

# Cummins' Four-Quadrant Paradigm

**Cognitively Undemanding**  
Low Challenge

*Comfort Zone*

*Boredom Zone*

- \* Social conversation with peers
- \* Games of chance

- \* Texting a friend
- \* Basic math computation
- \* Spelling words in a list

**Context Embedded**  
High Support

**Context Reduced**  
Low Support

- \* Art making
- \* Science experiment
- \* Demonstration
- \* Math word problems with visuals
- \* Games of skill

- \* Lecture on an unknown topic
- \* Standardized test
- \* Writing an essay

*Engagement Zone*

*Frustration Zone*

**Cognitively Demanding**  
High Challenge