

Week 3 Assignment



Assignment: Analyzing Humanistic Theories

Think about words that relate to the term *humanistic*. There is *human*, of course. There are also *humanity* and *humane*. Consider how these words offer powerful clues to what humanistic theories explore and the views of people and personality they present.

From your work in Week 2 and the information you have gained in this week's studies, you should know there are profound differences between psychoanalytic theories that perceive people as driven by internal conflicts and humanistic theories that see people in a different—and kinder—light. Yet how do humanistic theories help us understand human behavior and what it means to be human—in mind, body, and spirit? In this Assignment, you will analyze the contributions of humanistic theories and the two humanists you have studied, Carl Rogers and Abraham Maslow. You will also consider whether and how those theories align with your own thinking about people, particularly in terms of how individuals achieve their potential, and think about how you might apply humanistic theories in your present relationships and future career.

To prepare:

- Review the information on Rogers and Maslow in this week's Learning Resources, including the media selection, *Measuring What Makes Life Worthwhile*.
- Consider key contributions by both Rogers and Maslow to humanistic theory.
- Reflect on your ideas about achieving one's potential and what represents success to you, including how the culture in which you were raised influenced your ideas and any changes in your present thinking.
- Consider the theorist, Rogers or Maslow, whose ideas are closest to your own.
- Consider the role of humanistic theories in guiding your interactions with others, both personally and in your future profession.

Submit by Day 7 of Week 3 a 2- to 3-page paper that addresses the following:

- Analyze the most important contributions to humanistic theory by Maslow and Rogers and explain your reasoning.
- Analyze your own process of self-actualization (i.e., achieving personal potential) and comment on how your ideas about your potential have developed over time. In your answer, explain the concept of success in the culture in which you were raised and discuss whether your own concept of success aligns with that culture and what has influenced any shifts you have made.
- Explain how you could use humanistic theories and concepts to help others, both professionally and in your personal life with family and friends. In your answer, explain which theorist (Maslow or Rogers) you align with most and why.

Note: Support the responses within your Assignment with evidence from the assigned Learning Resources. Provide a reference list for resources you used for this Assignment.