



GEN 0104 Self-Development

Week- 4:

Unit2: Uniqueness to Self development

Lecturers:

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Abraham Maslow Theory

What motivates human behavior?

Maslow's hierarchy of needs is one of the best-known **theory of motivation**.



Abraham Harold Maslow Maslow (1908, 1970) was born in Brooklyn, New York.

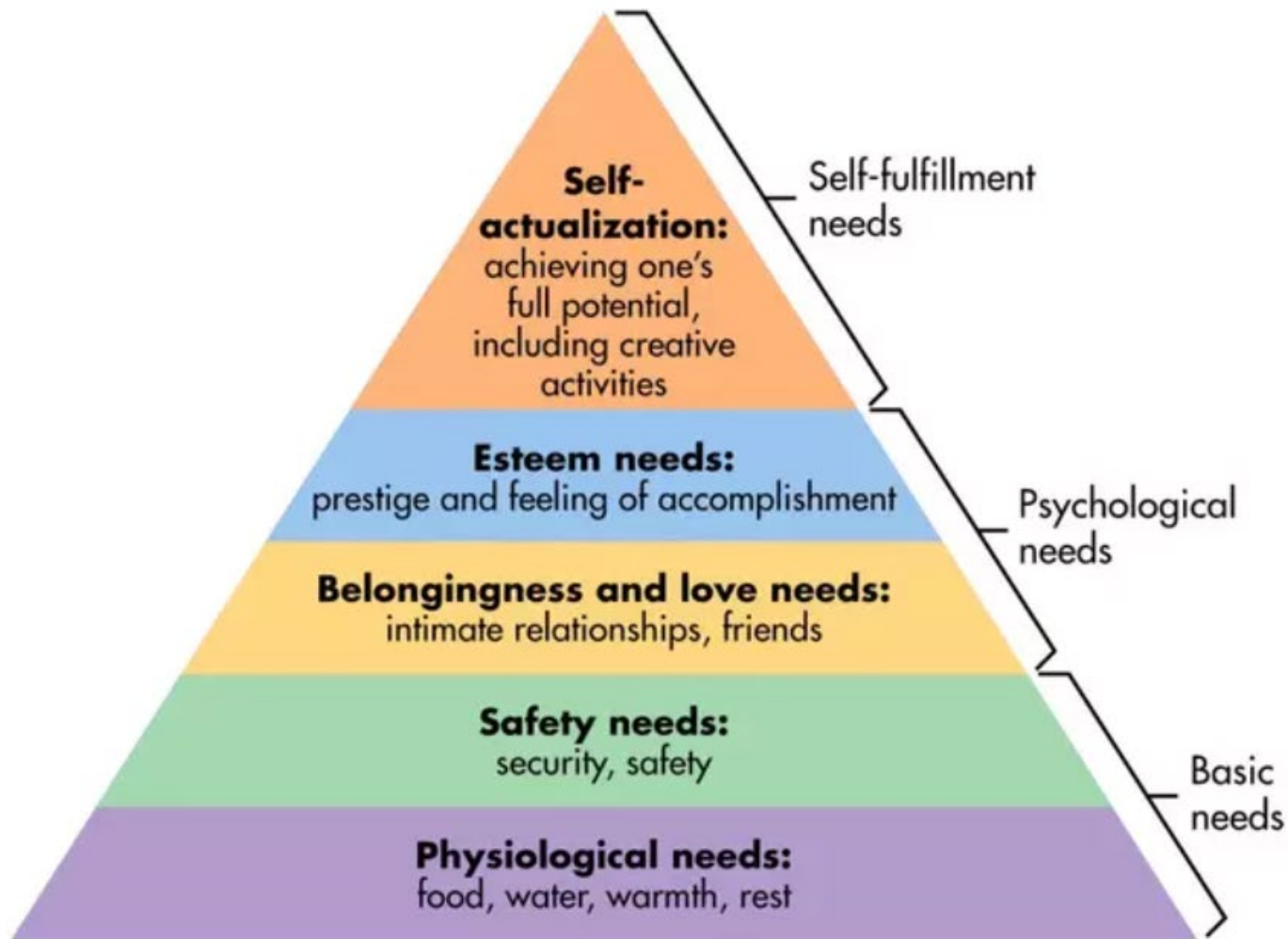
He had PhD in **psychology** from the University of Wisconsin.

