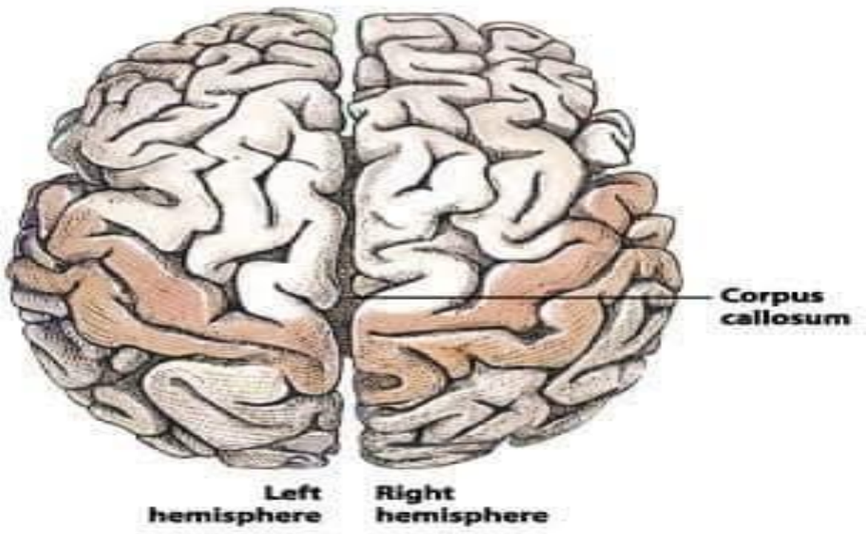
Learning Competencies:

- Discuss that understanding the left and right brain may help in improving one's learning **(EsP-PD11/12PM-Ig-6.1)**
- Make a plan to improve learning using left and right brain through mind mapping activities **(EsP-PD11/12PM-Ih-6.3)**

HUMAN BRAIN AND ITS HEMISPHERE

(1)The **human brain** is a paired organ and has **two cerebral hemispheres** that are quite similar but are not exactly like the other. Each hemisphere performs and executes specific functions carried out by an intricate set of neural mechanism localized primarily in one half of the brain. This theory was developed by Nobel Prize winners **Roger Sperry** and **Robert Ornstein**. The two hemisphere are joined by the ***corpus collosum***, a bundle of millions of nerve fibers that transmit data from one hemisphere to the other.



FUNCTIONS OF THE BRAIN HEMISPHERE

Left Hemisphere- associated with logical activities.
Right Hemisphere- associated with creativity, emotions & feelings.

Left Brain	Right Brain
The left-side of the brain is considered to be adept at tasks that involve logic, language, and analytical thinking. The left-brain is described as being better at: • Analytical Thought • Detail Oriented Perception • Ordered Sequencing • Rational Thought • Verbal • Cautious • Planning • Math/Science • Logic • Right Field Vision • Right Side Motor Skills	According to the left-brain, right-brain dominance theory, the right side of the brain is best at expressive and creative tasks. Some of the abilities popularly associated with the right side of the brain include: • Intuitive Thought • Holistic Perception • Random Sequencing • Emotional Thought • Non-Verbal • Adventurous • Impulse • Creative Writing/Art • Imagination • Left Field Vision • Left Side Motor Skills

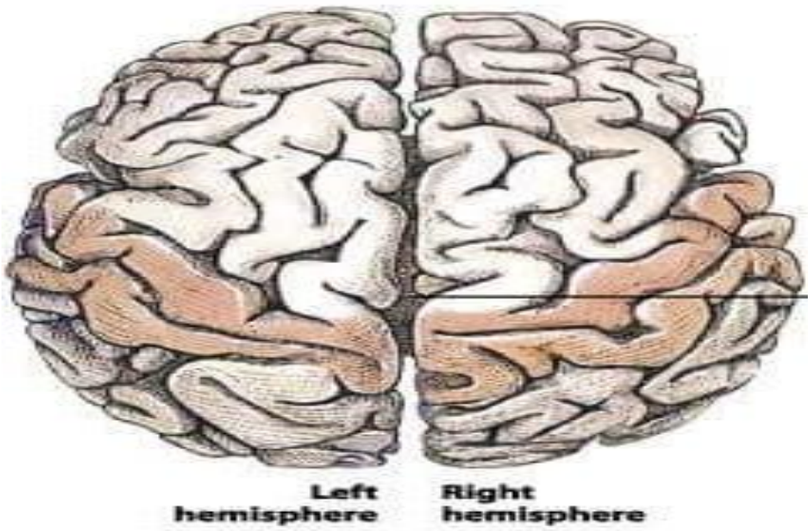
Brain Functions: How We Learn through Our Right and Left Brains

