

What *really* motivates you?



I would hope that you see, in the day-to-day flow of our class, my intense desire to demonstrate the relevance of psychology in your life. This isn't the kind of material that should remain within the classroom walls, but rather it can inform and enlighten well beyond these concrete barriers. To this effect, it would be a shame to leave this unit with its explanatory power untouched and unused.

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. As with your Dream Journals, confidentiality is a given.

Theories:

- Arousal Theory
- Maslow's Hierarchy of Needs

Social-motives

- Aggression (Must include a Freudian interpretation of your aggression, the role of frustration, and why you do are do not fall into your gender's typical aggression level.)
- Achievement (Must include differentiation of the three aspects of achievement-oriented behavior, and comment on the existence and effects of your competitiveness)
- Affiliation