Unit 8 Project

What motivates you??? 100 points Due on: November, 14

This homework assignment is all about you. You can write or type it. I want to know what really motivates you? I would hope you would see that I want you to understand motivation and be able to apply it to real life. You can use the information you have read and apply it beyond these walls. We defined motives as specific needs or wants that both arouse and then direct a person toward a specific goal. Drive-reduction theory does a great job explaining what biologically motivates us for drives such as hunger, thirst and sex. Yet, even these most basic of motives are heavily influenced by our cognitive processes, environmental cues, and social context. Therefore, I want you to dig deep for this project. You are to use the theories/motives below to explain the motivations behind a meaningful behavior in your life. You should have a behavior for each of the five. This should be conceived of as a journaling prompt rather than an essay assignment. Please note that **“meaningful”** is highlighted for a reason. The assignment would be mere busywork if it only served to explain: why you wore jeans instead of khakis yesterday, that you ate fruit loops instead of Fruity pebbles this morning, or that you want to go to Florida because you’re cold right now. Confidentiality is a given. Staple this to your paper. It needs to be typed and printed out or I will not grade it.

Rubrics: 10 points on describing a meaningful behavior.

Theories: (please indicate what theory you are using in your paper) You need to apply it to your behavior not just tell me what the theory is. You will not get credit if you don’t do that.

1. Drive Reduction Theory (15 pts.)

2. Arousal Theory (15 pts.)

3. Incentive Theory (15 pts)

4. Instinct Theory (15 pts)

5. Social Motivation (can use Achievement w/David McClelleland) or Affiliation) (15 pts.)

6. Maslow’s Hierarchy of Needs (15 pts.)