

## Chapter 9 Project

### Purpose

College is challenging and requires quite a lot of adjustment. For example, a student may be faced with the challenge of balancing social life with academic responsibility or with dealing with the feelings of new roles and more complex relationships. In fact, college students may never be as aware of their own motivations and emotions until they are faced with some of these new situations. **The purpose of this project is to help you reflect on your own experiences as a college student, in light of psychological theories of motivation and emotion.**

### Part 1 – The Reflection

Reflect on the changes that you have experienced in coming to college, in the following four areas:

- relationships
- responsibilities
- independence
- identity

There is not a “right” way to reflect upon these categories; simply write at least 150 words for each one as you consider how these things changed for you when you became a college student. **Note: Read about the requirements in Part 2 before doing this.**

### Part 2 – The Application

For each of these reflections, choose one concept or theory from Chapter 9 that might help you better understand your student experience. You may choose any concepts or theories you like, though each one should apply to one of your four areas of reflection. When choosing your specific concepts or theories, you should be sure to cover each of the following categories:

9.1 Intrinsic Motivation AND Extrinsic Motivation (required)

9.1 Motivation (any, other than intrinsic and extrinsic motivation)

9.2 Hunger and Eating (any)

9.3 Emotion (any)

In 150+ words, apply one of each of the chosen concepts to one of your reflections. Your application should display deep understanding of that concept or theory. In total you will have four sets of 300+ word reflections and applications.

### Directions

There are three parts to this project:

**Part 1** - The Reflection

**Part 2** - The Application

**Part 3** - The Plan

## Part 3 – The Plan

To complete this project, you will first need to read and understand Chapter 9. Then, to begin, and to help you organize your writing, fill in this table to match your chosen concepts/theories to your reflections:

Theme of your reflection (150+ words)	Category (9.1 E/I Motivation, 9.1, 9.2, and 9.3)	Chosen concept or theory to apply to reflection (150+ words)
relationships		
responsibilities		
independence		
identity		

*\*Please submit this table along with your four reflections and applications.*

## Materials

None required.

### Checklist

- |  |   |
|--|---|
| <input type="checkbox"/> Reflection  | <input type="checkbox"/> connected to concept or theory     |
| <input type="checkbox"/> relationships (150+ words)  | <input type="checkbox"/> connected to relevant category     |
| <input type="checkbox"/> responsibilities (150+ words)   | <input type="checkbox"/> independence (150+ words)          |
| <input type="checkbox"/> independence (150+ words)   | <input type="checkbox"/> connected to concept or theory     |
| <input type="checkbox"/> identity (150+ words)   | <input type="checkbox"/> connected to relevant category     |
| <input type="checkbox"/> Application   | <input type="checkbox"/> identity (150+ words)              |
| <input type="checkbox"/> covers all of the given categories (9.1 E/I<br>Motivation, 9.1, 9.2, and 9.3) | <input type="checkbox"/> connected to concept or theory     |
| <input type="checkbox"/> relationships (150+ words)  | <input type="checkbox"/> connected to relevant category     |
| <input type="checkbox"/> connected to concept or theory  | <input type="checkbox"/> Plan                               |
| <input type="checkbox"/> connected to relevant category  | <input type="checkbox"/> complete and submit provided table |
| <input type="checkbox"/> responsibilities (150+ words)   |   |