

## Inquiry Question

*What are your needs? Create your own personal version of Maslow's Hierarchy of Needs.*

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_



### Materials you'll need:

- Internet
- Presentation software

### Project submission:

Submit the completed files of this project.

## General Instructions

Constructivism is a psychological and philosophical perspective contending that individuals form or construct much of what they learn and understand (Bruing et al., 2004)." Constructivist theorist believes that everything can be proven through research, and they look at how people interact with their environment, and how they grow and learn from it. Understandably we could see how humanistic theories which look at how people make choices in their life based on scenarios that present themselves as they are interacting with their environment is based largely

in constructivism. Within constructivism, we have Maslow's hierarchy of needs, which states, "human actions are unified by being directed toward goal attainment" (Schunk, 2008). Maslow believes that how we act and learn is based on where we are in each level of the pyramid on the left. The biggest area is the Physiological area, which includes food, water, and air. An individual is unable to move to the next level until all their needs are met at this level. Since these are basic needs to survive, individuals focus on how they are going to be able to meet these needs, by forming constructs on how this can be obtained. Once an individual is able to meet their basic needs, they then seek safety from environments that are conducive to fulfilling this need. The individual is again unable to focus on love and belonging until they feel safe in their environment. Once the individual feels safe, they then seek love and want to belong to families and social groups that can help the individual obtain these feelings. By having family and friends that accept the individual, they develop their esteem and value. The more meaningful relationships that the individual obtains, the higher the individuals' self-esteem can be but helps them reach the last level of self-actualization. In self-actualization, the individual may have a strong tendency to achieve greatness in an area of their lives. (ex. truth, justice, wisdom) Many people never reach self-actualization, since they are still stuck in the physiological and safety areas of this theory.

<http://6304maslowmotivationlessonplan.pbworks.com/w/page/39344158/Home>

For this project, you will be required to complete a number of activities. In all, you should spend between 100 to 200 minutes completing the entire project. In order to complete this project, you should create a folder on your computer in which to save all of your work for this project. There will be THREE separate files which you will need to submit to the Unit 2 Project Drop Box.

These files are:

Maslow's Hierarchy of Needs Webquest  
Goals & Motivation Assignment  
Extended Assignment

## **The Five Levels of the Hierarchy of Needs**

There are five levels to Maslow's Hierarchy of Needs:

[Physiological](#)

[Safety](#)

[Love and Belonging](#)

[Self-Esteem](#)

[Self-Actualization](#)

Watch each of the five video clips above before proceeding on to the WebQuest.

## **Webquest**

The second part of this assignment is to complete a WebQuest. The WebQuest will ask you several questions and gauge what motivates you most in life. Complete the following WebQuest by using the Internet to search for the answers. Good luck!

1. What is constructivism?
2. How does constructivism relate to motivation?
3. How does motivation relate to an individual's needs?
4. How do individuals move from level to level of Maslow's Hierarchy of Needs?
5. According to the physiological video, what are three examples of physiological needs?
6. According to the safety video, what are three examples of safety needs?
7. According to the love and belonging video, what are three examples of love and belonging needs?
8. According to the self-esteem video, what are three examples of self-esteem needs?
9. According to the self-actualization video, what are three examples of self-actualization needs?
10. Who was Abraham Maslow?
11. What was Maslow's profession?
12. In what year did Maslow present his paper *A Theory of Human Motivation*?
13. Name one person that Maslow based his characteristics of the self-actualized person on?
14. According to Maslow, what is metamotivation?
15. Homeostasis is a physiological human need. What is human homeostasis and what helps a person maintain it?
16. Give three ways that physiological needs can be met in addition to those given in the video.
17. Give three ways that safety needs can be met in addition to those given in the video.
18. Give three ways that love and belonging needs can be met in addition to those given in the video.
19. Give three ways that self-esteem needs can be met in addition to those given in the video.
20. Give three ways that self-actualization needs can be met in addition to those given in the video.

