

Encountering Maslow Documentary

Directions: Preview and answer the following questions while watching the short video.

1. What drew the documentarian, Jessica Grogan, to Abraham Maslow?
2. What are some of the characteristics that define Maslow? Feel free to write a list of adjectives. Come back to this question as more information is presented.
3. Why was Maslow in and out of love with Behaviorism?
4. What are *peak experiences*? Can you define a moment in your life that qualifies?
5. Explain the relationship between 1960's counterculture and Humanistic psychology.
6. What two things changed Maslow's academic focus and how was it changed?

Personality Test

Directions: On chromebooks, navigate to <https://sapa-project.org/>. Take and analyze the SAPA personality test using the questions and tasks below to guide your experience.

- ✓ Go over your personality test results. Read through the notes and COMPARE what the personality test states with your own "perceived" and "ideal" self (refer back to the journaling we did in class).
- ✓ Document the similarities and differences between the personality test and your own ideas of yourself.
- ✓ Try to find a person in the class that received results most similar to you. Discuss your results and the ways in which your personalities are similar.
- ✓ Lastly, answer the following question below:

Do you think this test gave an accurate result of who you are? Why or why not? Were you surprised by any of the findings?