

PACE Cornell Notes

Topic: Maslow's hierarchy of needs  
 Questions/Main Ideas

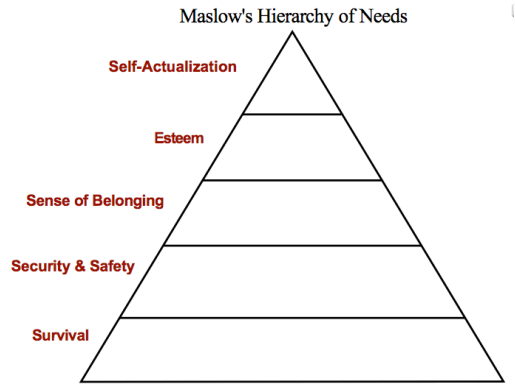
Name:

Date:

Period:

NOTES

Read pages 56-58 in your book and explain how Maslow's Triangle works.



Where Are You Now?

**Survival**

- Do you have enough food and water to survive? **Yes No**
- Do you have a place to live? **Yes No**
- Do you have enough clothes to keep you warm? **Yes No**

**Security & Safety**

- Do you feel safe? **Yes No**
- Do you feel secure? **Yes No**

**Sense of Belonging**

- Do you feel you belong somewhere? **Yes No**
- Do you feel loved? **Yes No**

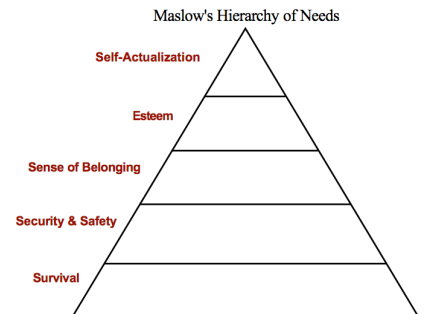
**Self-Esteem**

- Do you feel good about yourself? **Yes No**
- Do you feel worthwhile or valuable as a human being? **Yes No**

**Self-Actualization**

- Do you feel accomplished? **Yes No**
- Do you feel mature? **Yes No**
- Do you trust your judgement? **Yes No**
- Do you feel in control of your life? **Yes No**

Please fill in the triangle based on your answers above.



Summary: What does Maslow's hierarchy of needs tell us about a person's life?

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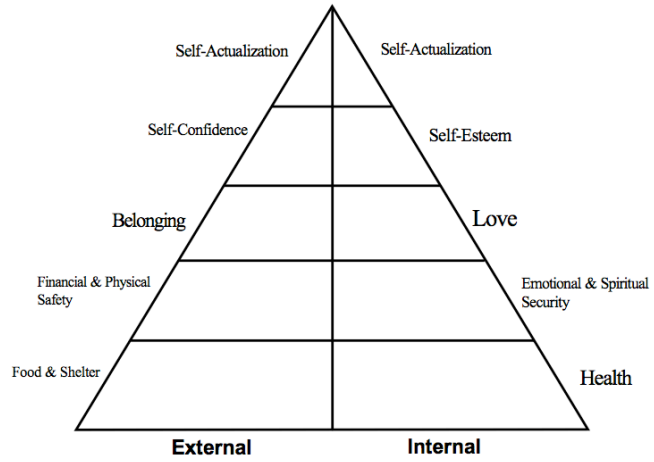
Topic: Modified Maslow  
Questions/Main Ideas

Name:

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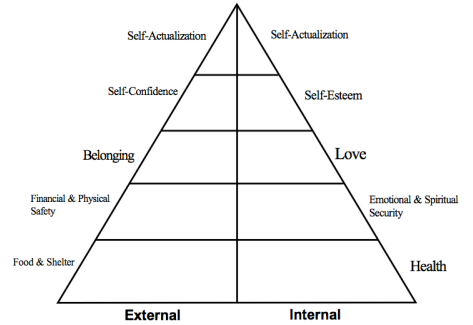
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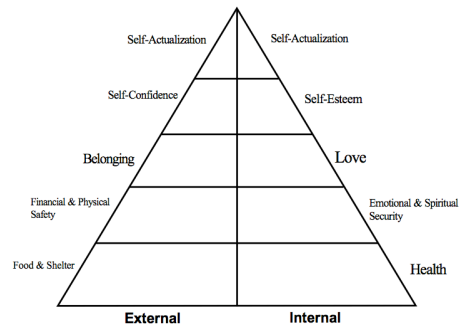
Read pages 66 & 67 and explain the difference between the regular Maslow and the modified Maslow?

Read through the scenarios on page 68 and then complete the triangles for Joanie on page 69 below

Joanie at age 25 (explain your answer below)



Joanie at age 30 (explain your answer below)



Summary: What did you learn about Maslow's hierarchy today?