Psych Crash Course #17
Power of Motivation

Who is Aron Ralston? What did he do that showed the remarkable power of motivation?

There are FOUR theories of motivation. They are listed below. Give a description of each theory. Define key terms presented.

1. Evolutionary Perspective (formally known as instinct theory)
2. Drive Reduction
3. Optimal Arousal
4. Maslow’s Hierarchy of Needs

The three main motivators for humans are: describe each

* Sex
* Hunger
* The Need to belong

Describe Ancel Keys’ Minnesota Hunger Experiment

What did he find?