

Reflection Paper 1

Typed, Times 12 pt font, single-spaced, 1 inch margins, roughly 2 pages

Reflection Papers show me the depth of your understanding of the topics covered in class as well as in the text. I will ask 1 to 3 questions from each chapter. In general, I am looking for:

- How well you define concepts, theories, and various issues, and
- YOUR opinions, evaluations, and applications of the material to your personal life.

Please note: I do NOT want a paper full of direct quotes or material taken directly out of the text unless I ask for a specific definition. I want to know the depth of your understanding so write accordingly. For example, some of you may be able to explain the concept in 3 sentences while others may take 5-7 sentences. That is okay as long as you can convey your understanding of the material in a concise and coherent manner. Good luck!

Chapter 1

1) Define motivation in your own words. How is your definition different from that discussed on first day of class (write out the def discussed in class as well and then differentiate)? (2 point)

2) Explain the meaning of the following theme in motivation study: Motives vary over time and influence the stream of behavior. Provide an example of when you experienced this theme in your life. (1 point)

Chapter 2

3) Select one of the early motivation theorists. Explain his/her contribution to the field. Why did you choose this individual? What types of thoughts and/or questions come to mind when you think about their work and approach? If you had a chance to meet them, what one question would you ask? Why? (1.5 points)

4) Just list (no need to elaborate) the 6 criteria for evaluating theories (2 points)

Chapter 3

5) From a motivational point of view explain why 35% of Americans are obese? (1.5 points)

For this last question (#6) respond to any ONE question only

6) List four reasons on how sleep (or lack thereof) affects an individual's motivation? As a student, many of you may have experienced sleep deprivation (think when a paper is due or during finals week). How did this sleep deprivation affect your own motivation? (2 points)

OR

6) Explain why most dieters fail in their attempts to lose weight. How does restraint release factor in here? (2 points)