Name:

Date:

School:

Facilitator:

4.07 Motivation and Emotion

Using your knowledge from the lesson, differentiate between the theories that explain motivational processes and theories of emotion

Directions: Fill in the correct letter beside the number that completes the explanation.

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| 1. Maslow’s Hierarchy of Needs | a. We have internal biological needs which motivate us to perform a certain way. |
| 2. Incentive Theory | b. Refers to engaging in activities to reduce biological needs or obtain external rewards |
| 3. Drive Reduction Theory | c. We feel emotions and experience physiological reactions |
| 4. Intrinsic motivations | d. People’s experience of emotion depends on the way they appraise or evaluate the events around them |
| 5. Extrinsic motivations | e. Humanistic model of motivation that includes fulfilling self-actualization needs |
| 6. James-Lange Theory | f. Argued that all people express certain basic feelings in the same ways |
| 7. Cannon-Bard Theory | g. Our behavior is motivated by the reward we receive for our actions |
| 8. The Schachter-Singer Two Factor Theory | h. Your emotional reaction is dependent upon how you interpret those physical reactions |
| 9. Cognitive Appraisal Theory | i. People’s experience of emotion depends on two factors: physiological arousal and the cognitive interpretation of that arousal |
| 10. Charles Darwin | j. Refers to engaging in activities because they are personally rewarding |