

## A: Intrinsic/Extrinsic Motivation Activity

- Discuss with your group members, what motivates you (if anything) to do well in school? If you can't think of what motivates you, what would motivate you? Make a list of things that motivate you to do well in school currently. Next to each one, list whether it is extrinsic or intrinsic.

REASON	INTRINSIC OR EXTRINSIC

- Create a list of ways that the school can improve student motivation to do well on the English 12 exam. Next to each one, list whether it is extrinsic or intrinsic.

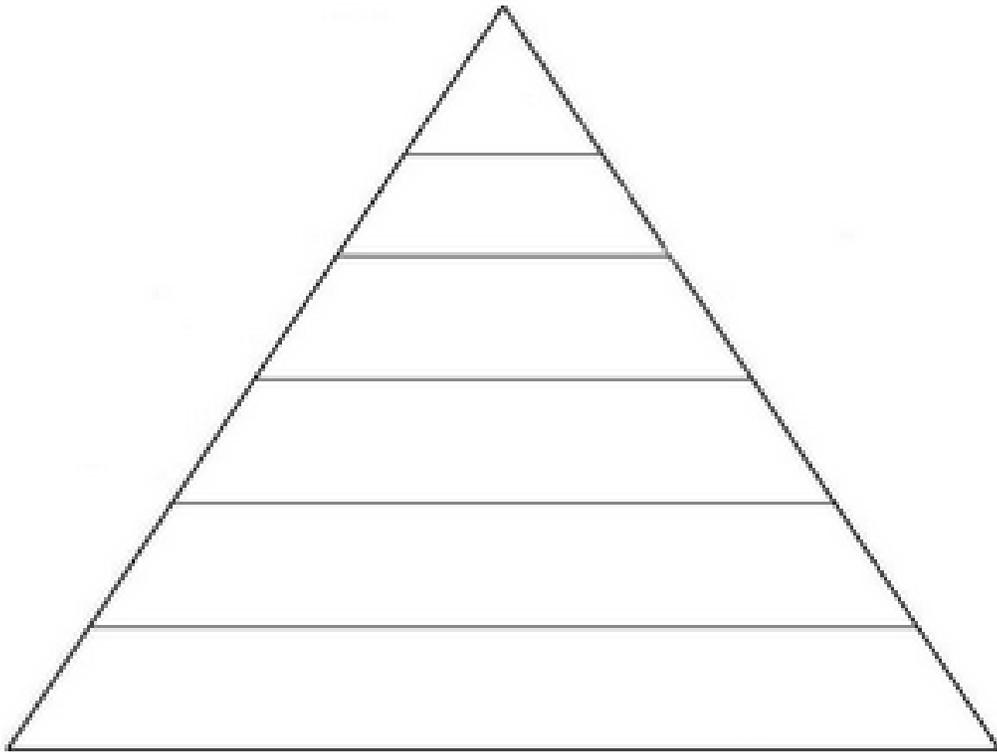
REASON	INTRINSIC OR EXTRINSIC

## B: Survey

- I would like a job that requires a lot of traveling.
  - I would prefer a job in one location.
- I am invigorated by a brisk, cold day.
  - I **can't wait to get indoors on a cold day.**
- I get bored seeing the same old faces.
  - I like the comfortable familiarity of everyday friends.
- I would prefer living in an ideal society in which everyone is safe, secure, and happy.
  - I would have preferred living in the unsettled days of our history.
- I sometimes like to do things that are a little frightening.
  - A sensible person avoids activities that are dangerous.
- I would not like to be hypnotized.
  - I would like to have the experience of being hypnotized.
- The most important goal of life is to live it to the fullest and experience as much as possible.
  - The most important goal of life is to find peace and happiness.
- I would like to try parachute-jumping.
  - I would never want to try jumping out of a plane, with or without a parachute.
- I enter cold water gradually, giving myself time to get used to it.
  - I like to dive or jump right into the ocean or a cold pool.
- When I go on a vacation, I prefer the comfort of a good room and bed.
  - When I go on a vacation, I prefer the change of camping out.
- I prefer people who are emotionally expressive even if they are a bit unstable.
  - I prefer people who are calm and even tempered.
- A good painting should shock or jolt the senses.
  - A good painting should give one a feeling of peace and security.
- People who ride motorcycles must have some kind of unconscious need to hurt themselves.
  - I would like to drive or ride a motorcycle.

## C: Maslow's Hierarchy Practice

Classify the following needs according to Maslow's Hierarchy of Needs. First, fill in the chart placing the levels in their correct place in the hierarchy. Then, look at the needs listed below, and classify them according to level.



Esteem Needs	Self-Actualization Needs	Belongingness Needs	Safety/Security Needs	Physiological Needs
Food	Self-Respect	Money	Water	
Heat	Air	Friendship	Love	
Sunlight	Procreation	Acceptance	Job Satisfaction	
Car	Shelter	Realizing Potential	Identity beyond Self	

## D: Biological and Social Motives

Biological and social motives are different. Biological motives are physiological requirements necessary for survival. Social motives are things that we learn to value through experience. Social motives are psychological instead of physiological. Create a list of behaviors that you perform frequently and the motive associated with that behavior. Put them on the continuum below based on whether they are biological, social, or somewhere in the middle.

Behavior	Motive

**Behavior**    *Eating*

*Studying*

**BIOLOGICAL** ←

→ **SOCIAL**

**Motive**    *Hunger*

*Achievement*