Motivation and Emotion Critical Thinking Questions

Answer in your OWN WORDS.

1. Of the four motivation theories, which one do you think best explains our reason for doing things? Create an example of how that theory would apply to a recent motivation of your own.

2. How could the Set Point theory of hunger explain why people who diet and lose weight often end up putting that weight back on eventually?

3. How does anorexia differ from bulimia?

4. Do you believe the Masters and Johnson study was an ethical study? Explain your answer.

5. Debate rages on in America regarding the teaching of sexual health in schools. Some schools teach only abstinence, fearing that information regarding contraceptives will increase teen sexual behavior. Other schools believe students need to be informed and therefore teach about other ways to prevent pregnancy, such as condoms and birth control. Which educational policy do you believe is more valid? Why?
6. How did you score in the need for achievement, power, and intimacy scales? Do you agree with these scores? Why or why not?

7. When Emma Watson was first offered the role of Hermione in the Harry Potter series, she had to carefully consider what her motivation would be for accepting. What do you think were both intrinsic AND extrinsic motivators that she had for the role?

8. Of the three main theories of emotion we examined in class, which one do you think is the most valid? Then, apply that theory to a recent emotional event in your life to demonstrate its validity.

9. Do you feel you fall under a “Type A” or “Type B” personality when it comes to stress? Give an example that supports your answer.