

Working When You Don't Feel Like It

1. Imagine that you will be paid one million dollars for participating in a science experiment for two hours. During that two hours, you will be subjected to the most intense pain imaginable. No permanent damage will be done. Would you do it? Why or why not?

What if you would have no memory of the pain after you are finished (apart from the million dollars, of course)? Would you do it?

What if you had only a 50/50 chance of winning the million dollars?

What if the million dollars would be paid twenty years after the experiment?

What if the million dollars was paid today, but the experiment would take place in twenty years?

2. Keep your responses to the scenario above in mind and answer these questions:

What motivates you more: positive or negative motivations?

What are three things you enjoy? Be specific.

What are three things you do your best to avoid? Be specific.

3. Maria is an East Central College student who wants to be a nurse like her favorite aunt. For her degree, she is required to take a certain chemistry course. She is struggling in the course and feels hopelessly lost. She thinks that she has a high "D" in the course, but she needs at least a C for her degree. When the professor lectures, she can't understand what she means. She has a test in two days, and she knows she needs to study, but just looking at her chemistry books and notes fills her with fear and frustration.