

MES Terms to understand

motive
need
drive
instinct
homeostasis
self-actualization
obesity
stimulus motive
sensory deprivation
achievement motivation
performance goal
learning goal
extrinsic reward
intrinsic reward
cognitive consistency
balance theory
imbalance
nonbalance
cognitive dissonance theory
affiliation
emotion
opponent-process theory
stress
eustress
distress
stressor
approach-approach conflict
avoidance-avoidance conflict
multiple approach-avoidance conflict
self-efficacy expectation
general adaptation syndrome
defensive coping
active coping