

ENGR 100 Teamwork - Herrmann Brain Dominance Instrument (HBDI)

The following are exercises you can try to strengthen a quadrant area of learning*:

Quadrant A:

- 1) Organize collected information logically into categories.
- 2) Review recent impulse decision and identify its rational, logical aspects.
- 3) Play "devils advocate" in a group decision.
- 4) Learn how a frequently used machine works by reading about it.

Quadrant B:

- 1) Cook a new dish by following instructions of a complicated recipe.
- 2) Set up a filing system for your paperwork and correspondence.
- 3) Develop a personal budget and stick to it for 2 weeks.

Quadrant C:

- 1) Work with a study group.
- 2) Learn by teaching others.
- 3) Learn about other cultures by talking with people.

Quadrant D:

- 1) Focus on the big picture, not the details of a problem or issue.
- 2) Make sketches to help you memorize material that you are learning.
- 3) Do problems that require brainstorming and come up with lots of answers (>10).
- 4) Figure out what time of you day you are most creative and jot ideas down.

* Ideas were taken from "Creative Problem Solving" by Lumsdaine and Lumsdaine, 1995.