

**Motivation:** the process by which activities are started, directed and continued so that physical or psychological needs/ wants are met.

- **Extrinsic motivation:** a person performs an action because it leads to an outcome that is separate from the person (ex, a kid is motivated to get good grades because their parents give them 10 dollars for every A)
- **Intrinsic motivation:** a person performs an action because the act itself is rewarding. (ex, a kid is motivated to get good grades because they enjoy showing their knowledge.)

**Instincts:** biologically determined and innate patterns of behavior.

→ hereditary factors can account for more than 50% of variance in some aspects of cognition, temperament and personality.

**Need:** a requirement that is essential for survival

**Drive:** the psychological tension and physical arousal that motivates an organism to act to fulfill a need.

**Drive-Reduction Theory:**

- 2 kinds of drives exist: **primary drives**, involving survival needs such as hunger and thirst, and **acquired (secondary) drives** which are learned through experience or conditioning, such as the need for money or social approval.
- When there is a primary drive need, the body is in a state of imbalance.
- This stimulates behavior to restore **homeostasis**, causing the person to act in order to reduce the drive.

**McClelland's Theory:**

→ three types of psychological needs:

1. **Need for affiliation:** a need for friendly social interactions and relationships, desire to be liked by others and held in high regard by those around us.
2. **Need for power:** a need for influence and impact; not about reaching goals as much as having control.
3. **Need for achievement:** a need to succeed in attaining not only realistic but challenging goals, as well as a desire for feedback about one's performance.

**Carol Dweck's Self-Theory of Motivation:**

- People's "theories" about themselves (their perception of their abilities and relationships) affect their level of achievement motivation and willingness to keep working towards success in the face of failure
- People who believe that intelligence is fixed and unchangeable have an **external locus of control** and give up quickly when they fail
- People who believe that intelligence is changeable and can be shaped by experience and effort have an **internal locus of control** and persevere through challenges.
- "Fixed" vs "growth" mindset.

**Stimulus motive:** an unlearned motive that increases stimulation, such as curiosity, playing and exploration.

**Arousal Theory:**

# Motivation And Emotion Study Guide

**Robin M. Kowalski, Alastair  
Younger, Drew Westen**

## **Motivation And Emotion Study Guide:**

**Understanding Motivation and Emotion** Johnmarshall Reeve,2018-01-18 The past ten years have seen an explosion of useful research surrounding human motivation and emotion new insights allow researchers to answer the perennial questions including What do people want and Why do they want what they want By delving into the roots of motivation the emotional processes at work and the impacts on learning performance and well being this book provides a toolbox of practical interventions and approaches for use in a wide variety of settings In the midst of the field's golden age there has never been a better time to merge new understanding and practical application to improve people's lives Useful in schools the workplace clinical settings health care sports industry business and even interpersonal relationships these concepts are profoundly powerful incorporated into the state of the art intervention programs detailed here they can enhance people's motivation emotion and outlook while answering the core questions of any human interaction

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Janet D. Proctor, Proctor, Donald, 1999-09-08 **Study Guide Plus for Essentials of Psychology** Baron, 2001-06

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Bishop,Tom Malcomson,2002

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web free hair salon cleaning checklist sweep away hair mop the salon floors sanitize chairs clean mirrors and windows wipe down and organize the reception area deep

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web carpet clean and vacuumed reception counter dust and fingerprint free artwork dusted and glass cleaned phones and computers wiped down tabletops dusted

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everyone should share responsibility for keeping the salon clean and safe unless you have a dedicated cleaning staff you'll probably want to create a cleaning schedule start by see more

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