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Hierarchy Of Needs Worksheet

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Part 1: Building a Foundation

What is the first level of Maslow's Hierarchy of Needs?

Hint: Think about the most basic human requirements.

○ A) Safety Needs
○ B) Self-Esteem Needs
○ C) Physiological Needs
○ D) Love and Belongin Needs

Which of the following are considered physiological needs according to Maslow?

Hint: Identify the basic needs for survival.

☐ A) Food
☐ B) Friendship
☐ C) Water
☐ D) Security

Explain why physiological needs are considered the foundation of Maslow's Hierarchy of Needs.

Hint: Consider the role of basic survival in human motivation.

List the five levels of Maslow's Hierarchy of Needs in order from the most basic to the highest level.

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Hint: Think about the pyramid structure of needs.

1. 1st Level

2. 2nd Level

3. 3rd Level

4. 4th Level

5. 5th Level

Which need becomes a priority after physiological needs are satisfied?

Hint: Think about the next level of needs in the hierarchy.

◯ A) Self-Actualization
◯ B) Safety Needs
◯ C) Love and Belonginess
◯ D) Self-Esteem Needs

Part 2: Understanding and Application

How do safety needs differ from physiological needs?

Hint: Consider the nature of each type of need.

☐ A) Safety needs are more about emotional security.
☐ B) Safety needs are about basic survival.
☐ C) Safety needs include the need for food and water.
☐ D) Safety needs are not part of Maslow's hierarchy.

Describe how love and belonging needs influence human behavior in social settings.

Hint: Think about the role of relationships in motivation.

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[   ]

Which of the following actions would most likely help an individual achieve self-actualization?

Hint: Consider activities that promote personal growth.

○ A) Earning a promotion at work
○ B) Building strong friendships
○ C) Pursuing a personal passion or hobby
○ D) Saving money for future security

Provide an example of how an employer might address employees' safety needs in the workplace.

Hint: Think about policies or practices that ensure safety.

[   ]

Part 3: Analysis, Evaluation, and Creation

Analyze how unmet safety needs might impact an individual's ability to focus on self-esteem needs.

Hint: Consider the relationship between different levels of needs.

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> [text input area]

Which of the following scenarios best illustrates the interdependence of love and belonging needs with self-esteem needs?

Hint: Think about how relationships can affect self-worth.

☐ A) A person feels confident after receiving a promotion.

☐ B) A student excels academically due to a supportive peer group.

☐ C) An athlete trains alone to improve performance.

☐ D) An employee works overtime to secure a bonus.

Evaluate the effectiveness of Maslow's Hierarchy of Needs in explaining human motivation in modern society. Provide examples to support your argument.

Hint: Consider how the hierarchy applies to contemporary issues.

> [text input area]

Which of the following criticisms are often directed at Maslow's Hierarchy of Needs?

Hint: Think about the limitations of the model.

☐ A) It is too rigid and linear.

☐ B) It does not account for cultural differences.

☐ C) It is universally applicable without exceptions.

☐ D) It lacks empirical support.

Design a program or initiative that addresses all levels of Maslow's Hierarchy of Needs for a community group of your choice. Describe how each level will be fulfilled.

Hint: Think about a comprehensive approach to community support.

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