In 1943, Abraham Maslow published a paper called A Theory of Human Motivation

Maslow's **hierarchy of needs** is a motivational theory in psychology: five -tier model of human needs:

1. Physiological needs
2. Safety needs
3. Love and belongingness needs
4. Esteem needs: **2** categories:
 - **esteem for oneself** (dignity, achievement, mastery, independence) and
 - the desire for **reputation or respect from others** (status, prestige).
5. Self-actualization needs

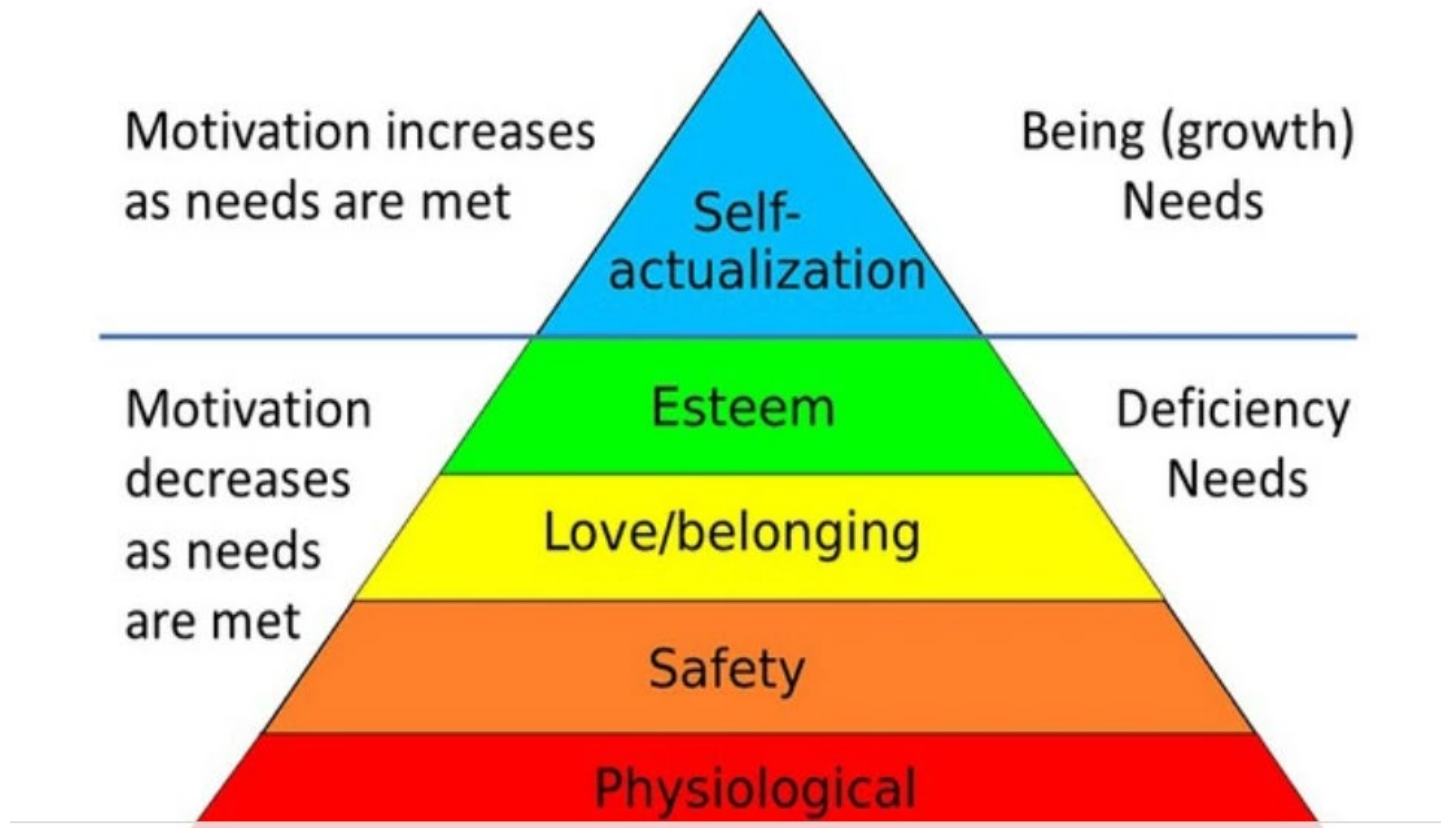
5 levels of Maslow's Hierarchy of Needs



5 levels of Maslow's Hierarchy of Needs

