Name: _____

Date: _____

MESOPOTAMIA
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ABRAHAM MASLOW'S HIERARCHY OF NEEDS

Abraham Maslow was a psychologist who explored what people need to lead satisfying lives. His research helps us understand how civilizations develop, and his ideas, called humanistic psychology, guide doctors, counselors, teachers, and other professionals who help people.

Abraham Maslow

Maslow studied what motivates people. He decided that people want to be happy and loving, but they often have unmet needs that prevent them from feeling satisfied. Maslow believed most of us want more than we have. Once we meet our most basic needs, we develop higher needs. Maslow said, "As one desire is satisfied, another pops up in its place."

Maslow created a Hierarchy of Needs—a pyramid with five levels. He argued that once lower-level needs are met, people move upward until they reach a stage he called "self-actualization." Here are the steps leading to that top level:

Physiological needs: These are biological necessities such as food, water, and oxygen. These needs are the strongest because a person cannot survive for long without them.

Safety needs: These are the needs that help people feel secure and protected in everyday life. They include safe housing, stability, and living in a community where people trust that laws and emergency services help keep them safe.

Love and belonging needs: These include the need to escape loneliness and isolation, to give and receive love, and to have a sense of belonging. Love and belonging needs are often met within a family or group of close friends.

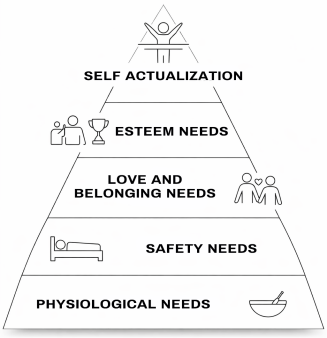
Esteem needs: These are the needs to feel proud of yourself and respected by others. When people do not meet their esteem needs, they may feel unimportant or lack confidence.

Self-actualization needs: Maslow taught that a very small group of people reaches a level called self-actualization, where their needs are met. Maslow described this state as a person finding their "calling." He said, "A musician must make music, an artist must paint, and a poet must write."

Maslow believed people move up and down the hierarchy—sometimes even in the same day. You argue with a friend, or something at home throws you off balance. At other times, everything seems to click, and you feel confident, focused, and fully yourself. Maslow called these powerful moments peak experiences, when people come closest to self-actualization.

Many people confuse self-actualization with fame or fortune, but often this is not the case. While wealthy or celebrated people might reach self-actualization, many people who have reached the highest level of happiness are unknown beyond their circle of family and friends.

According to Maslow's theory, people are motivated to improve their lives once their most basic needs are met. When people have enough food, feel safe, and live with some stability, they are more able to develop culture and build advanced civilizations.



Fill in the Blanks

Abraham Maslow was a psychologist who observed that humans will always w_____ more than they h_____. Maslow described a H__e__a__hy of N__e__s. He said the most elementary *h__m__n needs are f_____, water and o__y__e__. Once those b__s__c needs are met, Maslow said that h__m__ns seek s__f__ty.

According to Maslow, most people will always w_____ more than they have, but there are some rare exceptions. According to M_____, a s_____ group of people reach s_____-a__t__a__iz__i__n where they are completely h__p__y, and all of their n__e__s are met.

*higher order learning problem.

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Answer in complete sentences

*1. Refer to Maslow's hierarchy of needs. Describe at least three things that would keep you from being a good student if your most important needs were not met.

*2. Write a short sentence describing how you do meet or could meet each of Maslow's Hierarchy of Needs.

Physiological Needs:

Safety Needs:

Love and Belonging Needs:

Esteem Needs:

*3. What do you feel you need in order to reach self-actualization?

*4. Think of a famous person who you believe has reached self-actualization. Describe why you believe they have reached this state. (You might consider LeBron James, Greta Thunberg, Taylor Swift, Mark Rober or anyone else.)

*5. What would your parent need to reach self-actualization?
(You may ask a parent to write this answer for you. If a parent is not available, think of your best answer on your own.)

*This is a higher order learning question. You must answer the question to the best of your ability, but any reasonable answer will be graded as correct.