

### Session 3 4MAT Preferred Quadrant Activity Sheet

*Group yourselves according to your preferred learning styles quadrant. (i.e. all quadrant 1 together, quadrant 2 together, etc.) As a group, discuss and answer #2. Then do the reflection question.*

1. My preferred learning style quadrant is *(Write score for each type, then circle the highest/preferred learning style: \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4)*

2. Read the information about the four quadrants on the “4MAT Four Learning Styles Descriptors” sheet, focusing specifically on the description of your preferred learning style. Discuss the following two questions as a group:

A. How accurate is the description of your learning style quadrant? (is everything true, some of it, most of it, none of it? Why?)

B. As a group, describe a classroom or learning environment that would be most comfortable for you and would help you learn better:

What kind of rules would a class catering to your learning style look like?	
How would the class/desks/space be arranged?	
What kind of learning activities would best suit your learning style? (discussion? labs? self-study projects? worksheets? etc.)	

**Reflection:** What type of careers would best relate to your learning style? What would happen if you chose a career that didn't match your learning style? In what other ways can you use this information about your learning style preference?