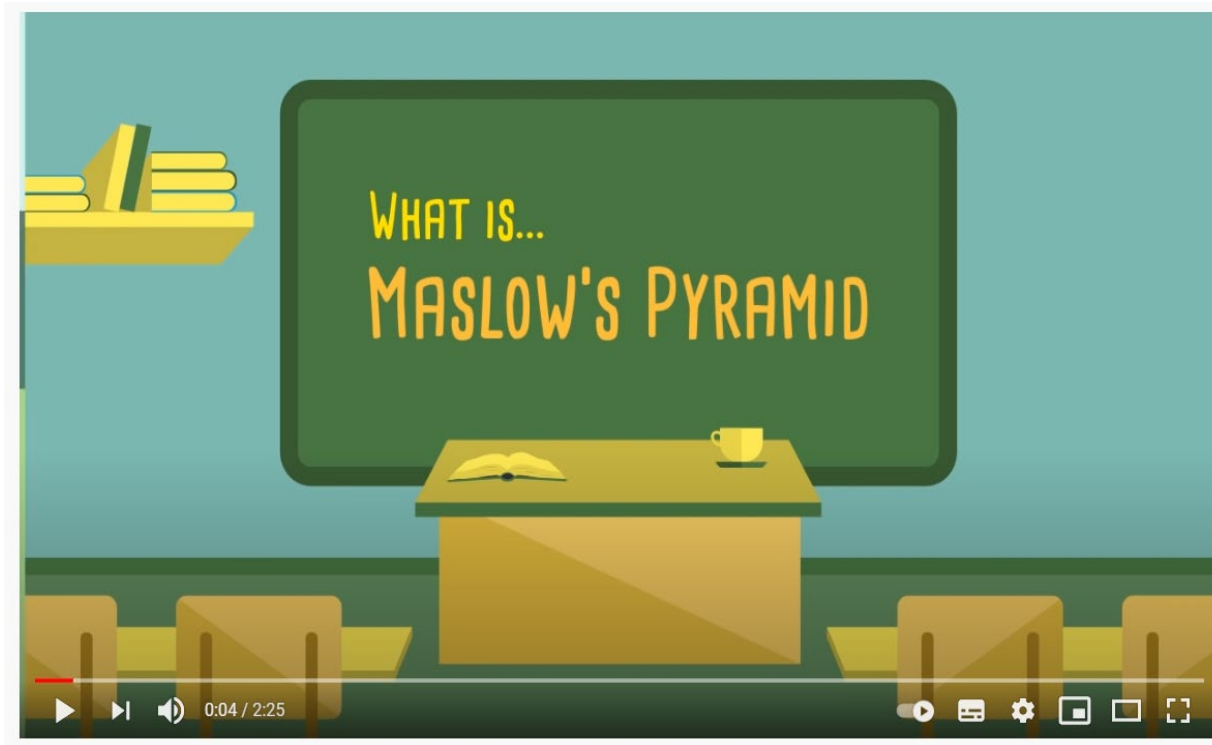


5 levels of Maslow's Hierarchy of Needs

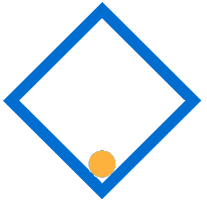


WHAT IS: Maslow's Pyramid - The Hierarchy of Needs Theory

<https://youtu.be/zLHiWjMFYUU>

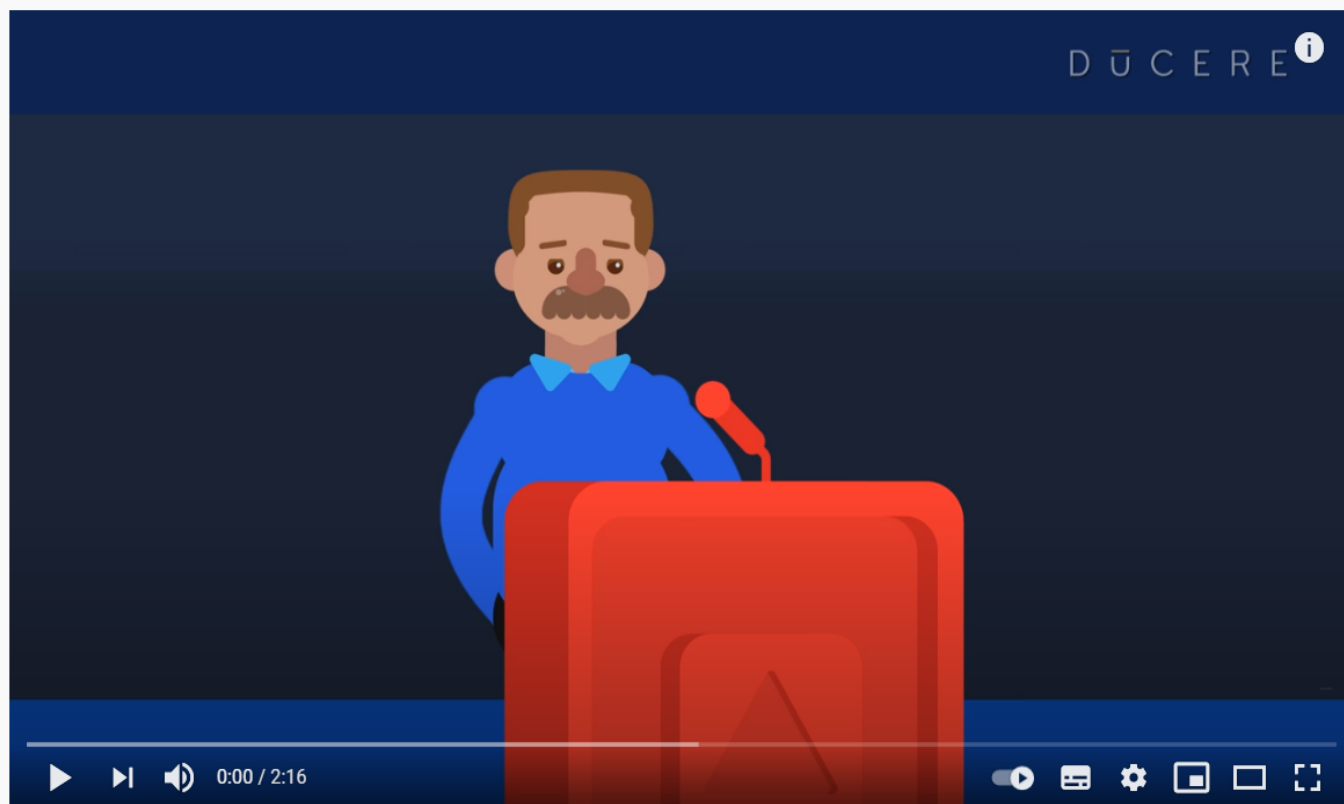


Maslow's Hierarchy of Needs - What motivates us?



