

Name:
Period:
Psychology

Psychological Needs & Parenting

Psychological Needs

Stimulus Motives

Sensory Deprivation

-1950's McGill University

Desire for Sensory Stimulation

-We all need different amounts of stimulus

-Nature or Nurture

-Drugs

Exploration and Manipulation (Variety)

-Once we are comfortable we seek stimulation (Variety)

-Ex:

Achievement Motivation (Love, be loved, feel important)

-Children with higher achievement motivation will do better than children with the same abilities.

-Why?

Types of Goals

Performance Goals:

Extrinsic Rewards:

Learning Goals:

Intrinsic Rewards:

Development of Achievement Goals

Q: Where does this sense of achievement come from? (What beliefs may be on their window?)

Parenting

Ex:

-Parents of children with high achievement motivation are more generous with praise and less critical.

TYPE	STANDARDS & EXPECTATIONS	REWARDS/ PUNISHMENTS	RESULTS
1. Authoritarian Example:			
2. Permissive Example:			
3. Uninvolved Example:			
4. Authoritative Example:			

Making things fit: Aimed at reducing tension and confusion

Cognitive Consistency: Seek to think and behave in a way that fits what we believe and how we think others want us to think and behave.

-Belief: I can't do that, that is women's work. I might look like a woman.

Balance Theory: People want their actions and the actions of those who they care about to match their beliefs.

-We are attracted to people who share our own ideas

-Balance:

-Imbalance:

-Nonbalance:

Cognitive Dissonance Theory: What we consciously or unconsciously do to eliminate discrepancies between behavior and attitudes (beliefs).

-Ex. Boring activity, \$1, \$20

Affiliation (to love, be loved, accepted, feel important, esteem, safety)

Writing Assignment:

1. Are you a performance goal person or a Learning Goal person?

-Why?

-What rewards if any do you receive?

2. What style of Parenting do your parents use? Provide examples.

3. What type of Parenting style do you plan on using? Why?

4. Give me one example of Cognitive Dissonance from your own life.