

# MOTIVATION & EMOTION

independent work packet

**NOTE:**  
*Motivation & Emotion*  
**INDEPENDENT WORK PACKET**

**FACT OR FICTION**

Read each statement and determine whether it is a fact or a fiction. Write **F** for fact or **M** for fiction in the box next to each statement.

	F	M
1. Multiple-choice questions have more than one "right" answer.	<input type="checkbox"/>	<input type="checkbox"/>
2. Learning by rote is the best way to learn.	<input type="checkbox"/>	<input type="checkbox"/>
3. Research shows that people who are motivated learn more.	<input type="checkbox"/>	<input type="checkbox"/>
4. People who are motivated learn more quickly than those who are not.	<input type="checkbox"/>	<input type="checkbox"/>
5. People who are motivated learn more than those who are not.	<input type="checkbox"/>	<input type="checkbox"/>
6. People who are motivated learn more than those who are not.	<input type="checkbox"/>	<input type="checkbox"/>
7. People who are motivated learn more than those who are not.	<input type="checkbox"/>	<input type="checkbox"/>
8. People who are motivated learn more than those who are not.	<input type="checkbox"/>	<input type="checkbox"/>
9. People who are motivated learn more than those who are not.	<input type="checkbox"/>	<input type="checkbox"/>
10. People who are motivated learn more than those who are not.	<input type="checkbox"/>	<input type="checkbox"/>

**CROSSWORD REVIEW**

Fill in the crossword puzzle with the words from the list below.

Word List:  
1. A feeling of happiness or joy.  
2. A feeling of sadness or sorrow.  
3. A feeling of anger or rage.  
4. A feeling of surprise or shock.  
5. A feeling of fear or terror.  
6. A feeling of love or affection.  
7. A feeling of pride or satisfaction.  
8. A feeling of shame or embarrassment.  
9. A feeling of guilt or remorse.  
10. A feeling of hope or optimism.

**DEFINING TERMS**

Write your definition of the following terms in the space provided.

- 1. Motivation
- 2. Emotion
- 3. Affect
- 4. Moods
- 5. Personality
- 6. Attitudes
- 7. Self-concept
- 8. Self-esteem
- 9. Self-efficacy
- 10. Self-regulation

**PSYCHOLOGY IN COLOR**

Color the faces to show different emotions. Use the color key provided.

- 1. Happiness (Yellow)
- 2. Sadness (Blue)
- 3. Anger (Red)
- 4. Surprise (Green)
- 5. Fear (Purple)
- 6. Love (Pink)
- 7. Pride (Orange)
- 8. Shame (Light Blue)
- 9. Guilt (Light Green)
- 10. Hope (Light Yellow)

**WHY DIETS FAIL, EXPLAINED**

Read the passage and answer the questions.

1. Why do diets fail?  
2. How does the body regulate energy balance?  
3. What role does the brain play in energy balance?  
4. How does the body respond to energy imbalance?

9-PAGE PACKET WITH 5 ACTIVITIES AND KEYS



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# Motivation Learning Packet

**E Durkheim**



## **Motivation Learning Packet:**

## Unveiling the Magic of Words: A Review of "**Motivation Learning Packet**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Motivation Learning Packet**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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