

3. What is the basic idea behind Maslow's theory of needs (as depicted in the 5 levels on a pyramid) and how does his theory impact the development of relationships?
4. In order from the bottom of Maslow's pyramid to the top, list the categories of the need levels.
5. Define self-actualization.
6. What is one area of "safety" that has to be in place for us to feel comfortable in the "safety" level of need according to Maslow?
7. What is the difference between the "intensifying" stage and the "integrating" stage of Knapp's 10 Relational Stages model of understanding how relationships develop and then deteriorate?
8. List two of the most common topics of conflicts between two individuals in a relationship.

(ESSAY QUESTIONS)

9. The PowerPoints mention 23 qualities of a good relationship. Those 23 qualities will all be listed on the exam. You will be asked to write an essay about seven of those qualities that you relate to in terms of your past personal experiences with relationships or observations of the relationships of people you are close to. In that essay, you will be expected to discuss the rationale for including those qualities on your list of qualities of a good relationship.
10. Of those same 23 qualities of a good relationship, pick out 5 of those qualities that can be useful for achieving academic success at Berkeley. Then be prepared to write an essay that discusses how a student can apply each of those qualities to help them progress toward graduation.