

Things to Know for Chapter 4 Consciousness

The list below is a suggestion on things to study/review for the test on chapter 4. It is NOT meant to be an all inclusive list of important material for chapter 4.

1. Define Consciousness
2. Activities at various levels of consciousness:
 - a. Conscious level
 - b. Non-conscious level
 - c. Pre-conscious level
 - d. Unconscious/Sub-Conscious Level
3. Define altered state of conscious
 - a. what is an altered state of conscious
 - b. what is priming (example)
 - c. what is the mere exposure effect (example)
4. What effect *if any* do subliminal messages have
5. What is a hallucination
6. Describe a nights sleep cycle
 - a. Activities during each stage
 - stage 1
 - stage 2
 - stage 3 & 4
 - REM
 - b. Characteristics of each stage
 - c. How much time through cycle
7. Dreams (Freud and Hobson & McCarley)
 - What are the two levels of content in Freud dream theory
 - How do Hobson & McCarley explain dreams
8. Various sleep disorders (what happens)
 - a. Insomnia
 - b. Narcolepsy
 - c. Sleep Apnea
 - d. SIDS
 - e. Night Terrors
 - f. Sleep-walking
 - g. REM Disorders
9. What is a circadian rhythms
 - a. how does travel effect
 - b. what else can affect
 - c. which travel direction is best
10. Sleep Deprivation
 - a. Affects
 - b. recovery
 - c. what is REM rebound
11. Theories of Hypnosis
 - a. Hypnotic susceptibility
 - b. Behavior while hypnotized and after hypnosis
 - c. Hallucinations (positive/negative)
 - d. know several theories that explain hypnosis
12. Drugs
 - a. actions/reactions
 - b. agonist/antagonist
13. What is tolerance
14. What is physically dependent
15. What is psychologically dependent
16. What effect does expected behavior have on behavior after ingesting various drugs
17. Category of drugs
 - a. stimulant
 - b. depressant
 - c. uses
 - d. abuses
18. Amphetamines / barbiturates
 - a. what effect of each
19. Opium (what effect)
 - a. endorphins
20. Marijuana
 - a. effect
 - b. medical uses