

Name: \_\_\_\_\_

**AP PSYCH**  
**Unit 8A.1 Activities**  
**Motivational Concepts & Hunger**

Use your book and the notes to answer the following questions.

Review the 4 theories of motivation from Unit 8A.1. For each statement or question, determine:

1. What motivated the person(s)
2. Which theory(ies) best explain(s) motivation for the action.
3. Explain why the theory you are using/explaining applies to this. Get creative!

There are more than one theories for each statement. Apply at least two to each scenario.

(4 Theories: Instinct, drive-reduction, arousal, hierarchy of needs)

1. Why would a person run a marathon?

2. Why would a person get in a fight?

3. Why would someone choose to study on the weekend rather than go out with friends?

4. Why would a person eat a cheeseburger, fries and a milkshake?

5. Why would someone decide to have a tattoo engraved on his/her body?

6. Why do people choose to become vegetarian or vegan?

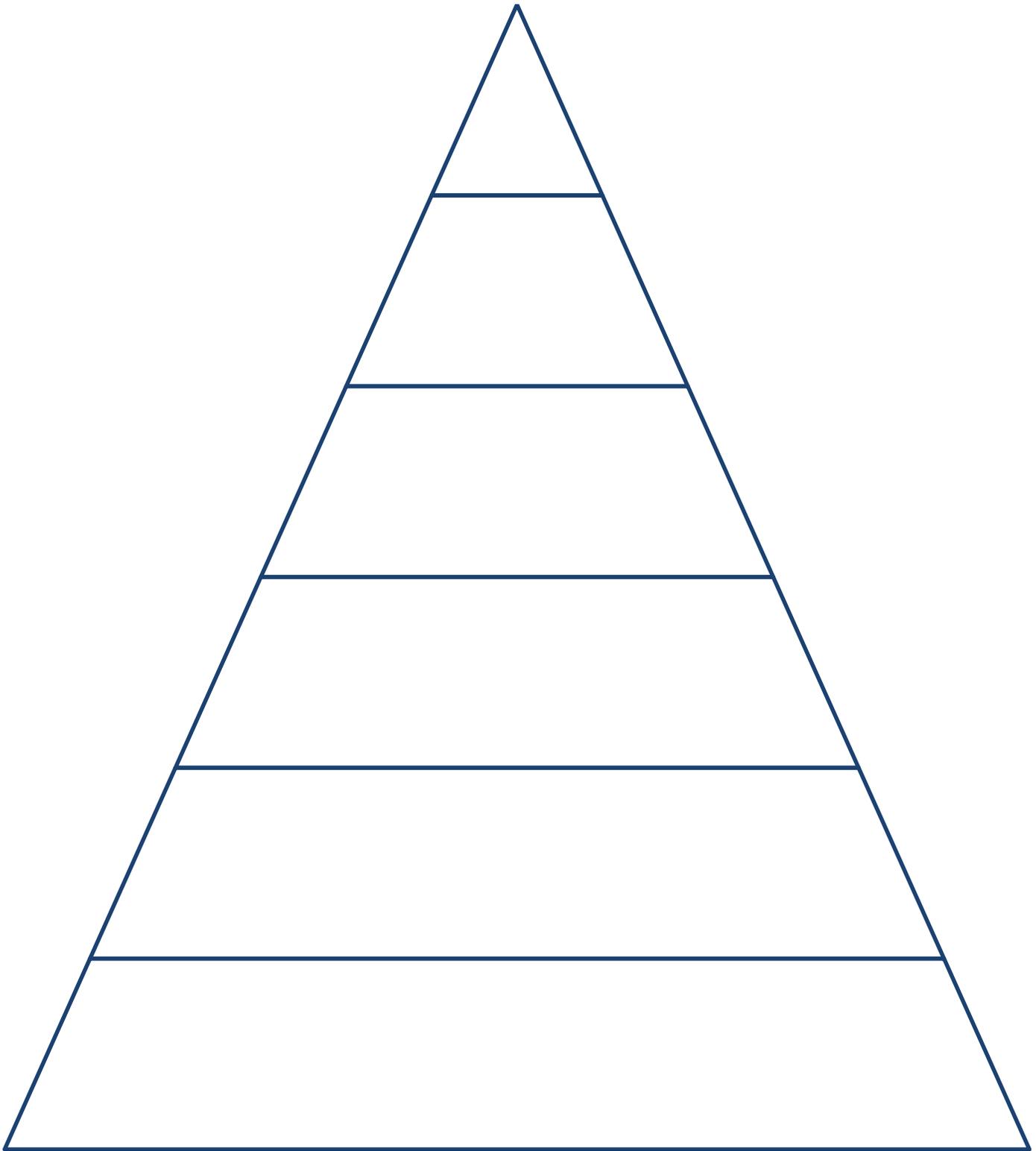
7. Motivation Personified - Aron Ralston: Apply ALL FOUR motivation concepts to any and all parts of Aron's amazing story:

Maslow's Hierarchy of Needs:

