

# AP Psychology - Unit 5 Assignment

## **States of Consciousness**

**Big Questions:** What is consciousness? How might knowledge of consciousness help increase our quality of life?

### **States of Consciousness Objectives:**

- *Discuss the different levels of information processing.*
- *Describe the cyclical nature of sleep.*
- *Discuss possible functions of sleep and the effects of sleep deprivation.*
- *Identify and describe major sleep disorders.*
- *Describe the normal content of dreams.*
- *Discuss the possible functions of dreams as revealed in various theories.*
- *Define hypnosis and discuss several popular misconceptions about hypnosis.*
- *Discuss the controversy over whether hypnosis is an altered state of consciousness.*
- *Discuss the physical and psychological effects common to all psychoactive drugs and state three common misconceptions about addiction.*
- *Describe the physiological and psychological effects of depressants, stimulants, and hallucinogens.*
- *Discuss the biological, psychological, and social roots of drug use.*
- *Describe the near-death experience and the controversy of the separability of mind and body and the debate between dualists and monists.*

### States of Consciousness Overview

Consciousness—our awareness of ourselves and our environment—can be experienced in various states. The Consciousness chapter examines not only waking consciousness, but also covers sleep and dreaming, daydreaming, fantasies, hypnotic states, drug-altered states, and near-death experiences.

Most of the terminology in this chapter is introduced in the sections on Sleep and Dreams and on Drugs and Consciousness. Among the issues discussed in the chapter are why we sleep and dream, whether hypnosis is a unique state of consciousness, and possible psychological and social roots of drug use.

### **Unit 5 Reading Assignments:**

Find your textbook listed below and read the pages listed; there may be a pop quiz that follows the reading. You are responsible for it!

- **OpenStax Psychology Textbook:** Chapter 4 (Posted on Class Website)

## Unit 5 Vocabulary Terms & Flip Book

Psychology is a term heavy course; you are responsible for the terms below. You will have a vocabulary quiz every other unit. For the quiz I will pull terms from the Unit vocabulary lists.

**Unit 5 Flip Book:** Each term should be on its own card. Each card will have the term thoroughly and clearly defined on the back. Each card will be taped into a manila folder and turned in the day of the unit test.

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|-----------------------------|------------------------------|
| 1. Consciousness            | 19. Dissociation             |
| 2. Circadian Rhythm         | 20. Psychoactive Drug        |
| 3. REM Sleep                | 21. Tolerance                |
| 4. Alpha Waves              | 22. Withdrawal               |
| 5. Sleep                    | 23. Physical Dependence      |
| 6. Hallucinations           | 24. Psychological Dependence |
| 7. Delta Waves              | 25. Addiction                |
| 8. NREM Sleep               | 26. Depressants              |
| 9. Insomnia                 | 27. Barbiturates             |
| 10. Narcolepsy              | 28. Opiates                  |
| 11. Sleep Apnea             | 29. Stimulants               |
| 12. Night Terrors           | 30. Amphetamines             |
| 13. Dreams                  | 31. Methamphetamine          |
| 14. Manifest Content        | 32. Ecstasy (MDMA)           |
| 15. Latent Content          | 33. Hallucinogens            |
| 16. REM Rebound             | 34. LSD                      |
| 17. Hypnosis                | 35. Near-Death Experience    |
| 18. Posthypnotic Suggestion | 36. THC                      |