

## Topic 5 Study Guide

1. Review the evolutionary perspective, focusing on pleasure and the role in survival

Sigmund Freud proposed that needs are satisfied based on the pleasure principle. The pleasure principle motivated people to seek pleasure and avoid pain.

2. Define/explain the motivational theory

Motivation theory is the study of understanding what drives a person to work towards a particular goal or outcome.

3. Identify and review the terms regarding motivation:

- **Incentive**- Incentives are external objects or external goals, rather than internal factors, that motivate behaviors.
- **Habit**- If a behavior consistently reduces a drive over time, it becomes a habit.
- **Drive**- Drive is a psychological state that motivates a person to satisfy a need.
- **Need**-A need is a state of being deficient in biological or social factors.

4. Review Maslow's Hierarchy of Needs and understand each stage

According to Maslow's hierarchy of needs, people must satisfy basic needs (such as for food and water) before they can address higher needs for personal growth (such as for self-actualization).

5. Review and understand the difference between intrinsic and extrinsic motivation

Intrinsic motivation is a desire to perform an activity because of the value or pleasure associated with that activity, rather than for an apparent external goal or purpose.

Extrinsic motivation is a desire to perform an activity to achieve an external goal that activity is directed toward.

6. Review the functions of the following parts of the brain:

- **Amygdala**- helps regulate emotion and encode memories.
- **Hypothalamus**- keeps your body in a stable state called homeostasis.
- **Frontal Lobe**- controls voluntary movement, expressive language and for managing higher level executive functions.
- **Hippocampus**- controls learning and memory.
- **Thalamus**- is the main relay station for your brain. All motor and sensory signals (except smell) pass through this structure in the center of your brain.
- **Prefrontal cortex**- controls cognitive control functions. Implicated in planning complex cognitive behavior.

7. Review the different forms of conditioning

The three forms of conditioning are classical conditioning, operant conditioning and observational learning. Classical conditioning is a type of learned response in which a neutral

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**Jack Rochester**



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