LEFT (ANALYTIC)	RIGHT (HOLISTIC/GLOBAL)
1. Verbal	1. Visual
2. Respond to word meaning	2. Respond to tone of voice
3. Sequential	3. Random
4. Processes information linearly	4. Processes information in varied order
5. Respond to logic	5. Respond to emotions
6. Plans ahead	6. Impulsive
7. Recalls people's names	7. Recalls people's faces
8. Speaks with few gestures	8. Gestures when speaking
9. Punctual	9. Less punctual
10. Prefers formal study design	10. Prefers sound/music background while studying
11. Prefers bright light while studying	11. Prefers frequent mobility while studying

ACTIVITY NO. 1

Instruction: Categorize the words below. Put the words on the correct hemisphere of the brain.

- Planning
- Math/Science
- Logic
- Right Field Vision
- Right Side Motor Skills
- Impulse
- Creative Writing/Art
- Imagination
- Left Field Vision
- Left Side Motor Skills



COMMON CHARACTERISTICS

Right Brain Learner

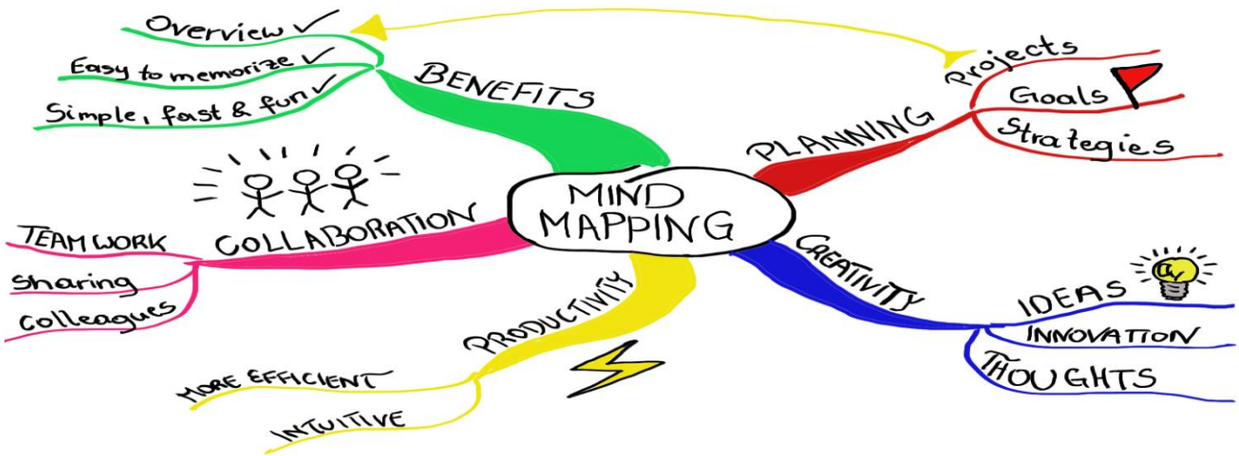
- Likes spontaneous events, versus planned events each day; seeks changes.
- Memorize best by using meaning, color, pictures, story, or emotion in material.
- Does not plan regularly
- Prefers much involvement with parent while doing daily lessons
- Does not do things sequentially, but skips around in his or her work
- Makes quantum leaps when learning; Figures things out from scanty evidence
- Finds math quite repetitive and somewhat boring
- Prefers projects and discussion rather than workbook learning
- Does not do well with self-paced or computer curriculum, but rather with one that requires more parent and teacher involvement.

Left Brain Learner

- Tends to seek structure in the school day
- Memorizes best by repetition (auditory or writing)
- Likes to know the plan for each day, week, etc.
- Tends to work well independently
- Likes to make list, and checks them off as tasks are completed
- Thinks things through with multiple pieces of evidence before coming to a conclusion
- Tends to find math interesting, and is very good at it
- Likes to predictability and conciseness of workbooks
- Can do well with self-paced and computer curriculum

ENRICHMENT

[3]A **mind map** is a diagram used to visually organize information. A mind map is hierarchical and shows relationships among pieces of the whole.
Example of [2]mind map:



Using a mind map, make a plan to improve learning using left and right hemisphere by doing these 5 steps:
1. Think of a central idea and place it in the center of your paper
2. Make small branches to put down ideas relating to your central idea.
3. Use keywords, not phrases or sentences
4. Use color codes.
5. Use image or visuals.

