

**Maslow's Hierarchy of Needs**

**Point of This Assignment:** 1) To identify any needs you have that may be interfering with your ability to focus on school. 2) To help you prioritize your needs according to Maslow's Hierarchy of Needs Theory.

List below any issues, problems, needs, wants, or distractions that you are currently experiencing that can potentially distract you from pursuing your educational goals. These things should be things that are interfering with your ability to stay focused on this journey. These things can include lack of motivation, money problems, job, poor self-esteem, relationships, childcare issues, lack academic skills, transportation problems, and wanting to have fun, etc. *(You don't need to fill in every blank; just fill in as many as are appropriate.)*

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_
- 11) \_\_\_\_\_
- 12) \_\_\_\_\_
- 13) \_\_\_\_\_
- 14) \_\_\_\_\_

If necessary, list others on an additional sheet of paper

## Maslow's Hierarchy of Needs

Now, go back to your list of issues, problems or distractions, and decide which of the types of needs does this distraction fall under (1,2,3,4 or 5). If you are unsure where something may go, then ask yourself what that thing means to you. (Car = can mean #2-Safety and Security; #3-Popularity with friends; or #4-Ego – feel good about self). If an item represents more than one type of need, then list all that apply, but take note of which need is primary.

Once you have done that, then you will relist those issues, problems, and distractions on the list below based on the number you gave them. Start with your #1's (basic physiological) needs first, and then your security needs second, etc.

Note you could have any combination of all five levels of needs.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_
- 11) \_\_\_\_\_
- 12) \_\_\_\_\_
- 13) \_\_\_\_\_
- 14) \_\_\_\_\_

The application of Maslow's Hierarchy of Needs Theory in this class has three applications: 1) To help you register what often **drives** your values, actions, and decision-making processes. 2) As a student it can help you recognize what can potentially **interfere** with you achieving your goals. 3) To help you to **prioritize** your many life issues when they become overwhelming.

## Maslow's Hierarchy of Needs

Now that you have prioritized your issues, problems and distractions according to Maslow's Hierarchy of Needs Theory, you should be able to better focus where you should be spending your energy in solving your problems – consider starting by addressing those issues that are lowest on Maslow's triangle (#1s first, #2s second, etc.. If you ever find yourself feeling overwhelmed by multiple, simultaneous issues, using this approach can be helpful.

On another note, if you are not sure how to address the needs you listed above, please do not hesitate to ask for help.

### **Test your understanding:**

**What is the main point of this assignment?**

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**Why were you expected to do this exercise?**

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**What type of person would need to do this exercise?**

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**How well do you fit the profile of the person for whom this assignment was created?**

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**Reflection:** *(Write down your response after completing this assignment.)*

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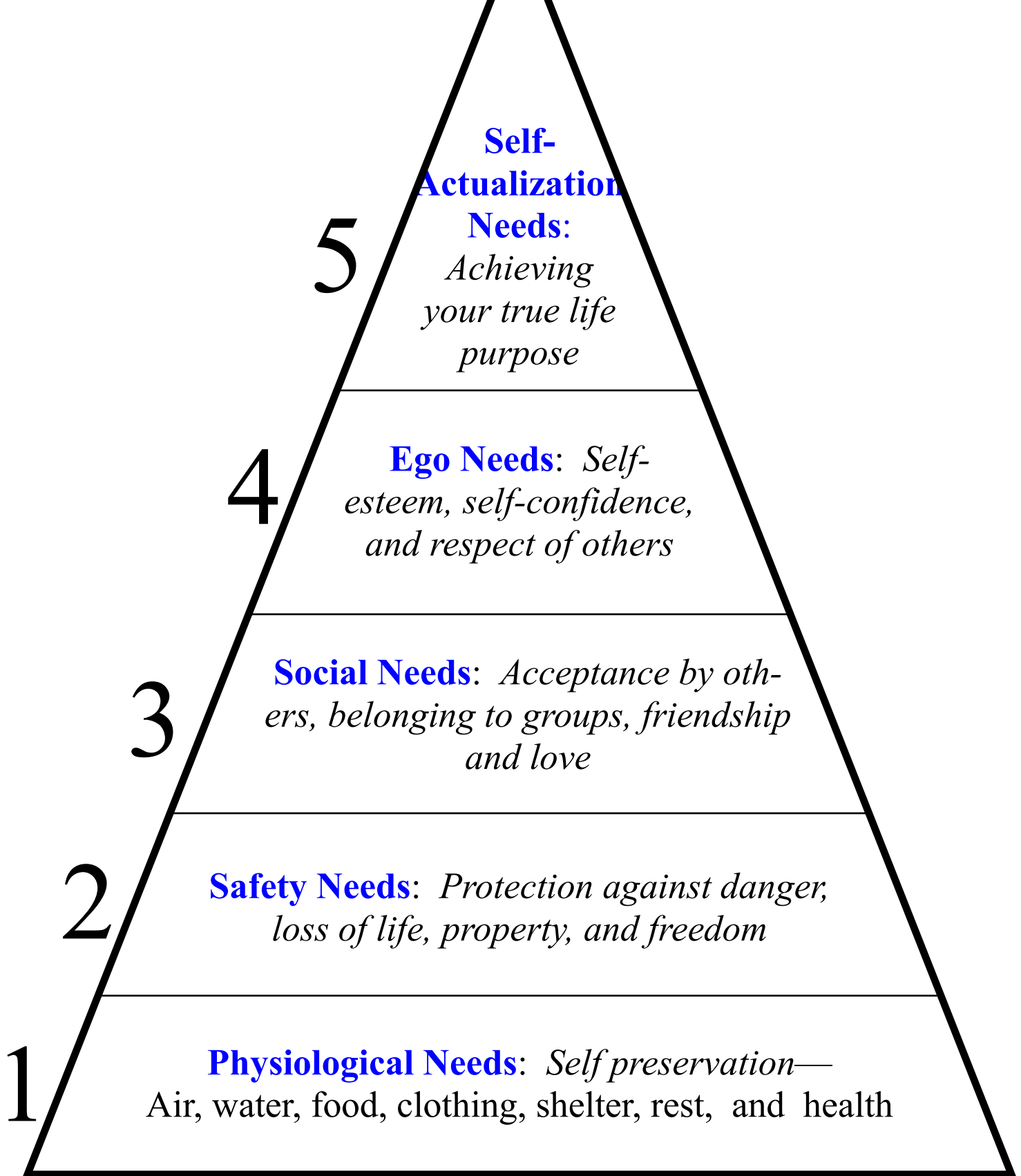
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# Maslow's Hierarchy-of-Needs Theory:

*(Needs must be met in order from bottom to top)*



1

**Physiological Needs:** *Self preservation—  
Air, water, food, clothing, shelter, rest, and health*

2

**Safety Needs:** *Protection against danger,  
loss of life, property, and freedom*

3

**Social Needs:** *Acceptance by oth-  
ers, belonging to groups, friendship  
and love*

4

**Ego Needs:** *Self-  
esteem, self-confidence,  
and respect of others*

5

**Self-  
Actualization  
Needs:** *Achieving  
your true life  
purpose*

# Herzberg's Theory of Motivation

According to  
*Maslow's Hierarchy-of-Needs Theory*

