

Crash Course Psychology #17

Define Motivation

Describe the Evolutionary Theory of motivation.

What is an instinct?

What is the Drive Reduction Theory of motivation?

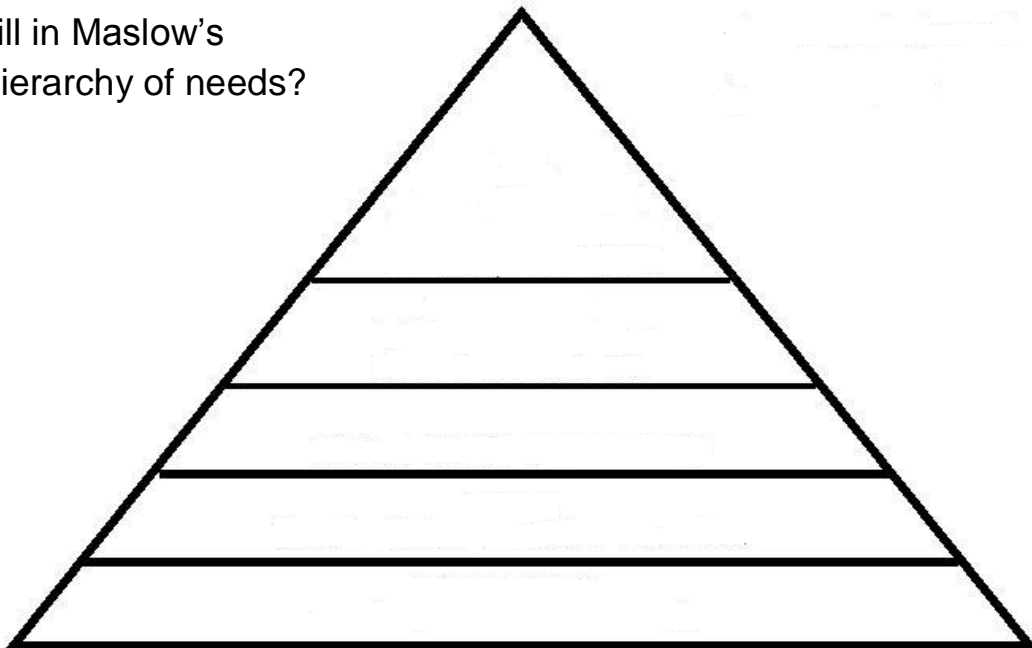


What is homeostasis?

What is the Incentive Theory of motivation?

What is the Optimal Arousal Theory of motivation?

Fill in Maslow's
Hierarchy of needs?



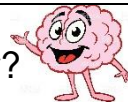
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What are three most important motivators?

Describe hunger as a motivator:

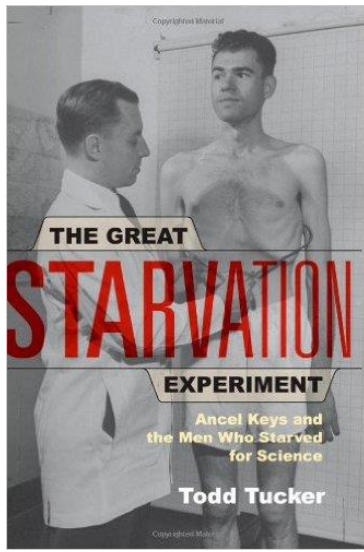
What is Glucose?	What is Ghrelin?

What area of the brain controls hunger?



What three things shape our hunger?

Name _____



What were the psychological effects of Keys starvation experiment?

Describe the need to belong.

What does our social need to belong be balanced with?