**PT 4. Part 1. Motives and needs.**

Consider the following questions for the Week 5 Practical Hour.

1. How is motivation defined?
2. What three characteristics are associated with motivation?
3. What five theories have historically been included in the study of motivation?
4. How does each theory explain motivation, and what are some of the limitations of these theories?
5. What lasting ideas did each theory contribute to the study of motivation?
6. How does Maslow’s hierarchy of needs explain human motivation?
7. What are some important criticisms of Maslow’s theory?
8. What are some basic premises of self-determination theory?