

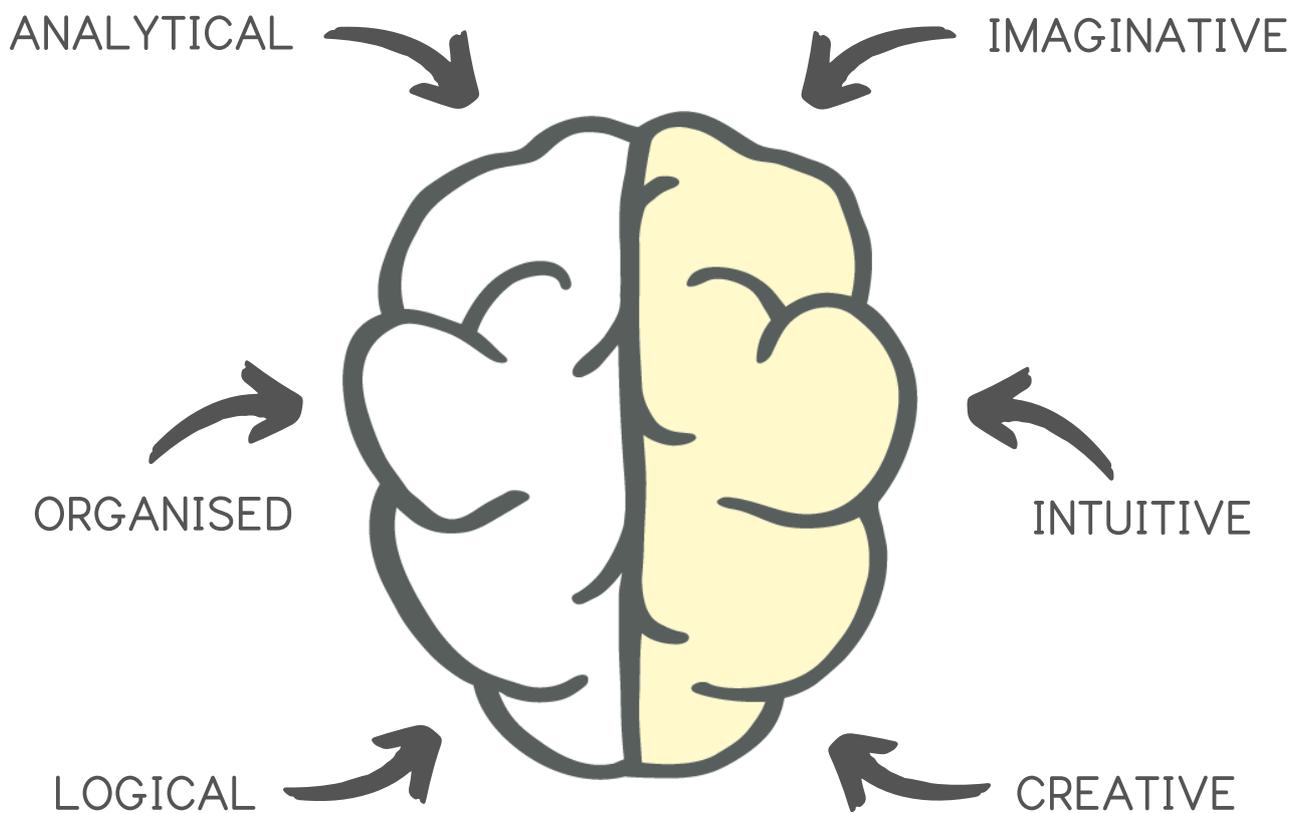
# UNDERSTANDING RIGHT-BRAIN LEARNERS

## Understanding the Brain

In order to understand a Right-brain Learner, you must first understand how their brain operates.

Our brain is divided into two halves which are joined by millions of fibres. Information travels through the fibres from the brain to the body. As their name suggests, Right-brain Learners use the right side of their brain more than the left side.

Each side of the brain is responsible for different characteristics. As shown below, the left side of the brain is more analytical, organised and logical while the right side of the brain is more imaginative, intuitive and creative.



## Who is a Right-brain Learner?

A Right-brain learner is someone who learns in a visual, auditory and tactile way. They also learn through grouping, patterning and hands-on activities.

They can use different strategies to remember information, depending on what they are learning. These strategies are unique to each Right-brain Learner.

VISUAL



AUDITORY



HANDS-ON



## Challenges that Right-brain Learners experience at school

Right-brain Learners can often feel overwhelmed, anxious and defensive. These feelings can last a lifetime, into adulthood. Here are some of the challenges a Right-Brain Learner may experience at school:

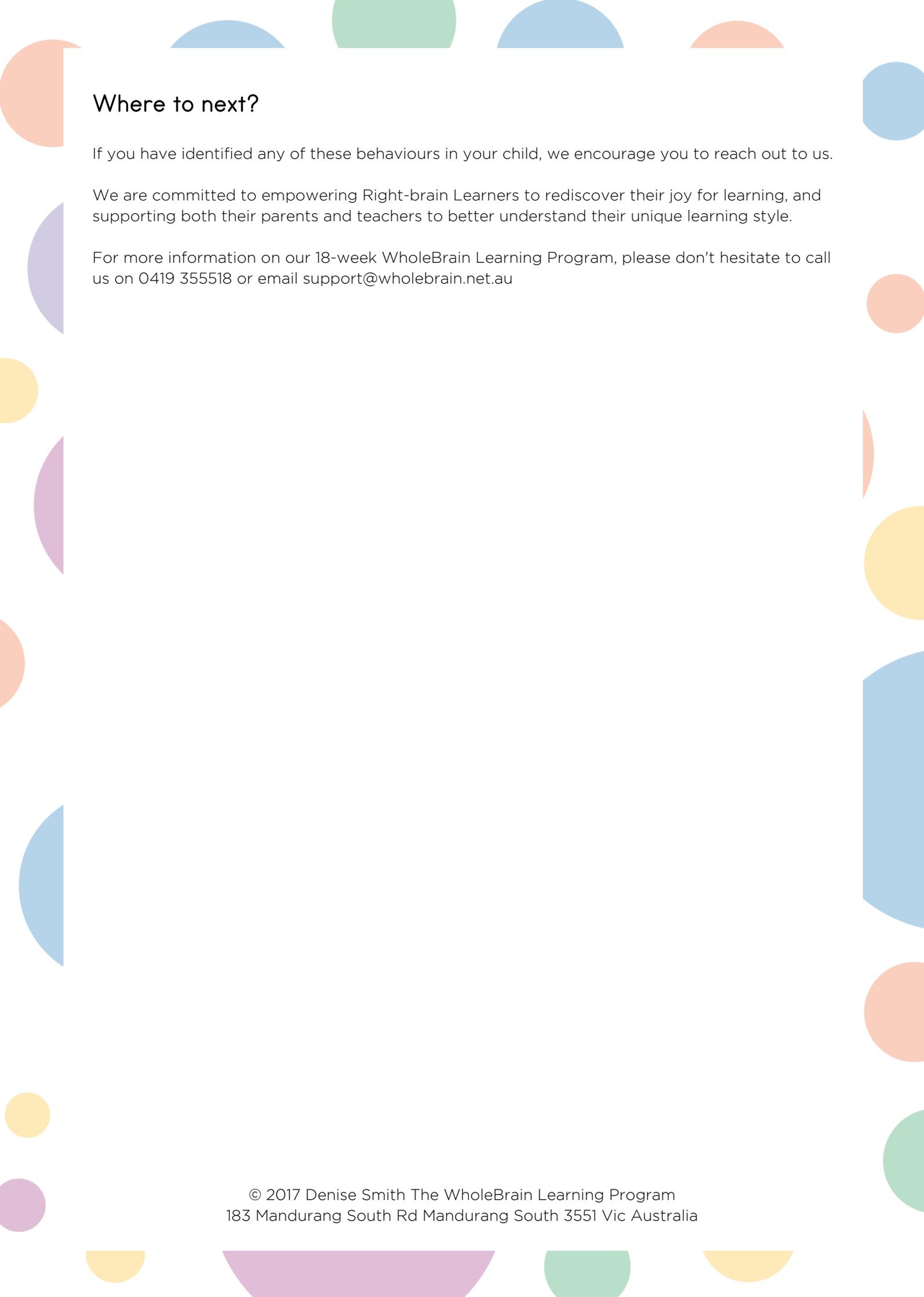
- Not relating too or understanding the way their teacher is presenting information.
- Feeling ashamed, embarrassed or frustrated for not understanding.
- Needing more time to process questions and think about their answers.
- Needing the question repeated several times to fully understand it.
- Negative thoughts that are hard to ignore.
- Displaying behaviour that may be perceived as disruptive or rebellious.
- Fearing their answer is incorrect even when it is correct.

## Coping mechanisms of Right-brain Learners

It's common for Right-brain Learners to try and find ways to get out of their school work. This can become disruptive to themselves and other students in the class.

At WholeBrain, we see this type of behaviour as a coping mechanism. The following are some of the behaviours we have seen:

- Telling teachers they feel sick or have a headache, hoping to be sent to the sickbay.
- Being distracted and disengaged.
- Asking to go to the toilet after just coming in from outside.
- Moving up and down in their chair or fidgeting.
- Feeling the need to eat all day.
- Leaving their glasses at home on purpose.
- Putting their hand up pretending to know the answers. They hope the teacher won't ask them if they look like they know the answer.
- Being quiet and withdrawn.
- Copying someone else's work.
- Getting the teacher off the topic (weekend chat, footy scores etc).
- Pretending that they are writing, reading or listening when they're not.
- Crying for attention, using tears to distract the teacher.
- Avoiding being noticed by not putting their hand up to answer.
- Arguing with the teacher or other students.
- Being violent when feeling frustrated or uncomfortable (ie. poking or hitting the student next to them) with the intention of being removed from the classroom.



## Where to next?

If you have identified any of these behaviours in your child, we encourage you to reach out to us.

We are committed to empowering Right-brain Learners to rediscover their joy for learning, and supporting both their parents and teachers to better understand their unique learning style.

For more information on our 18-week WholeBrain Learning Program, please don't hesitate to call us on 0419 355518 or email [support@wholebrain.net.au](mailto:support@wholebrain.net.au)