<https://youtu.be/IETlvTNWhPg?t=56>

<https://www.youtube.com/watch?v=IETlvTNWhPg>

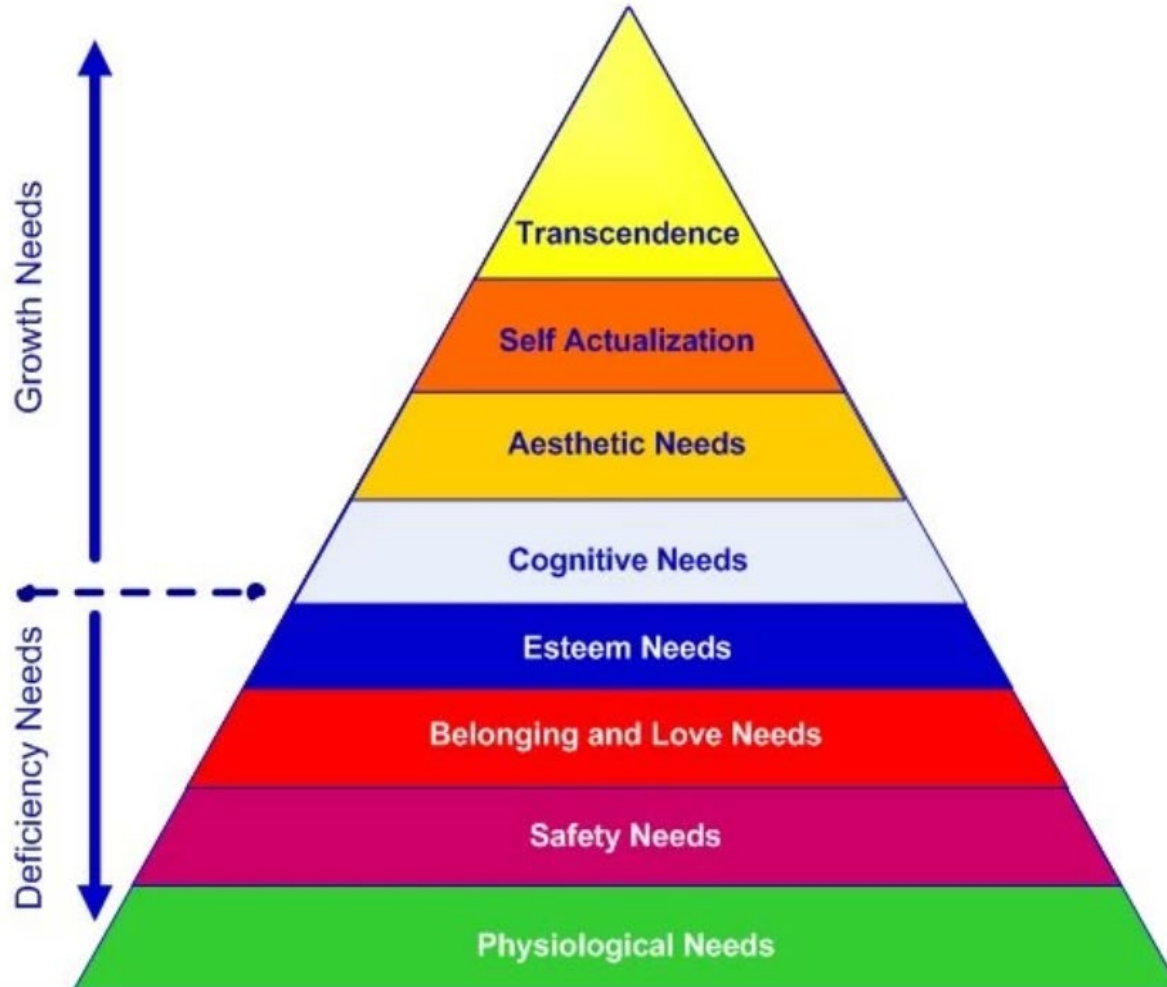


Discussions:

