thinking about what you are going to say - you are a slow speaker.		a	b	c
8.6Which answer is applicable to you? a, b or c Your friend give you direction to get to his home. Would you rather he: a Draw you a clearly marked map. b Give you oral direction. c Explain the route in terms of a journey you made before.		a	b	c
8.7Which answer is applicable to you? a, b or c Your boss plans to give a seminar on company policy. Would you prefer her to: a Give comprehensive written notes. b Speak and give notes at the end. c Act out a scenario that demonstrates the company policy.		a	b	c
8.8Which answer is applicable to you? a, b or c You are describing a complex sequence of events. To aid understanding, are you most likely to: a Sketch a diagram. b Make your verbal description of the action extremely vivid. c Use any props that are immediately at hand.		a	b	c
8.9Which answer is applicable to you? a, b or c Think about your favourite comedians. What is it about them that you like the most: a The way they use their faces. b The way they use their voice. c The way they use their bodies.		a	b b	c
8.10Which answer is applicable to you? a, b or c Which of these types of puzzles would you feel happiest trying to solve: a The "difficult" or cryptic crossword in your daily newspaper. b A riddle. c Something tactile, such as a complicated "Chinese puzzle".		a	b	c
8.11Which answer is applicable to you? a, b or c When you are trying to remember how to spell a word, do you find it most helpful to: a Picture the word in your head. b Spell the word out loud. c Write out different versions of the word.		a	b	c
8.12Which answer is applicable to you? a, b or c When describing the plot of a film to a friend, you describe how the hero behaved. Are you most likely to talk in terms of: a What made him do what he did. b What he said. c The actions of all the main characters.		a	b	c
8.13Which answer is applicable to you? a, b or c You want to devote more time to cultural pursuits. What would you prefer to do: a Visit an art gallery. b Go to a concert of classical music or perhaps the opera. c Take up pottery or dance classes.		a	b	c
8.14Which answer is applicable to you? a, b or c Which of the following actions are you most likely to forget about: a Passing on a telephone message. b The contents of a friend's shopping list. c The layout of an unfamiliar department store.		a	b	c
8.15Which answer is applicable to you? a, b or c Do you think good management is mainly: a Being able to see a broader picture. b Having plenty of two-way discussion with your team. c Being "hands on" and always in the thick of the action.		a	b	c



**Genetic Dominance Profile test**

1	<b>Bilateral or Homolateral person</b> Cannot be determined (equal values)
2	<b>Left brain or Right brain dominance</b> Participants with logic-brained talents (left-brained) focus on details and structure and are more often positively reinforced with “Gifted” and “Talented” label by the educational system. They are more likely to have high self-esteem and experience less stress, because schoolwork is geared towards their competencies (Fourie, 1998:19). With less stress they have a better chance of obtaining more integrative learning strategies, nerve-net development and myelination across the corpus callosum (Dennison, 1981:36).
3	<b>Receptive or Expressive learner</b> A receptive and/or absorbing learner will focus attention to the back brain which make them a more reserved learner, who prefers to absorb information and think about it before saying anything (De Jager 2001:32).
4	<b>Thinker/Rational controlled or Feeler/emotional person</b> If he/she is a thinker he/she will be a more rational controlled person. He/she may tend to distance him-/herself in emotional situations. They may also be able to give rational and practical advice with realistic solutions in stressful situations. For them it is more important to be task-oriented and objective (De Jager 2001:33).
5	<b>Left eye or Right eye dominant</b> People who are left eye dominant often experience difficulty with reading a language like English. Letter reversals often appear. A person who is left/gestalt eye dominant will prefer videos, photographs and diagrams to books, words and numbers (De Jager 2001:31).
6	<b>Left ear or Right ear dominant</b> The right ear dominant person listens to words, human speech, details and the lyrics of music and “WHAT” is being said. This ear breaks sounds down into small pieces (De Jager 2001:30).
7	<b>Left hand or Right hand dominant</b> This person usually expresses him-/herself through non-verbal gestures, emotions, and facial expression. Such a person is an experiential learner and needs to move around more (De Jager 2001:34).
8	<b>Visual learner, Auditive learner and Kinaesthetic learner</b> Auditory learners are at their best with the spoken word. They speak at a medium speed. People who learn in this way uses phrases such as "I hear you" or "Clear as a bell", and open sentences with the word "Listen...." They enjoy listening to the radio or to music. They sometimes move their lips when they read.

