**Motivation and Emotion Paper:**

To further your understanding of motivation and emotion as it relates to psychology, you will be applying concepts from this mini-unit by completing a few surveys and writing a short essay.

First, complete the surveys in the motivation and emotion packet, which are all opinion based, to help you determine what motivates you and further understand the different theories of motivation discussed in module 10.

Then, write a 1-2 page paper, choosing **ONE** of the topics listed below. This paper does not have to be typed, but you are welcome to type it. If you choose to hand write your paper, make sure you use your best penmanship. This assignment will be scrutinized for correct grammar and spelling, in addition to your understanding of concepts. Note that each topic asks multiple questions. Make sure you address every question within your chosen topic. The overall assignment will serve as your second test grade for the quarter.

Topic Choices:

1. What is the difference between intrinsic and extrinsic motivation? Do you believe you are more intrinsically or extrinsically motivated, or are you both equally? Use several personal examples to illustrate your choice. How can you use this knowledge to motivate yourself toward future goals?
2. What is Maslow’s hierarchy of needs? Explain the basic structure of this hierarchy, including the five levels of need. Now, think of your own needs and motivations, from the most basic, to the most complex. Using your own needs, recreate your own hierarchy of needs, explaining each level of need and why you placed it as you have.
3. Why do you think some people achieve more than others? Why do some people fail despite being given every opportunity in life? Explain Murray’s theory of achievement motivation. Which of the three components is the biggest motivating factor for you? Using this theory, how could you motivate others to achieve success and reach their goals?

This will be due on **Thursday, January 16.** If you are absent, you are welcome to email me your paper. My email is [ericapeterson@choiceschools.com](mailto:ericapeterson@choiceschools.com). You will also have to turn in the motivation and emotion survey packet, and this will serve as part of your overall grade.

The packet will be worth **25** points, and the paper will be worth **75** points, for a total of **100** points for this assignment.