Your task: Apply what you’ve learned in the Motivation, Emotion, & Stress unit of your Psychology class to characters and events in the film 500 Days of Summer. To begin, decide whether you will use Tom or Summer to analyze for this assignment. They are the main characters of the film.

CHARACTER CHOICE: ____________________________

NEED FOR ACHIEVEMENT, POWER, AND INTIMACY THEORY

1. First, define the need for achievement, power, and intimacy. After rating your character on each dimension, give two examples from the film that support your answer.

What does the Need for Achievement examine?

My character rates (low / medium / high) on Need for Achievement because… (give two examples)

1.)

2.)

What does the Need for Power examine?

My character rates (low / medium / high) on Need for Power because… (give two examples)

1.)

2.)

What does the Need for Intimacy examine?

My character rates (low / medium / high) on Need for Intimacy because… (give two examples)

1.)

2.)

WHEN MOTIVES CONFLICT

2. Sometimes different types of motivations conflict with one another. An approach-approach conflict is a choice between two good things. An avoidance-avoidance conflict is a choice between two bad things. An approach-avoidance conflict is one choice with good and bad outcomes. Find an example of one of these conflicts your character faces during the film and indicate how he/she resolves it.

My character experiences (approach-approach / avoidance-avoidance / approach-avoidance) conflict when…
MOTIVATION AT WORK

3. Tom and Summer support themselves by working at a greeting card company. Based on what you see in the film, how does your character receive both intrinsic and extrinsic motivation working there? Define these terms and give examples for each below.

What are intrinsic motivators?

How does my character receive intrinsic motivation at work?

What are extrinsic motivators?

How does my character receive extrinsic motivation at work?

4. Throughout the film you see Tom and Summer’s boss at the greeting card company, Vance. Do you believe Vance falls under Theory X or Theory Y management style? Give examples from the film to support your answer.

I believe Vance falls under the category of a (Theory X / Theory Y) manager.

Examples from the film to support this are:

5. Although Tom and Summer spend the majority of the film working at the greeting card company and seem to enjoy it, they both eventually quit their jobs because they don’t believe it’s the best use of their skills. When does your character later actually achieve flow?

STRESS

6. Generally speaking, most people can fall under one of two different personality types relating to stress. People labeled as “Type A” are hard-working, driven, and anger-prone. People labeled as “Type B” are easygoing and relaxed. Based on these definitions, which type of personality would best fit your character? Give an example from the film to support your answer.

I believe my character has a (Type A / Type B) personality because...

EMOTION

7. The main plot of the film involves Tom falling in love with Summer. Pick any of the three emotion theories (James-Lange Theory, Cannon-Bard Theory, or Singer-Schachter Two-Factor Theory) to explain how Tom first experiences the feeling of love with Summer. Feel free to draw a diagram if that helps you.

I am using the (James-Lange Theory / Cannon-Bard Theory / Singer-Schachter Two-Factor Theory).

How would this theory explain Tom’s emotion of love with Summer?

OPINION

8. Who is more to blame for the relationship not working—Tom or Summer? Why?

REVIEW

9. What was your overall opinion of the movie? Was it effective in helping demonstrate motivation, emotion, and stress concepts? Should I continue showing it in the future for this unit?