

Links for pre-work for LA's BEST, Session #2

#### Gretchen Rubin: Four Tendencies

Rubin has identified four tendencies people have when dealing with both internal and external expectations. The four groups are obliger, questioner, upholder, and rebel. She has concluded that while you may be able to stop a tendency, when you are in the moment for whatever the reason, one of these four will be your "go-to" response. Please take the quiz prior to our meeting so you can be prepared to discuss your results and whether or not you think they are accurate.

<https://quiz.gretchenrubin.com/four-tendencies-quiz/>

#### Howard Gardner: Multiple Intelligences

Howard Gardner first forwarded the viewpoint that people could be smart in different ways. Schools tend to "judge" intelligence by looking at your mathematical understanding and your linguistic abilities. In other words, how well do you read and complete math problems. He identified 8 different intelligences. Since his work, at least one other has been added. There is a quiz for you to take so you can see where you are strong, your strengths, talents and perhaps your interests. Please take the quiz prior to our meeting so you can be prepared to discuss your results and whether or not you think they are accurate. In addition to the assessment, please also read the document regarding multiple intelligences that is attached.

<https://www.literacynet.org/mi/assessment/findyourstrengths.html>

#### Energized and Organized

This is an attachment which may give you some insight into how you are organized and how you are energized. Please take this quick assessment prior to our meeting as well. It will be part of our conversation.