

Field Dependant/Field Independent Cognitive Control Indicator

Please indicate with a check the degree the following statements describe you.

	very true	somewhat true	not true
1. I prefer learning with others.	_____	_____	_____
2. I never have difficulty deciding what to highlight in my textbook.	_____	_____	_____
3. The most importing study technique I use is memorizing important information..	_____	_____	_____
4. I prefer my instructors give me step by step direction in how to study for exams.	_____	_____	_____
5. I enjoy puzzling out answers to problems, even if there are multiple solutions.	_____	_____	_____
6. I am not very good at “reading” people.	_____	_____	_____
7. I don’t have trouble taking notes, even if my instructor rambles.	_____	_____	_____
8. I need a great deal of feedback to know I am on the right track with my studying.	_____	_____	_____
9. I don’t find it difficult to connect the material from the textbook to the lecture and other learning materials.	_____	_____	_____
10. I often have difficulty determining the most important things to study from the less important.	_____	_____	_____
11. I enjoy figuring out things on my own.	_____	_____	_____
12. I like team projects where the group gets a grade.	_____	_____	_____
13. I find that I can often predict questions on an exam.	_____	_____	_____
14. I learn better if I can watch someone else demonstrate what I need to learn rather than figuring it out myself.	_____	_____	_____

Please give yourself five points for every “very true,” three points for every “somewhat true” and one point for every “not true.

Field Dependant

Field Independant

1. _____

2. _____

3. _____

5. _____

4. _____

6. _____

8. _____

7. _____

10. _____

9. _____

12. _____

11. _____

14. _____

13. _____

Total _____

Total _____

If your scores are the same for both columns or they don't differ by more than five points, you are balanced in response to the field. If you score more highly in one column than another, then that is your primary cognitive control.