Name:_____ Pd:_____ Date:_____

Motivation & Emotion Objectives

Directions: Use your textbooks, our class notes and other handouts/resources to answer the following questions to the best of your ability. Think about what terms from your key terms sheet relate to each of the questions, for some of these answers listing a set of vocabulary will suffice, for others you will need more explanation! Complete sentences are NOT required but complete thoughts are :)

1. Come up with an example for each of the following theories of motivation.

Instinct Theory:_____

_____

_____

Incentive Theory:_____

_____

_____

Drive Reduction Theory:_____

_____

_____

Arousal Theory:_____

_____

_____

Intrinsic:_____

_____

_____

*Extrinsic:*_____

_____

_____

2. Compare and contrast the theories of motivation including the strengths and weaknesses of each

	Strengths	Weaknesses
Instinct Theory		
Incentive Theory		
Drive Reduction Theory		
Arousal Theory		
General Adaptation Syndrome		

3. Define each of the following terms and how they relate to biology and motivation

Needs:_____

_____

_____

Drives:_____

_____

_____

Homeostasis:_____

_____

_____

4. How does stress affect us? What effect does stress have on our psychological and physical well being?

_____

_____

_____

_____

_____

_____

5. Compare and contrast the theories of emotion.

	Summary
James-Lange Theory	
Cannon- Bard Theory	
Schachter-Singer Two Factor Theory	

6. How does culture influence and change our emotions and our expression of emotion? *Display Rules!*

_____

_____

_____

_____

_____

_____

7. What contribution did the following key figures make to the psychology of motivation and emotion?

William James	
Alfred Kinsey	
Masters and Johnson	
Abraham Maslow	
Stanley Schachter	
Hans Selye	

FRQ Practice

1. Ben trains for months to compete in the upcoming marathon. Explain to what degree the following factors contributed to Ben's experience training and/or competing in the marathon:
    - Drive reduction theory of motivation
    - Incentive theory of motivation
    - Maslow's Hierarchy of Needs
    - Internal Locus of Control
    - Cortisol- *stress hormone*
    - Selye's General Adaptation Syndrome

Identify and Define	Explain by Applying