PY40S Name:

Unit 2

pages 71-81

**Motivation**

1. What is ***motivation***?
2. What are the two general categories of motivation?

Examples:



Examples:

1. What is meant by “nature vs nurture”?
2. In what ways are each of the following activities biologically motivated, socially motivated or both? Explain your answers.
3. playing hockey
4. eating breakfast
5. sleeping at night
6. studying French
7. blinking when an object approaches the eye
8. drinking a cold glass of water on a hot day
9. updating your status on Facebook
10. getting together with friends
11. showing respect for teachers
12. looking for a part-time job
13. going on a blind date
14. going to Burger Place for lunch

**Freud and Motivation**

1. According to Freud, what motivates people?
2. Freud believed that the human mind has three aspects, each of which influences the way we think, feel and act.

|  |  |
| --- | --- |
| **Part of the Mind** | **Description/Role in Human Behaviour** |
| **EGO** |  |
| **ID** |  |
| **SUPEREGO** |  |

*\*\*Figure 4-4 – Freud’s Model of the Mind (page 76) – STUDY THIS CHART!!*

**Defence Mechanisms**

1. According to Freud, what caused Miss Elizabeth’s pain?
2. How was Miss Elizabeth cured?
3. What are ***defense mechanisms***?
4. What are some examples?



9. In what ways did the following psychologists agree and disagree with Freud on his theories?

|  |  |  |
| --- | --- | --- |
|  | **Agree** | **Disagree** |
| **Carl Jung** |  |  |
| **Alfred Adler** |  |  |
| **Karen Horney** |  |  |

**Maslow and Motivation**

1. Summarize Abraham Maslow’s theory of motivation.
2. Identify the stages in Maslow’s model and provide an example of each.

Example:



Example:



Example:



Example:



Example:



Example:



Example:

1. In what ways does Maslow include both biological and social motivation?
2. Maslow’s theory does not explain the order in which most people fulfill their needs and approach life choices. Discuss this statement.
3. What might Freud think about Maslow’s ideas of motivation?
4. What might Maslow say about Freud’s ideas?