

Abraham Maslow



- He was smart, but shy, and remembered his childhood as lonely and rather unhappy. Maslow was diagnosed as “mentally unstable” by a psychologist. Fled Czarist Russia for NYC only to face anti-Semitism in his neighborhood. Eventually studied psychology in graduate school after several failed attempts at undergraduate colleges.
- He began investigating primate dominance behavior.
- He found two mentors whom he admired both professionally and personally. These two were so accomplished, and such "wonderful human beings," that Maslow began taking notes about them and their behavior.
- This would be the basis of his lifelong research and thinking about mental health and human potential.

Maslow's Hierarchy of Needs

- Our actions are motivated in order to achieve certain needs.
- Can you name all the needs under each category?
- Why is the fulfillment of these needs so important?
- What could take place if someone denied us these needs?

