

INTRODUCTION TO MOTIVATION AND EMOTION

1. Explain what is motivation with examples?
2. Name the two types of motivation?
3. Explain what is intrinsic motivation with example?
4. Explain what is extrinsic motivation with examples?
5. The difference between intrinsic motivation and extrinsic motivation?
6. Explain the 4 types of extrinsic motivation with examples?
7. Factors that influence intrinsic motivation?
8. Factors that diminish intrinsic motivation?
9. Strategies to improve intrinsic motivation and external motivation?
10. Pros and cons of intrinsic motivation?
11. Pros and cons of extrinsic motivation?

THEORIES OF MOTIVATION I

1. Name the three major types of motivation theories?
2. Name the 4 types of need theory of motivation?
3. Briefly explain the Maslow's hierarchy of need theory, including the 5 level of needs with examples?
4. Describe the revised version of needs included in Maslow's hierarchy of needs theory?
5. The importance and limitations of Maslow's hierarchy of needs theory?
6. Briefly explain Alderfer's ERG theory?
7. Explain the pros and cons of the Alderfer's ERG theory?

Motivation And Emotion Study Guide

SJ Ball



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