

Why is learning about the Motivation and Emotion important?

For each chapter, you will tell me why learning about the chapter is important.

- (1) Pick a specific psychological concept.
- (2) Describe and/or define the psychological concept
- (3) Describe an example of that psychological concept. You cannot use an example from class or the textbook.
- (4) Based on your example, describe a change in thinking now that you have learned about Motivation and Emotion such as:

- a. Describe how learning about this psychological concept changes how you think about yourself.
- b. Describe how learning about this psychological concept changes how you think about others.
- c. Describe how learning about this psychological concept changes how you think about the world around you.
- d. Describe how learning about this psychological concept can be used in your personal life.
- e. Describe how learning about this psychological concept can be used in your potential career.
- f. Describe how learning about this psychological concept can avoid an important misunderstanding
- g. Describe how learning about this psychological concept can be used to address a social issue or public policy.

Constraints:

- Work in groups of one (by yourself), two (one partner) or three (two partners). One page per group with all your names on it.
- You can answer a question more than once as long as your examples are qualitatively different.

Grading:

- Each set of response (items 1-4 in the box) is worth up to two points to a maximum of six points. Therefore, you must answer at least 3 to earn a maximum of 6.

1. Concept 2. Definition 3. Example 4. Change in thinking or behavior
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2 points

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2 points

- You may choose to answer more than 3 to earn 6 points through partial credit.
- I do not have a formal due date for these. However, you should
 - Do at least one before the exam.
 - Do NOT wait until week 9 or 10 to start. All work is due Friday at noon of week 10.

Bad	Learning about Motivation and Emotions is important for us to live a healthy life and to help us achieve more
	Learning about Set-Point theory is important for understanding weight regulation.
	Learning about Set-Point theory is important for understanding weight regulation because our body tries to maintain a certain weight.
Good	<p>Learning about Set-Point theory is important for understanding weight regulation because our body tries to maintain a certain weight by increasing our metabolism when we eat more calories or decreasing our metabolism when we eat fewer calories.</p> <p>Therefore, we crash diets may not be effective since when we reduce our caloric intake, our metabolism may compensate by decreasing (also, if we do this and take in a lot of calories, we may gain weight).</p>



An awareness of the characteristics and experiences that lend to an individual's need for achievement will help me become a better parent. I can act with the knowledge that punishment is detrimental to a child's motivation. Reinforcing achievements will help a child not to feel that their achievements are taken for granted, but that they are something to celebrate. It will help foster self esteem and a greater need for achievement.

If my daughter wins the spelling bee, we could celebrate by having a family pizza party. What I would NOT want to do is ignore her achievement, or punish her by grounding or scolding her if she got a bad grade in spelling or did not win the next spelling bee.