

AP Psychology - Unit 5 Assignment

Altered 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 Assignment(s)

You are responsible for the reading listed below; it is meant to supplement the material discussed in class I cannot teach you everything. You should skim the chapter after we finish going over the different parts, and take notes on anything we did not cover

- **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 unit. For the quiz I will pull terms from the Unit vocabulary lists. **The vocabulary flipbook will be worth 10 points of your test grade.**

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, numbered, and turned in the day of the unit test.

COUSCIOUSNESS / SLEEP

1. Consciousness
2. Circadian Rhythm
3. REM Sleep
4. Alpha Waves
5. Sleep
6. Delta Waves
7. NREM Sleep
8. Insomnia
9. Narcolepsy
10. Sleep Apnea
11. Night Terrors
12. Dreams
13. Manifest Content
14. Latent Content
15. REM Rebound
16. Activation Synthesis Hypothesis

HYPNOSIS

17. Hypnosis
18. Posthypnotic Suggestion
19. Dissociation
20. Meditation

DRUGS

21. Hallucinations
22. Psychoactive Drug
23. Tolerance
24. Withdrawal
25. Physical Dependence
26. Psychological Dependence
27. Addiction
28. Depressants
29. Barbiturates
30. Opiates
31. Stimulants
32. Amphetamines
33. Methamphetamine
34. Ecstasy (MDMA)
35. Hallucinogens
36. LSD
37. Near-Death Experience
38. THC

Part II - AP Questions

Directions: Thoroughly answer the following questions. All answers **MUST** be handwritten in complete sentences and in your own words.

SLEEP

1. How many hours of sleep per night do you usually get? How many SHOULD you be getting? **What are potential negative effects of sleep deprivation?**
2. Pick two of the sleep theories you think are most valid (are most likely true). **Describe the two and indicate why you chose those two.**
3. Pick one sleep disorder that you, a family member, or a friend has, and describe it. How does this sleep disorder affect their life? If you don't know anyone with a sleep disorder, pick one at random to describe and hypothesize at how it would affect their life.
4. Think of your most memorable dream that you can remember. Using three (3) of the dream theories, describe each theory and then apply it to analyzing your dream as best you can.

DRUGS

5. What are the three main categories of psychoactive drugs? **What are the main characteristics of each category? Cite at least one (1) specific drug that falls under each category.**

Part III - Student Choice

Choice A: Personal Connection/Impact

Type a brief description concerning an experience, memory, story, event, etc. that connects to key concepts associated with the unit. Relevant vocabulary must be properly utilized throughout and responses must connect in a coherent and logical manner.

The purpose of this assignment is to build personal connections with course content to your own lives. By doing so, content becomes more meaningful and retention becomes easier. You must either put the vocabulary terms in bold or underline them.

Responses must at least one full page, typed, double-spaced, with 12 pt. Times New Roman font. Reasonable margins and paragraph spacing must be used.

-OR-

Choice B: Concept Map

Create a Unit Concept Map that can be used to review/relearn the terms and concepts from this Unit.

NOTE: Use the directions posted on the website to complete your concept map.

Requirements:

- Must be hand drawn on one 8.5" x 11" sheet of paper
- Essential vocabulary for each concept must be appropriately located/placed