(Make you mind map at the back portion of the Assessment #6 bondpaper)

SOURCES:

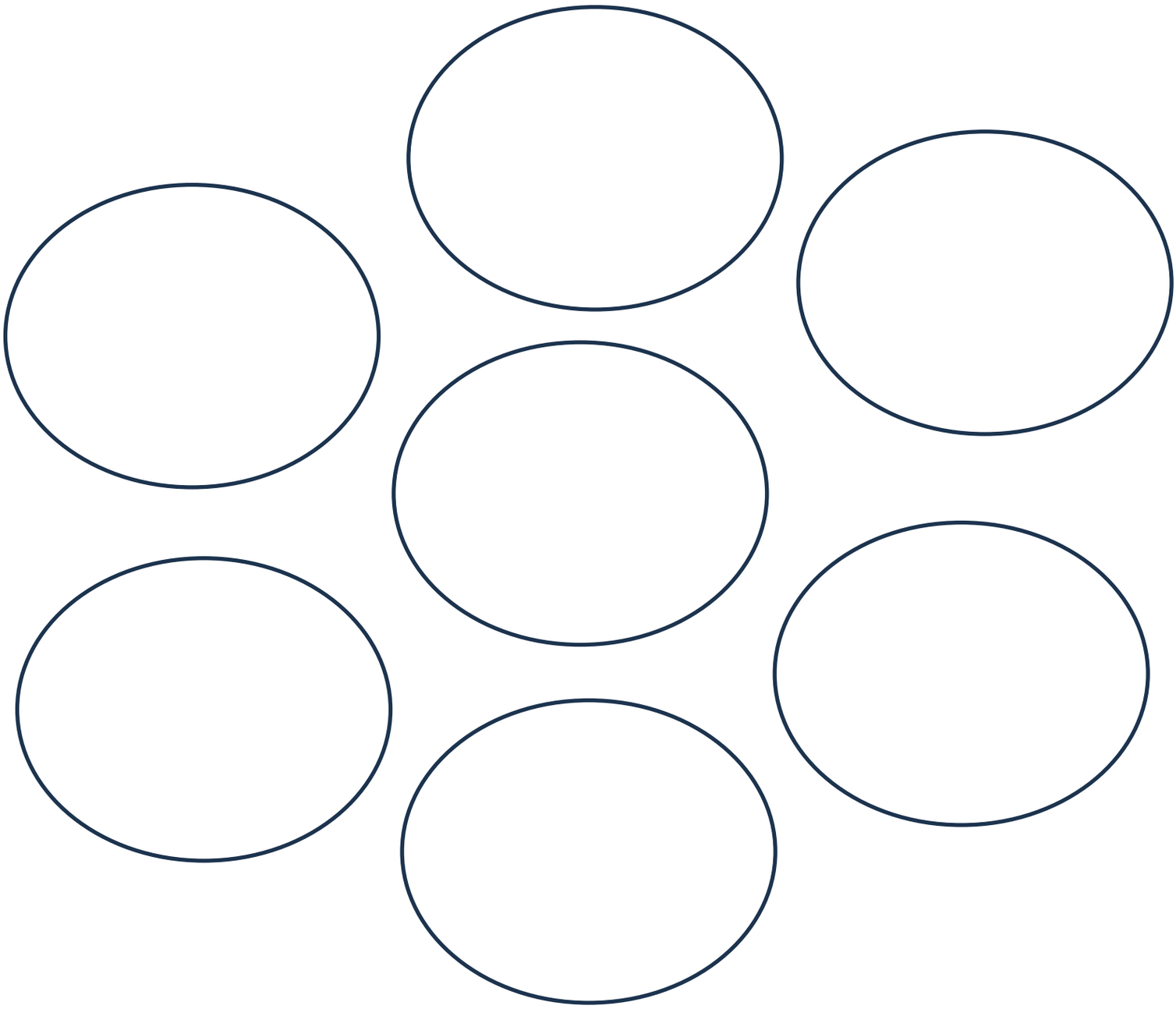
- **Rochester, Herman G. "A Journey to Personal Development" p. 86- 91, FNB Educational, Inc., Philippines, 2016.**
- https://www.mindmeister.com/blog/why-mind-mapping/
- https://en.wikipedia.org/wiki/Mind_map

Name: _____**Date:** _____
Grade & Section: _____ **Score:** _____

PERSONAL DEVELOPMENT
ASSESSMENT NO. 6

Disclaimer: *Answer may vary.*

Directions: Create a Mind map about your talent, skills and hidden gifts. (20 points)



1. **What side of the brain is your dominant side? Explain why? (5 points)**