## **Goals and Motivation**

Have you ever thought about what motivates you? Why do we get up and go to work or school? Why do we hang out with our friends? Why do schools provide recess or employers provide paid vacation days? The answers to these questions can be found in the study of motivation and more specifically, needs.

Some psychologists say motivation is driven by unsatisfied needs. Needs like food, shelter, happiness, and recognition. Understanding which needs are crucial and how these needs affect people's behavior is important to know. Teachers, leaders, businesses...everyone needs to be aware of needs.

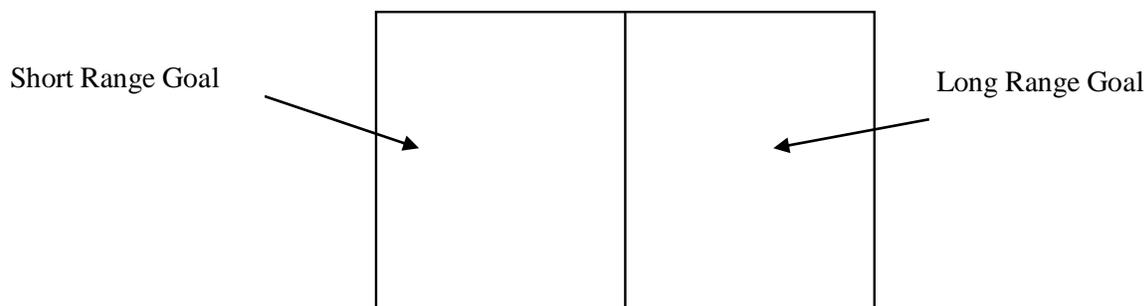
<http://education-portal.com/academy/lesson/maslows-hierarchy-of-needs.html>

What are your goals? What motivates you to achieve them? Complete the following assignment on Goals and Motivation in.

### Goals & Motivation Assignment

Please read the following instructions for your Goals & Motivation Assignment. You will be allowed some creativity in regards to how you create your composition.

1. For this assignment, you will create a composition that is 8.5" x 11" (landscape) and depicts two goals that you have. One will be a long range goal while the other is a short range goal. You can create this assignment by using MS Word, MS Paint, another graphic software program or you may hand draw and color your work. If you decide to hand draw your work, it will need to be scanned into an electronic document for submission.
2. Electronic files will be saved as the following: Last Name First Name\_GoalsAssignment and must be saved as a jpeg file or PDF file. Example: SmithJane\_GoalsAssignment
3. The long range goal will be one that you want to accomplish within the next five years while the short range goal is one that you want to accomplish within the next year.
4. You will divide the composition into two halves. Your short range goal will be placed on the right side and your long range goal will be placed on the left. For example:



5. State each goal at the top of the halves. Make sure to include the time line for the goal. For example: "Within the year I will learn to swim" or "By the end of the school year, I will have an A average in Math."
6. Underneath each goal, identify five reasons why you are motivated to achieve this goal. Include a graphic for each motivation and identify which level of Maslow's Hierarchy of Needs would be satisfied by each motivation.
7. After your composition is saved correctly and turned in, you will present your composition to your instructor. You will be graded on your understanding of

Maslow's Hierarchy of Needs, your composition, your goals, how you present your work to the class and more. A grading rubric has been provided for you. Please read over it so that you understand what is expected for your presentation and how you will be graded.

### **Extended Assignment**

**After completing this lesson, you should have a better understanding of motivation and how it relates to Maslow's Hierarchy of Needs. Your assignment is this:**

Create your own hierarchy of needs using graphics or a graphics program. Your representation must have five levels and you must name them differently or personalize them to yourself. For example, your Hierarchy of Needs might include sleep, food or money while someone else might have needs like social, love or car. You do not have to use a technical term, but you must explain this need and how it relates to the other needs on your hierarchy. Remember how Maslow's hierarchy is structured with basic needs on the bottom. Be able to explain and present your work if asked to do so.

SAVE AS A JPEG OR PDF FILE AND SUBMIT