

Mental Rotation Exercise

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Mental Rotation Activity Explained

Mental rotation exercises were inspired by the classic work done by Roger Shepard and Jacqueline Metzler in 1972. In 1982, Shepard and Lynn Cooper reported that the number of degrees an image is rotated is related to how long it takes to complete the activity, which indicates that people are actually rotating it in their mind. In a subsequent study, it was found that mentally rotating objects primarily involves the use right **parietal lobe** as well as the **occipital lobes**. Mental rotation activities exercise our visual spatial abilities.

