Based on the types of studies that were pursued in the Classical world, the Seven Liberal Arts (*artes liberales*) became codified in late antiquity by such writers as Varro and Martianus Capella. In medieval times, the Seven Liberal Arts offered a canonical way of depicting the realms of higher learning.

The Liberal Arts were divided into the Trivium ("the three roads") and the Quadrivium ("the four roads").

The Trivium (*artium baccalaureus*, AB) consisted of:

- Grammar
- Rhetoric
- Logic

The Quadrivium (*artium magister*, AM) consisted of:

- Arithmetic -- Number in itself
- Geometry -- Number in space
- Music, Harmonics, or Tuning Theory -- Number in time
- Astronomy or Cosmology -- Number in space and time

Theology was often said to be the queen of the sciences, especially by the Scholastics such as Thomas Aquinas, Duns Scotus, and William of Occam.

Four principal humors:

- Phlegm (phlegmatic) - sluggish, unresponsive
- Blood (sanguine) - kindly, cheerful, amorous
- Choler or yellow bile (choleric) - quick-tempered
- Black bile (melancholic) - brooding, dejected

Seven deadly sins:

- Sloth
- Lechery or lust
- Anger
- Gluttony
- Avarice or greed
- Pride
- Envy

Seven cardinal virtues (first three are Christian virtues, last four are Plato’s natural virtues):

- Faith
- Hope
- Charity or love
- Justice
- Fortitude
- Prudence
- Temperance