Chapter 6

Studying Engineering
A Road Map to a Rewarding Career

Third Edition

The book engineering faculty have chosen for use in more than 300 college courses!
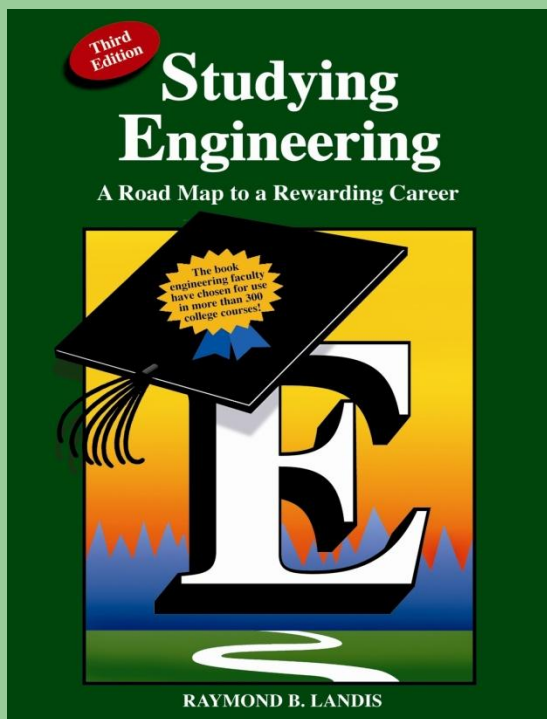
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Student Development

Lecture Overview

- Benefits of understanding yourself
- Maslow's hierarchy of needs
- Behavior modification as a process for change

Benefits

Assume your car breaks down and

You do not know anything about how it works

You'd have better chances of fixing your car

By taking it to someone who knows cars

Benefits

In order to continuously develop as a student,
You must first better understand yourself
To help yourself most effectively

Maslow's model

1908 – 1970

Motivation is an inner drive that causes you to act
This inner drive is propelled by our unconscious needs

Maslow's model

Physiological needs: Food, water, air, shelter, sleep, sex

Maslow's model

Safety and security: freedom from fear, order, certainty

Love and belonging: family and friends

Self-esteem

Appreciating my own worth and importance and having the character to be accountable for myself and to act responsibly toward others

Self-esteem

Self-efficacy is to feel capable of producing a desired result
Confidence in the functioning of your mind:
to think, understand, learn and make decisions

Self-respect is sense of personal worth
Confidence in your right to live and be happy,
in being worthy of the rewards and respect

Self-esteem

Poor self-esteem correlates with:

Irrationality	Blindness to reality
Rigidity	Fear of new and unfamiliar
Rebelliousness	Inappropriate conformity
Defensiveness	Over-controlling behavior
Fear of others	Hostility toward others

Self-esteem

High self-esteem seeks the challenge and stimulation of worthwhile and demanding goals

Low self-esteem seeks the safety of the familiar and the undemanding
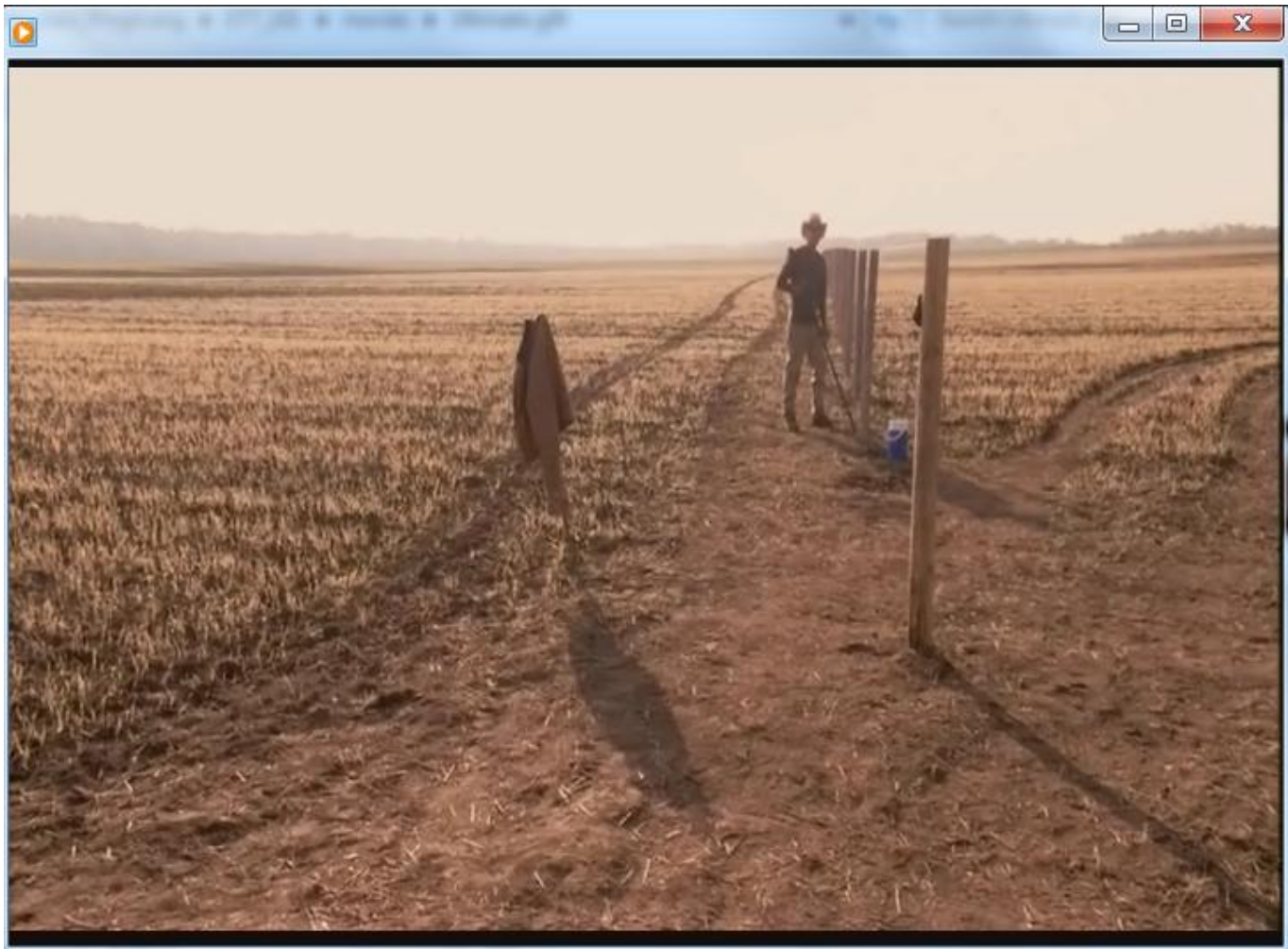
Self-actualization

Behavior modification

Choose productive actions in support of personal goals

Change negative thoughts to positive in support of those actions

You will feel more positive about yourself and your life with time

Behavior modification

Group Work

Reflect on how your success affects your self-esteem, and how your self-esteem affects your success

- Show concrete examples from
  - Your personal experience
  - Observations of others
  - Movies and other media
- How can you make motivation driven by the need in self-esteem to work for you?