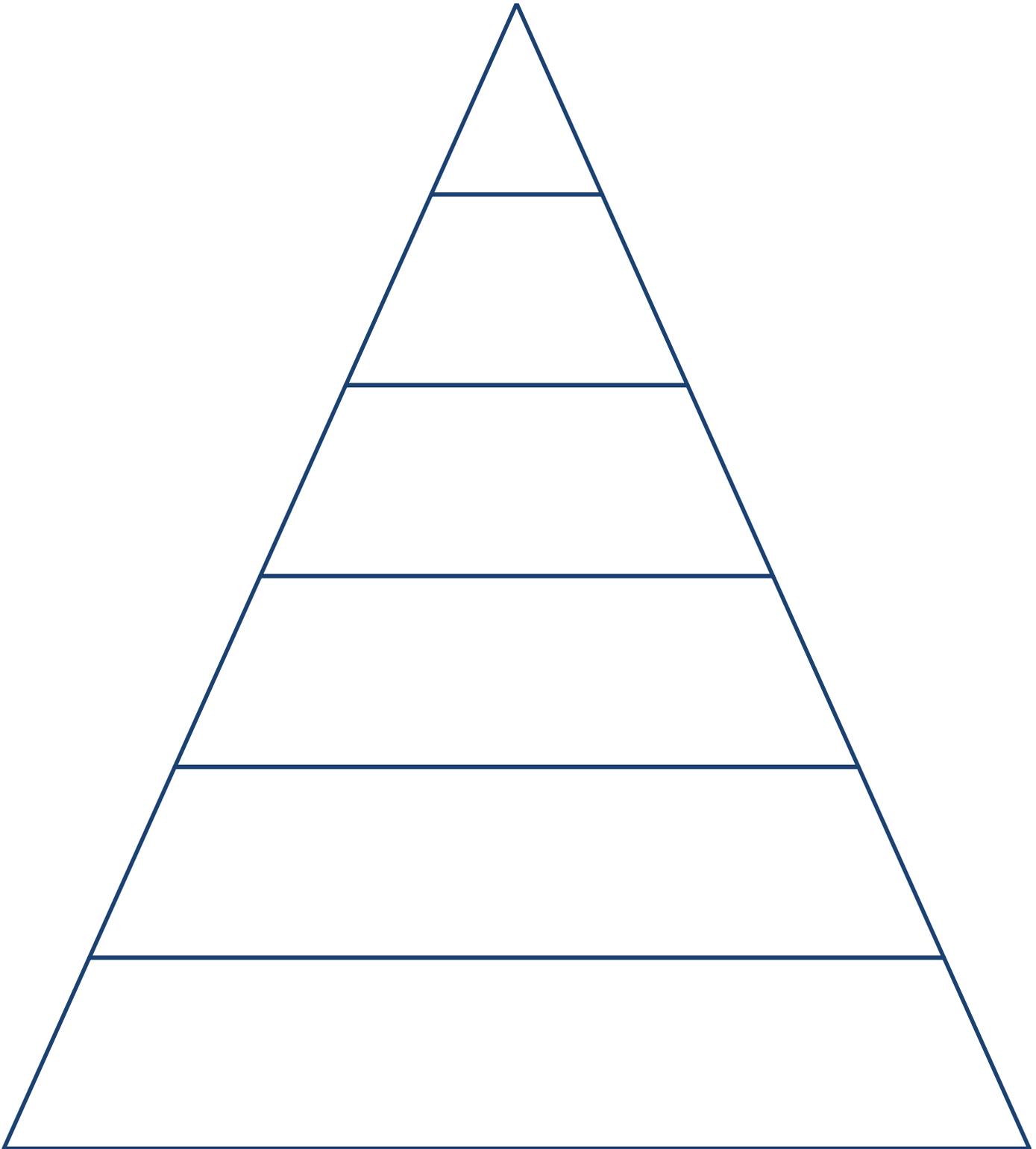
1. Fill in the spaces in Maslow's Hierarchy of Needs with labels and descriptions of each level. Write in the margins if needed.

2. Draw images that symbolize or represent what you wrote.

Then flip to the back and label your own hierarchy of needs.



1. Now label a hierarchy of needs based on specific details of **your life**.
2. Make it serious or humorous, but try to be as realistic as possible.
3. Fill in the spaces with labels and descriptions of each level. Write in the margins if needed.
4. Draw images that symbolize or represent what you wrote.



1. Hunger: Describe the methods and results of the Ancel Keys experiment.

2. The Physiology of Hunger: Describe the Washburn and Cannon stomach balloon experiment methods and results.

3. Body Chemistry & the Brain: Fill in this table and describe how each component plays a role in hunger (or stopping hunger), and describe a study or experiment that proved the component played a role.

Component of hunger	Description of component	Description of study or experiment as proof
Glucose		
Lateral hypothalamus		
Orexin		
Ventromedial hypothalamus		
Ghrelin		
Obestatin, leptin, PYY		

4. What is the difference between set point, basal metabolic rate, and settling point?

5. The Psychology of Hunger – How does memory play a role in hunger?

6. The Psychology of Hunger – Taste Preferences: Biology & Culture: What biological factors influence hunger?

7. The Psychology of Hunger – Taste Preferences: Biology & Culture: What cultural factors influence hunger?

8. The Psychology of Hunger – The Ecology of Eating: What TWO social factors influence hunger?

9. Eating Disorders: List and describe the 3 eating disorders.

Eating Disorder	Description

Write your answers to these questions in a round table-discussion with your classmates:

1. What is the standard of beauty for women in Korea? What is the ideal female body type? Why is that?
2. What must women do to achieve that standard? Why?
3. What is the standard of beauty for men in Korea? What is the ideal male body type? Why is that?
4. What must men do to achieve that standard? Why?
5. Are these standards fair or unfair? Why?
6. What role do the media, companies, advertising, etc. play in these standards?
7. What are your opinions about the role the media, companies, advertising, etc. play in these standards?
8. Describe some potential solutions to these problems. Use several supporting details.