

PSYCH 110N Week 4 Discussion; Motivation and Emotion & Theories of Personality

Required Resources

Read/review the following resources for this activity:

Initial Post Instructions

For the initial post, respond to one of the following options, and label the beginning of your post indicating either Option 1 or Option 2:

Be sure to make connections between your ideas and conclusions and the research, concepts, terms, and theory we are discussing this week.

Follow-Up Post Instructions

Respond to at least two peers or one peer and the instructor. If possible, respond to one peer who chose an option different than the one you chose. Further the dialogue by providing more information and clarification.

Writing Requirements

Textbook: Chapter 10,13 Lesson

- **Option 1:** This week we learned about several different theories of motivation including, McClelland's theory of motivation, drive reduction theory, arousal approaches, incentive approaches, and Maslow's Hierarchy of Needs. Describe a recent accomplishment in your life and explain it in terms of at least two theories of motivation discussed in the text. Compare and contrast the theories of motivation you chose to explain your example.
- **Option 2:** In our reading this week, we learned about different theories of personality: psychodynamic, humanistic, biological and evolutionary, behavioral, and trait. Most of us have a favorite television show or movie we could watch on repeat. It is the personality of these characters that make the television shows and movies so enjoyable to watch.

After reviewing the theories of personality, think about one of your favorite TV characters or a TV character you find particularly interesting. After choosing your TV character, focus on a specific episode. Briefly describe the plot of the episode or situation within the episode in enough detail, so someone who hasn't seen the show before can understand. Explain the character's behavior in terms of one or more of the major personality theories. You can choose characters with "healthy" personalities or those with maladaptive or negative personalities. Be creative in your application of theory!