Essential Task 1-2: Compare and contrast the motivational theories of drive reduction theory, arousal theory, and Maslow's hierarchy of needs detailing the strengths and weaknesses of each.

**Motivation Theories**

Weaknesses

Strengths

Ex:

Ex:

Weaknesses

Strengths

Yerkes Dodson Law

Maslow’s Hierarchy of Needs

Ex:

Ex:

Homeostasis

Weaknesses

Arousal Theory

Strengths

Ex:

Drive Reduction Theory

Key   
 = VT = Ex  
 = VP