- **WHAT IS: Maslow's Pyramid - The Hierarchy of Needs Theory**

1960-1970: The expanded hierarchy of needs

MASLOW'S MOTIVATION MODEL

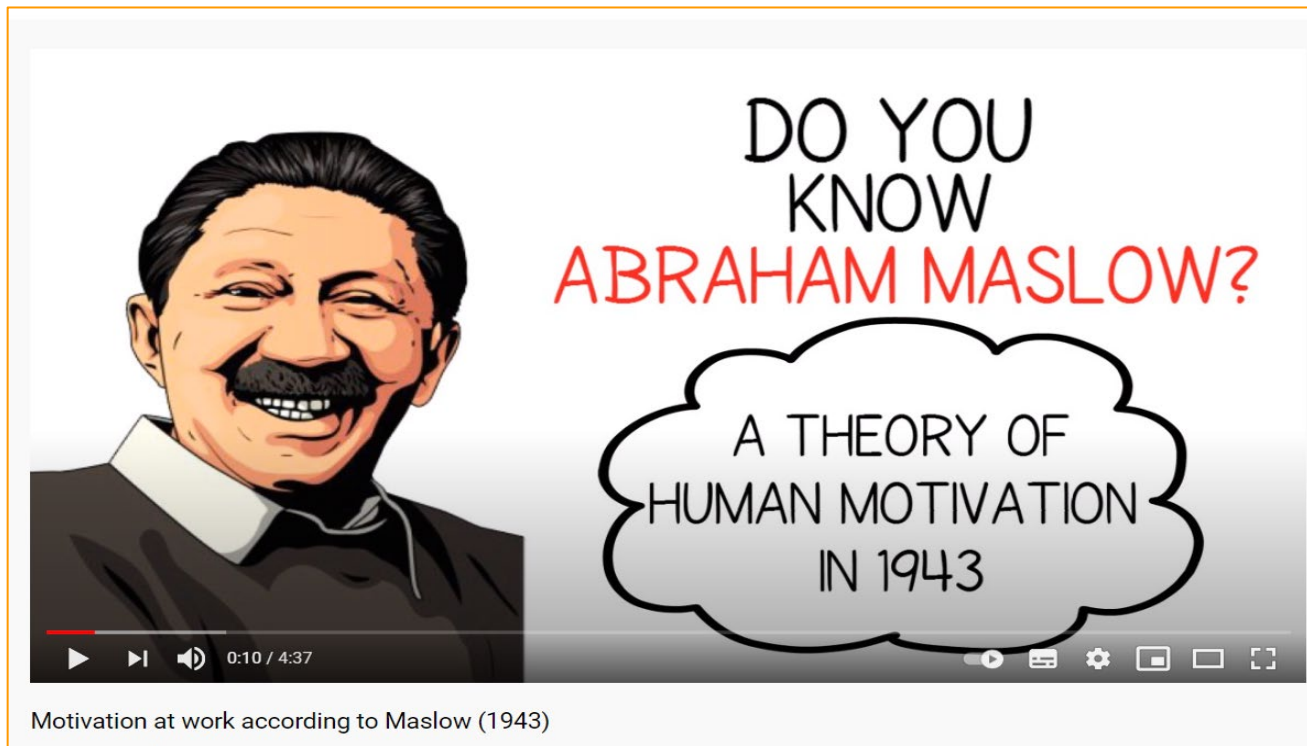


Break 10 min

Motivation at work according to Maslow (1943)

https://youtu.be/J_Ri9uy878E?t=10

https://www.youtube.com/watch?v=J_Ri9uy878E



The image shows a YouTube video player thumbnail. On the left is a cartoon illustration of Abraham Maslow, a man with a mustache, smiling. To his right, the text reads: "DO YOU KNOW ABRAHAM MASLOW?" with "ABRAHAM MASLOW?" in red. Below this, a speech bubble contains the text: "A THEORY OF HUMAN MOTIVATION IN 1943". At the bottom of the thumbnail, there is a video player interface with a play button, a progress bar showing 0:10 / 4:37, and various control icons.

Motivation at work according to Maslow (1943)

This is How to Feel Fulfilled: Advice From Abraham Maslow

<https://youtu.be/K2dK1wznsmo?t=8>



This is How to Feel Fulfilled: Advice From Abraham Maslow

Discussion:

