Psychology Week 5: GEN

Packet Overview:

<table>
<thead>
<tr>
<th>ESSENTIAL QUESTION:</th>
<th>What motivates our behavior? Using prior knowledge of the &quot;Theory of Human Motivation&quot;, examine Abraham Maslow's Hierarchy of Needs, and analyze the various needs and motivators that contribute to our behavior.</th>
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<td>PROCEDURES:</td>
<td>Day 1: Background Info. on Abraham Maslow and his Hierarchy of Needs. Day 2: More in depth examination of the Hierarchy of Needs and the relevance that it plays in our everyday lives. Day 3: Constructed Response</td>
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<td>WORK TO BE RETURNED:</td>
<td>Assignment 1: Use the reading and pyramid to answer the questions. Some of the questions are opinionated and others are related to classroom material and the reading. Assignment 2: Examine the real life scenarios and then choose the level of the Hierarchy of Needs that best describes the behavior described in the scenario. Assignment 3: How does the theory of motivation impact your life? What section/tier in the pyramid could you work on in order to reach Self-Actualization (reaching your full potential).</td>
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<td>TIME ALLOCATED:</td>
<td>3 (20) minute lessons</td>
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Assignment 1

Directions: Please read about Maslow’s hierarchy of needs below and analyze the chart after you read the article. Then, answer the questions that follow the reading. Some of the questions rely on your opinion and others are based on the reading.
Abraham Maslow wrote about his full theory of the Hierarchy of Needs in his book *Motivation and Personality*, in 1954. He studied very successful people, and developed a theory that explained how those people became so successful. Maslow believed that people could only achieve their goals if certain needs were met, beginning with Physiological Needs. These needs include having enough good food and water, having shelter from the elements, and even being able to use the bathroom.

Safety and Security are next in Maslow’s hierarchy. Once people have enough food, they worry about being safe. After security, people have social needs. People need friends and family who will love them and care for them. Maslow believed that people wouldn’t achieve great things if they didn’t have some sort of social support network.

Once people have stable relationships, then they are ready to move up to Maslow’s next level, esteem. People who have some sort of social support system are motivated to do things that will make them feel better about themselves. They are motivated to achieve things, and build up their self-confidence.

The last level in Maslow’s Hierarchy of Needs is Self-Actualization. People in this level aren’t worried about whether they will have enough food or water, if they are safe, whether their friends or family support them, or if they’re capable of learning or achieving things. People at this level are able to create new things, or think up new ideas.

1. What motivates people to behave the way they do?

2. What motivates you?

3. Is there anything you lack that you wish you had?
4. Can you think of instances when people behaved in ways that don’t seem to reflect this hierarchy of motivation? What will happen if someone’s needs are never met?

5. If an individual does not have food or shelter, how does this impact their behavior?

Assignment 2

Directions: Below are 15 scenarios. Choose the level of the Hierarchy of Needs that best describes the behavior described in the scenario. In the blanks write a number, 1 - 5, corresponding to the different levels on the Hierarchy of Needs.

1. _____ Mike couldn’t focus on the task in front of him, because he was really hungry.

2. _____ Carter just joined the basketball team, yet he is intimidated by some of his teammates and worried he is not as good as them.
3. _____ Ellie wanted to make a difference, so she joined a group going to help in Costa Rica during Spring Break.

4. _____ Lexi and Tim were so frightened by the strange shadows that they ran straight to the kitchen, where they thought they’d be safe.

5. _____ Ashely is a beautiful girl, however when she looks in the mirror she does not think she is beautiful, she constantly criticizes her appearance.

6. _____ Alan just lost his job, and now he does not feel financially secure.

7. _____ Carter knew he didn’t have much time before they caught up with him, but he was so thirsty. He stopped at the river, and began to drink.

8. _____ Henry is now fifty years old and feels that he has reached his full potential in life.

9. _____ Malcolm had always felt like the odd one out. He didn’t think that the rest of the group liked him or his ideas.

10. _____ Ronnie was adamant that the team not camp on the game trail again. It wasn’t safe to camp on game trails.

11. _____ John was very sorry about the problems he had created in the past. He had a plan to fix those problems though, and leave the world a better place.

12. _____ Alex went camping and knew that the safest place to be was up high in the trees.

13. _____ Dennis’s employer was unwilling to discuss his financial situations. His new employers though were willing to help him accomplish his career goals, and live a better life.

14. _____ John works two jobs to support his family, yet he still does not feel financially secure.

15. _____ Carter knew he probably shouldn’t leave the group, but he really had to go to the bathroom, and it would only take a minute.

Assignment 3

Directions: Using the information from the packet and your own opinion, answer the constructed response question below. The response must be a paragraph long, which is at least 5-8 sentences.

Question: As a humanist, Maslow believed that people have an Innate (born with) desire to be self-actualized, that is, to be all they can be. In order to achieve these ultimate goals, however, a number of basic needs must be met such as the need for food, safety, love, and self-esteem. How does the theory of motivation impact your life? What section/tier in the pyramid could you work on in order to reach Self-Actualization (reaching your full potential).