Review sheet for Chapter 13: Humanism
What is the basic premise of Maslow's humanistic theory? How does it differ from theories we've looked at recently?

What does Maslow say about modern society through his theory?

What does Maslow mean by motivation? How does it relate to D-Needs and tension?

What does Maslow mean by metamotivation? How does it relate to B-Needs and tension?

What does Maslow mean by a "hierarchy" of needs? What are some consequences of moving from lower levels of the hierarchy to higher levels?

What is Maslow's hierarchy? Can you draw it? What do the various stages mean?

What do self-actualized people look like?

What is a "peak" experience? Who can have peak experiences?

What is the basic premise of Roger's theory? What does he mean by "phenomenology" and the "phenomenal field?"

According to Rogers' theory, how can individuals become actualized? What influences the process of actualization?

What is significant about the organistic valuing process?

According to Rogers, what is the self and self-concept?

What does Rogers mean by congruence and incongruence? How do we experience congruence and incongruence?

What are the two basic needs of children (you should know about conditions of worth here, etc.)?

What are the three most critical factors Rogers identified for therapeutic change?

What are the different modes of emotional communication?