- **Maslow's Hierarchy of Needs: Why It Still Matters in 2019?**

How to Make Your Face Features More Attractive and Better Looking Instantly

<https://youtu.be/pw6lx4sB6SU?t=205>

<https://youtu.be/pw6lx4sB6SU?t=10>



UNITED STATES

How to Make Your Face Features More Attractive and Better Looking Instantly

การดู 464,040 ครั้ง · 24 เม.ย. 2020

1.7 หนึ่ง 394 แชร์ บันทึกรายการ

How to make a GOOD FIRST IMPRESSION- Correct your BODY LANGUAGE MISTAKES

https://youtu.be/zydh3Zgd_Gg?t=58

https://youtu.be/zydh3Zgd_Gg



5 TIPS to make a killer FIRST IMPRESSION when you INTRODUCE YOURSELF

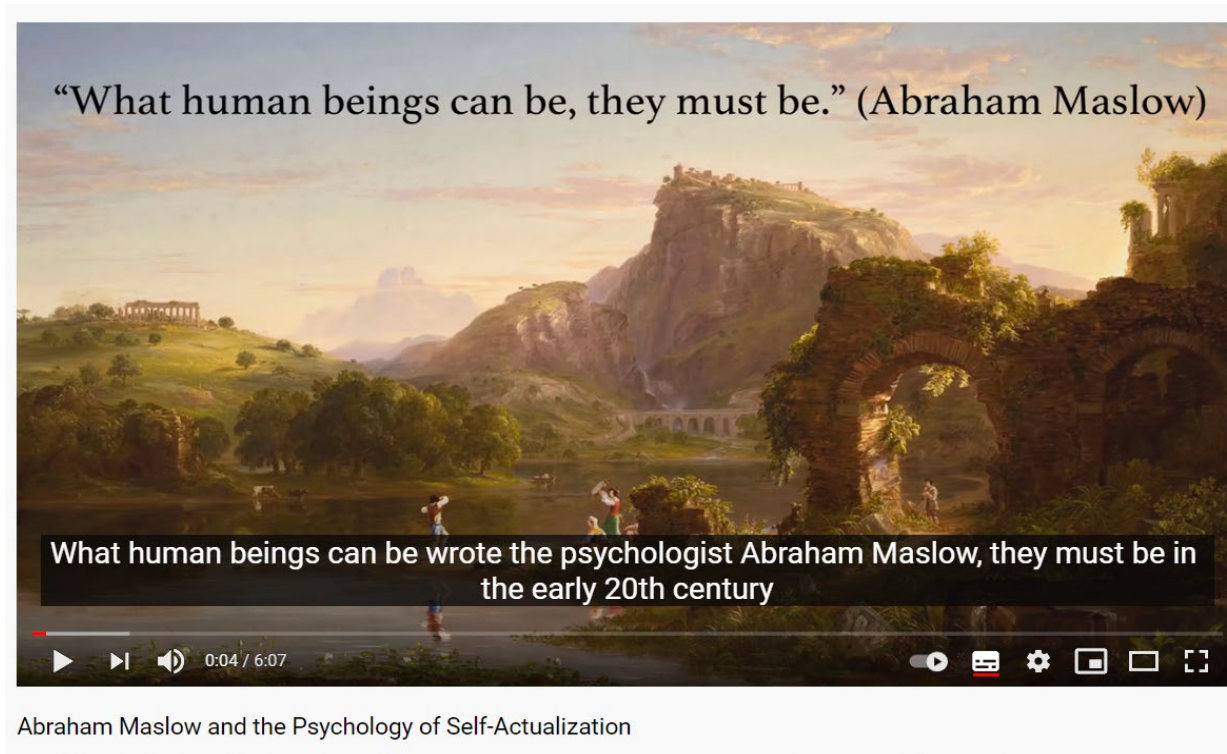
<https://www.youtube.com/watch?v=RU0f93849OY>

