

# UNIT 8 - HONORS Psychology – 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.

## Key Terms

Using your own words, write a brief definition or explanation of each of the following. Feel free to be as succinct as possible as long as the definition makes sense to you. Do this after or while reading the assigned pages for class.

1. consciousness –
2. bodily rhythms –
3. circadian rhythm –
  - a. suprachiasmatic nucleus –
4. sleep deprivation drawbacks –
5. sleep theories –
  - a. protection –
  - b. recuperation –
  - c. making memories –
  - d. creativity –

- e. growth process-
- 6. near-death experiences –
- 7. sleep cycle –
  - a. stage 1 –
  - b. stage 2 –
  - c. stage 3 –
  - d. stage 4 –
  - e. REM sleep –
- 8. sleep disorders –
  - a. narcolepsy –
  - b. sleep apnea –
  - c. insomnia –
  - d. sleep deprivation –
  - e. sleep walking –
  - f. night terrors –
  - g. jet lag –
- 9. hypnosis –
  - a. post-hypnotic suggestion –
  - b. dissociation –
- 10. preconscious –
- 11. nonconscious –
- 12. unconscious –
- 13. daydreaming –
  - a. conquering hero –
  - b. suffering martyr –
- 14. meditation –

15. dreams –

- a. lucid dreams –
- b. incubated dreaming –
- c. manifest content –
- d. latent content –
- e. dream theories –
  - i. wish fulfillment –
  - ii. information-processing –
  - iii. physiological functioning –
  - iv. activation-synthesis –
  - v. cognitive functioning –

16. psychoactive drugs –

- a. physical dependence –
- b. psychological dependence –
- c. tolerance –
- d. withdrawal –
- e. agonists –
- f. antagonists –
- g. depressants –
  - i. barbiturates –
  - ii. opiates –
  - iii. alcohol –
- h. stimulants –
  - i. cocaine –
  - ii. ecstasy –
  - iii. amphetamines –

iv. nicotine –

v. caffeine –

i. hallucinogens –

i. LSD –

ii. PCP –

iii. THC