Assignment 3

1. **Provide one example of intrinsic motivation and one example of extrinsic motivation.**
   1. Intrinsic motivation: community service
   2. Extrinsic motivation: wanting to look like a model
2. **How do physical, tangible rewards typically affect intrinsic motivation?**
   1. Intrinsic motivation is diminished when extrinsic motivation is given
3. **What is at the base of Maslow’s hierarchy of needs?**
   1. Physiological needs, etc. food, water, shelter, warmth
4. **What is satiation?**
   1. When someone has eaten and feel full and satisfied
5. **What role does leptin play in hunger?**
   1. Leptin releases a satiety hormone, telling your body that you are full
6. **What is the difference between bulimia nervosa and anorexia nervosa?**
   1. Bulimia is when people binge eat then attempt to make themselves throw up, and anorexia nervosa is maintaining a body weight well below average through starvation
7. **True or false? BMI is extremely useful in assessing individuals.**
   1. false
8. **Damage to which areas of the brain typically reduce sexual motivation?**
   1. Amygdala and nucleus accumbens
9. **What is the difference between gender identity and sexual orientation?**
   1. Sexual orientation is the emotional and erotic attraction towards another individual and gender identity refers to one’s sense of being male or female.