

**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**



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one of the easiest ways to organize cleaning in a salon is to divide the duties by room or space then by category such as tools supplies see more

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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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