

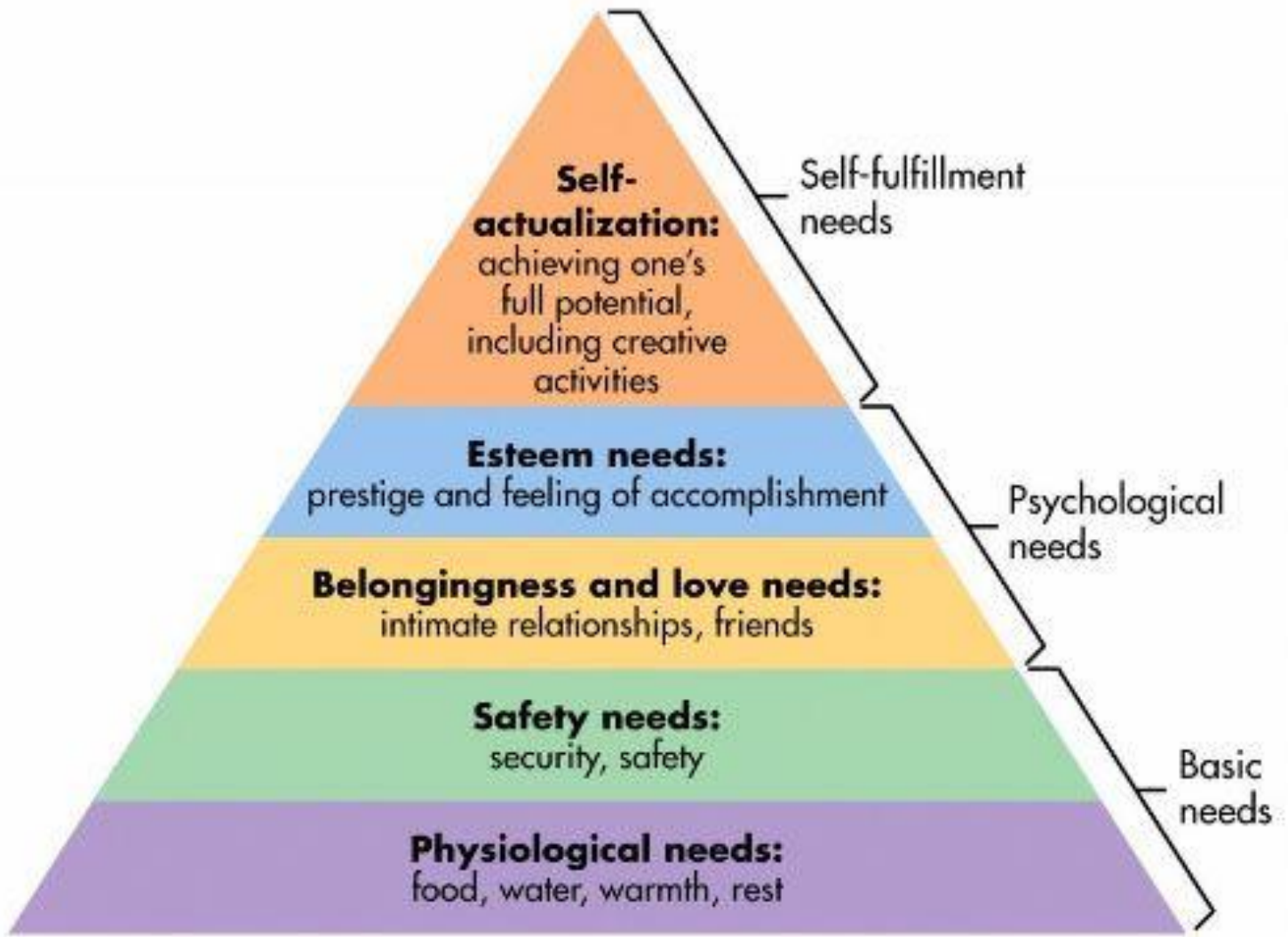


# Psychology

## Maslow's Hierarchy

Name:  
Section:

Directions: Work through the Notes about the different stages of Maslow's Hierarchy. Watch the Video Expanded Maslow's Hierarchy of Needs on the course website and use the simply Psychology article (also linked on the website) to complete your notes.



### Maslow's Hierarchy of Needs (Expanded)

Directions: Explain each of the stages below and their importance to development and motivation.

Stage 1 –

Stage 2 –

Stage 3 –

**Stage 4 –**

**Stage 5 –**

**Stage 6 –**

**Stage 7 –**

**Stage 8 -**

## **Self-Actualization**

### **Characteristics of self-actualizers:**

1. They perceive reality efficiently and can tolerate uncertainty
2. Accept themselves and others for what they are
3. Spontaneous in thought and action
4. Problem-centered (not self-centered)
5. Unusual sense of humor
6. Able to look at life objectively
7. Highly creative
8. Resistant to enculturation, but not purposely unconventional
9. Concerned for the welfare of humanity
10. Capable of deep appreciation of basic life-experience
11. Establish deep satisfying interpersonal relationships with a few people
12. Peak experiences
13. Need for privacy
14. Democratic attitudes
15. Strong moral/ethical standards

### **Behavior leading to self-actualization**

- a) Experiencing life like a child, with full absorption and concentration
- b) Trying new things instead of sticking to safe paths
- c) Listening to your own feelings in evaluating experiences instead of the voice of tradition, authority or the majority
- d) Avoiding pretense ('game playing') and being honest
- e) Being prepared to be unpopular if your views do not coincide with those of the majority
- f) Taking responsibility and working hard
- g) Trying to identify your defenses and having the courage to give them up

**Applications of Maslow's Hierarchy:**

**Additional Notes:**