

Unit 4: Study Guide

States of Consciousness

In this unit, students are introduced to research information on different states of consciousness. A key is understanding consciousness and what it encompasses. An emphasis is on the REM and nREM stages of sleep, including examining sleep disorders. We will also learn about hypnosis, meditation, biofeedback, substances, and daydreaming.

CR5: The course provides instruction in states of consciousness

Text: Chapter 7 (pp. 271 – 310)
Student Resources: Flashcards from text www.worthpublishers.com/myers8e
 Nat'l sleep foundation www.sleepfoundation.org/
To Sleep, No Doubt to Dream, Forty Studies, pp. 41 – 47
Timeline: 2 days

An emphasis on

- Sleep and Dreaming
- Hypnosis
- Psychological and Physical Addictions
- (2 – 4 % of multiple choice)

Key Terms

Consciousness	Chronobiology	Biological Rhythms
CortisolMelatonin	Circadian Rhythms	free Running
Cycles Entrainment	Social Entrainment	Restorative Theory
Twilight State	Night Terrors	R.E.M. (Paradoxical Sleep)
Hallucinations	Sleep Deprivation	Beta Waves
Alpha Waves	Theta Waves	Delta Waves
Insomnia	Hypersomnia	Narcolepsy
Sleep Apnea	Incubus Attacks	Somnambulism (Sleep Walking)
Somnilloquy (Sleep Talking)	Dream	Manifest Content
Latent Content	R.E.M. Rebound	Hypnosis
Hidden Observer Posthypnotic	Amnesia	Posthypnotic Suggestion
Dissociation	Psychoactive Drug	Tolerance
Withdrawal	Physical Dependence	Depressants
Psychological Dependence	Stimulants	Hallucinogens
Barbiturates	Opiates	Amphetamines
Ecstasy	LSD	THC
Near-Death Experience	Memory Consolidation Theory	
Adaptive Non-Responding Theory		

Key People

William Dement	___	Sigmund Freud*	___
J. Allan Hobson and Robert W. McCarley	___	Ernest Hilgard	___
Eugene Aserinsky and Nathaniel Kleitman*	___	Anton Mesmer*	___
Martin Orne and Frederick Evans	___		

- A. All dreams are the fulfillment of wishes
- B. The EEG helped us discover REM which is A-OK!
- C. Look into my eyes and you'll see my "animal magnetism"
- D. Nate and Gene gave me sleep info that I'm currently expanding on
- E. Hypnosis can cause us to divide our awareness of external stimuli
- F. Put your hand in the acid. Woa, you really did it!
- G. We synthesize that REM activates random visual memories

Myers' Psychology Text Reading Guide Questions
Unit 4: States of Consciousness

Pages 271 – 289

1. Differentiate Biological Rhythms from Circadian Rhythms.
2. Appreciate the contributions of early sleep researchers like Eugene Aserinsky, Nathaniel Kleitman, William Dement, and Sigmund Freud.
3. Understand the various sleep disorders, including sleepwalking, nightmares, and night terrors.
4. What are lucid dreams, manifest content, and latency content?

Pages 290 – 310

* Notes provided for the kids

1. What was the role of Anton Mesmer in the development of hypnosis?
2. Differentiate psychological from physical dependence.
3. Regarding depressants, stimulants, and hallucinogens: how do each effect neural activity? Provide three examples of each.
4. Distinguish Dualism from Monism in the mind-body connection.

Pages 473 – 493

1. Identify role of metabolism, taste preferences, and hunger in biological motives.
2. What were the roles of Alfred Kinsey and Masters & Johnson in the understanding of sexual motivation?
3. What are the four stages of the sexual response cycle?

Pages 495 – 510

1. Differentiate job, career, and calling.
2. What is achievement motivation and flow?
3. Distinguish task leadership from social leadership. Theory X from Theory Y leaders.
4. What is ostracism?

Pages 513 – 531

1. What is the role of the brain's amygdala in our emotions?
2. What is two-factor theory?
3. What was Paul Ekman's study about emotions?

Learning Outcomes (from the Myers text – Chapter 7: States of Consciousness)

1. Discuss the history of psychology's study of consciousness, and contrast conscious and unconscious information processing.
2. Distinguish four types of biological rhythms, and give an example of each.
3. Describe the cycle of our circadian rhythm, and identify some events that can disrupt this biological clock.
4. List the stages of the sleep cycle, and explain how they differ.
5. Explain why sleep patterns and duration vary from person to person.
6. Discuss several risks associated with sleep deprivation.
7. Identify four theories of why we sleep.
8. Identify the major sleep disorders.
9. Describe the most common content of dreams.
10. Compare the major perspectives on why we dream.
11. Define *hypnosis*, and note some similarities between the behavior of hypnotized people and that of motivated un hypnotized people.
12. Discuss the characteristics of people who are susceptible to hypnosis, and evaluate claims that hypnosis can influence people's memory, will, health, and pain perception.
13. Give arguments for and against hypnosis as an altered state of consciousness.
14. Define *psychoactive drug*.
15. Discuss the nature of drug dependence, and identify three common misconceptions about addiction.
16. Name the main categories of psychoactive drugs, and list three ways these substances can interfere with neurotransmission in the brain.
17. Explain how depressants affect nervous system activity and behavior, and summarize the findings on alcohol use and abuse.
18. Identify the major stimulants, and explain how they affect neural activity and behavior.
19. Describe the physiological and psychological effects of hallucinogens, and summarize the effects of LSD and marijuana.
20. Discuss the biological, psychological, and social-cultural contributions to drug use.
21. Describe the near-death experience and the controversy over whether it provides evidence for a mind-body dualism.