<https://youtu.be/RU0f93849OY>



Abraham Maslow and the Psychology of Self-Actualization

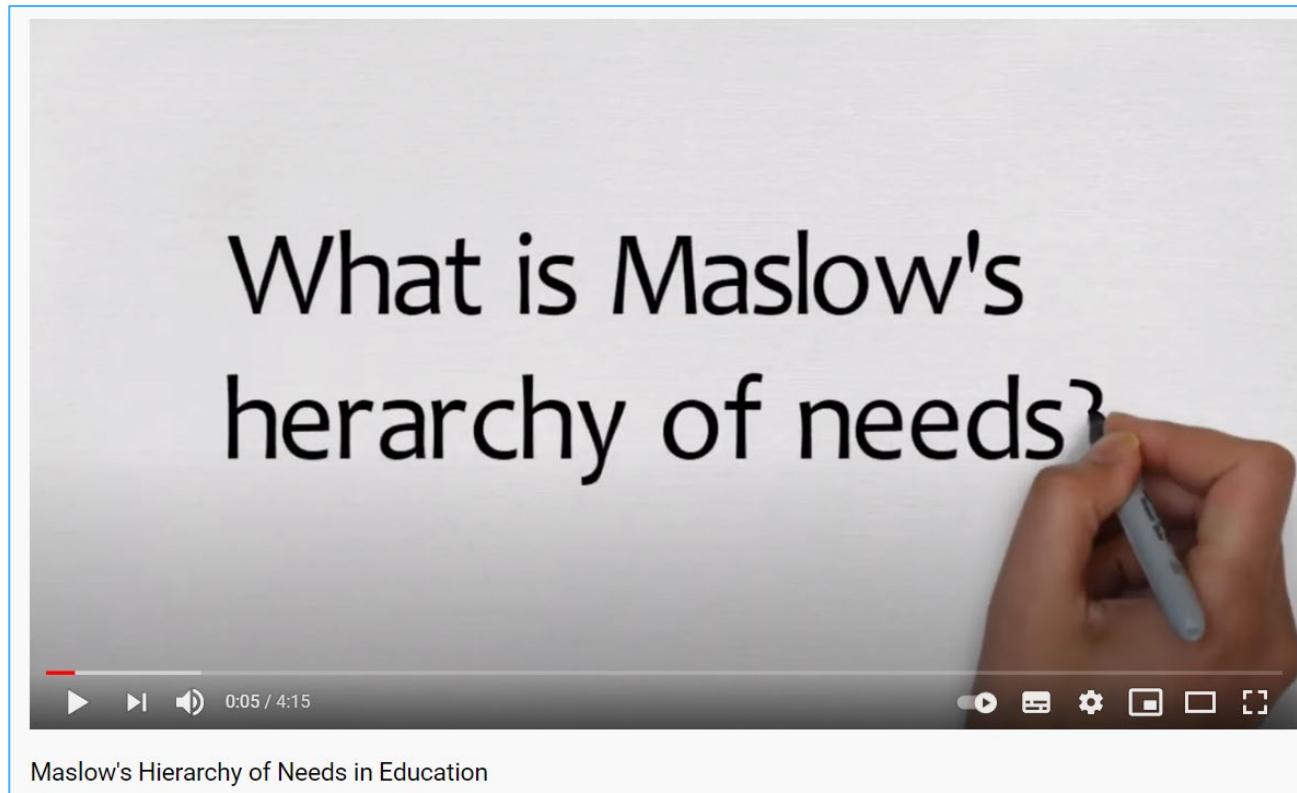
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What is Maslow's hierarchy of needs?

<https://youtu.be/ofjKQsgJz9k>

<https://youtu.be/ofjKQsgJz9k?t=5>

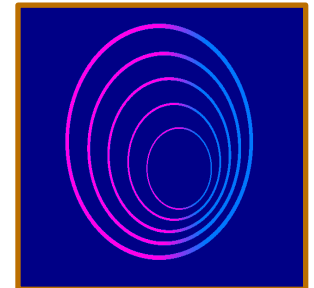


Maslow's Hierarchy of Needs in Education

Maslow's Hierarchy of Needs in Finding Nemo

<https://youtu.be/-purUOaUZtM?t=7>

<https://www.youtube.com/watch?v=-purUOaUZtM>



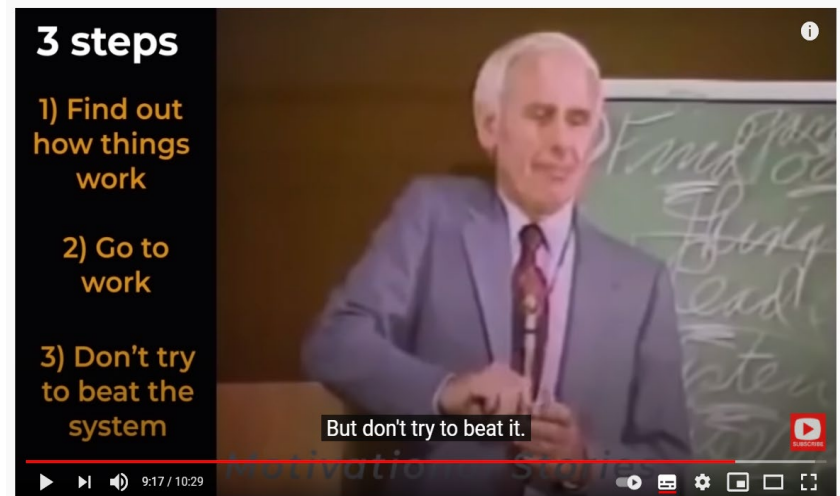
Maslow's Hierarchy of Needs in Finding Nemo

Assignments Week 4:

1. Answer: Quiz on
Maslow's Hierarchy of Needs Quiz
2. Select: one Video on the topic of
Maslow's Hierarchy of Needs Theory
Explain why you select this video.

3 Steps for a Brand New Life : Jim Rohn Speech on Personal Development

<https://youtu.be/ORIjy0WLPPs>





Thank You

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