Choices After Dark

Trace what drives choices and shapes emotions

PS.6 "Evaluate influences, perspectives, and domains of motivation and emotion. Explain biological, cognitive, and social factors that influence motivation. Compare the predominant theories of motivation including drive-reduction..."

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Number five explanations of motivation in paragraph 1, underline a body response and a thought in paragraph 2, and circle the three social influences on choices in paragraph 3.

The Fundraiser Walk

1. At a school fundraiser, Maya considers joining a nighttime trail walk. She has skipped dinner, so hunger pushes her toward the snack tent; eating would reduce that bodily drive. She also wants to choose her own route, master a difficult course, and feel connected to her friends. Those needs for autonomy, competence, and belonging fit self-determination theory. An instinct account might point to an inherited tendency to avoid sudden threats, though it cannot explain every choice she makes. Maya faces an approach-avoidance conflict: leading the walk sounds rewarding but also stressful. Her friend Luis enjoys the trail's uncertainty, a pattern that fits sensation-seeking.

2. Halfway along the trail, a branch cracks behind Maya. Her heart races and her muscles tense as her nervous system prepares to respond. She thinks, "A person is following me," and feels fear. When a volunteer steps into view and points to the fallen branch, Maya reinterprets the noise as harmless and begins to relax. The bodily reaction is a biological component of emotion; her interpretation is a cognitive component. In the dark setting, the same sound seems more threatening than it might at noon. Fear narrows Maya's attention to possible danger, but relief lets her notice the route markers again.

3. At the next checkpoint, a volunteer asks students to take a longer route to raise more money. She argues that each extra mile earns more pledged donations, an attempt to persuade them with a reason. Most walkers immediately agree, so Maya considers agreeing too, even though she is tired; that pull toward the group's choice is conformity. Then the adult event director tells the walkers they must use the marked short route because rain is coming. Following that instruction would be obedience to an authority, not conformity. Maya feels relieved, while Luis feels disappointed. Their different goals shape their emotions about the same decision.

2 ANSWER WITH EVIDENCE

Use the passage

1. How do drive-reduction and self-determination theory explain different reasons Maya might act?

2. How does Maya's conflict about leading differ from Luis's sensation-seeking?

3. How do Maya's body and her interpretation of the sound shape her emotion and attention?

4. At the checkpoint, what makes the volunteer's appeal persuasion, Maya's pull to agree conformity, and following the director obedience?

3 YOUR TURN

Your own words

Invent a decision a teen faces outside this fundraiser. In five or six sentences, explain how two different motivation theories, one bodily reaction, one interpretation, and one social influence could shape the teen's feelings or actions.

Choices After Dark

PART 1 · READ AND MARK

Number five explanations of motivation in paragraph 1, underline a body response and a thought in paragraph 2, and circle the three social influences on choices in paragraph 3. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	How do drive-reduction and self-determination theory explain different reasons Maya might act?	**Drive-reduction explains her desire to eat because food would reduce hunger. Self-determination theory explains her wish to choose a route, master the course, and connect with friends.**
2	How does Maya's conflict about leading differ from Luis's sensation-seeking?	**Maya sees leading as both rewarding and stressful, while Luis is drawn to the trail's uncertainty.**
3	How do Maya's body and her interpretation of the sound shape her emotion and attention?	**Her racing heart and tense muscles accompany fear when she thinks someone is following her, focusing her attention on danger. After she recognizes a harmless cause, she relaxes and notices the route markers.**
4	At the checkpoint, what makes the volunteer's appeal persuasion, Maya's pull to agree conformity, and following the director obedience?	**The volunteer offers a reason to take the longer route. Maya considers agreeing because most walkers do. Following the director's instruction would mean obeying an authority.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

Before an open-mic night, Jordan is hungry, so the urge to eat before performing fits drive-reduction theory. Jordan also wants to choose a song and improve as a singer, which fits self-determination theory. As Jordan waits, a racing heart adds to the feeling of anxiety. Jordan thinks the audience will laugh, making the stage seem threatening. When several friends sign up, Jordan feels pressure to follow them, an example of conformity. After an audience member smiles, Jordan rethinks the situation and decides to perform.

Accept other accurate evidence from the passage in Part 2. For Part 3, accept any new scenario that accurately connects two distinct motivation theories, a bodily reaction, an interpretation, and a social influence to feelings or actions.