Quick Question

• You have a paper due tomorrow. How do you motivate yourself to start, and finish, the paper?

Principles of Motivation

• Motivate: To set in motion
• Motivational drives
  – Incentives
  – Homeostasis
• Regulatory and non-regulatory drives
Types of Drives
• Regulatory drives
• Safety drives
• Reproductive drives
• Social drives
• Educational drives

Components of Rewards
• Liking
• Wanting
• Reinforcement
• Role of nucleus accumbens
  – Dopamine
  – Endorphins

Hunger: Regulatory Drive
• Role of the hypothalamus
• PYY
• Leptin
• Stimulation

- Have you ever eaten something just because it was there?
- Do you notice that you are more likely to eat if your friends are around?
Obesity

• BMI of 25 or more
• Effects of obesity
• Genes and cultural effects
• Why diets don’t work

Have you, or has a friend, ever tried to lose weight? What worked and what did not?

Sex: Nonregulatory Drive

• Hormonal influences
  – Testosterone
  – Estrogen and progesterone
  – Estrus cycle in non-humans
  – Menstrual cycle in humans

Questions? Comments
Sexual Orientation

- Effects of testosterone
- Effect of genes
- Effect of prenatal environment
- Effects of environment and culture

Sleep

- Measure sleep with the EEG
- Stages of sleep
- Types of waves
- Dreams

- Do you know that one of the best ways to improve your sleep is to go to bed and get up at the same time each day?

- Do you practice sleep hygiene? Rituals you perform every night before bed?

Why Do We sleep?

- Preservation and protection theory
- Body restoration theory
- Brain maintenance theory
- Function of dreams
Circadian Rhythms and Abnormal Sleep

- Body temperature
- Light
- Insomnia
- Narcolepsy

Emotions

- Emotion
- Affect
- Mood

Defining Emotions

- Plutchik’s eight primary emotions
- Emotions as adaptations

  - How many emotions can you name?
  - How would you classify emotions into groups?
Emotion and Behavior

- James’ peripheral theory
- Schacter’s cognition-plus-feedback theory
- Ekman’s theory

Which do you think is true:
- I smile because I am happy
- I am happy because I smile

Assessment

If you had to sum up today’s lecture for an absent classmate, what would you say you learned?