eq    Cannot be determined    (equal values)

- 1    Bilateral learner’s process information with both hemispheres “switched on” at the same time. This makes learning easy and speeds up a person’s learning performance (Fourie, 1998:8).
- 2    Homolateral learners are limited to “one-side” thinking, accessing one side of the brain at a time in alternating or homolateral fashion. Homolaterality may cause learning to be more difficult than it supposed to be, or slow down a person’s performance in the learning situation. In educational terms homolaterality refers to a person having difficulty with crossing the midline. The first step towards effective learning is to use both brain hemispheres simultaneously in a bilateral fashion (Fourie, 1998:6).
- 3    Participants with logic-brained talents (left-brained) focus on details and structure and are more often positively reinforced with “Gifted” and “Talented” label by the educational system. They are more likely to have high self-esteem and experience less stress, because schoolwork is geared towards their competencies (Fourie, 1998:19). With less stress they have a better chance of obtaining more integrative learning strategies, nerve-net development and myelination across the corpus callosum (Dennison, 1981:36).
- 4    The participants with gestalt processing and low linear verbal skills were more frequently labelled as “learning disabled”/”Special Education”. Gestalt processors (right-brained) are able to take the big image and feel the emotion, all elements that are crucial to creativity If they are not adequately using their left-brains they will have difficulty managing details and linear processing. These children begin to judge themselves as "losers". Gestalt learners battle to make it through our educational system (Hannaford, 1995:179).
- 5    A receptive and/or absorbing learner will focus attention to the back brain which make them a more reserved learner, who prefers to absorb information and think about it before saying anything (De Jager 2001:32).
- 6    An expressive or talkative learner focuses attention to the front brain (frontal lobes) which makes them more verbally oriented and able to express themselves through language (De Jager 2001:32).
- 7    If he/she is a thinker he/she will be a more rational controlled person. He/she may tend to distance him-/herself in emotional situations. They may also be able to give rational and practical advice with realistic solutions in stressful situations. For them it is more important to be task-oriented and objective (De Jager 2001:33).
- 8    If he/she is a feeler he/she will be a more emotional type of person. Feeling is more important to them than thinking. They tend to act intuitively and sometimes experience intense emotions during stress. He/she may tend to spontaneously express him-/herself by crying, shouting, getting angry and/or screaming during stress, but may also be very sensitive to other people's feelings. For them it is more important to be people oriented and emotional (De Jager 2001:33).
- 9    People who are left eye dominant often experience difficulty with reading a language like English. Letter reversals often appear. A person who is left/gestalt eye dominant will prefer videos, photographs and diagrams to books, words and numbers (De Jager 2001:31).
- 10    The right language/analytic eye prefers to track from left to right. Therefore this eye is often referred to as the reading eye. People who are right language/analytic eye dominant usually experience more ease with reading (De Jager 2001:31).
- 11    The left / gestalt / tonal ear listens to emotions, rhythms, sounds and “HOW” things are said (De Jager 2001:30).
- 12    The right ear dominant person listens to words, human speech, details and the lyrics of music and “WHAT” is being said. This ear breaks sounds down into small pieces (De Jager 2001:30).
- 13    This person usually expresses him-/herself very well through verbal and/or written communication. Such a person is usually good with talking and/or writing and fine motor exercise like writing and using tools with intention.
- 14    This person usually expresses him-/herself through non-verbal gestures, emotions, and facial expression. Such a person is an experiential learner and needs to move around more (De Jager 2001:34).
- 15    Visual Learners assimilate informasion visually and tend to speak quickly but inaccurately. Their brain visualises everything at a faster pace that they can articulate. Consequently they often fail to find the most apprpriate words. They tend to use phrases like "I see what you mean" or " I Get the picture" They often enjoy drawing and watching television.
- 16    Auditory learners are at their best with the spoken word. They speak at a medium speed. People who learn in this way uses phrases such as "I hear you" or "Clear as a bell", and open sentences with the word "Listen..." They enjoy listening to the radio or to music. They sometimes move their lips when they read.
- 17    People who learn kinesthetically are physical oriented in every way: They enjoy physical contact, they often stand close to other people when they are talking to them. They speak slowly and deliberatly and use phrases such as, " This feels right to me" They may use a guide when they are reading.