

CHAPTER 4
Consciousness
LEARNING OBJECTIVES

1. Define consciousness. (p. 131)
2. Define state of consciousness. Describe and give examples of the conscious, nonconscious, preconscious, and unconscious (or subconscious) levels of conscious awareness. (p. 131)
3. Describe blindsight, priming, and the mere-exposure effect. (pp.131-132)
4. Define subliminal perception. Discuss the studies examining the effects of subliminal messages on thought and behavior. (p. 132–135)
5. Define and give examples of altered states of consciousness. (p. 135)
6. Describe the brain activity and bodily changes associated with the various stages of sleep, including those of slow-wave and REM sleep. (p. 137)
7. Describe a typical night's sleep. Discuss the ways in which sleep changes over the course of the life span. (pp.137-138)
8. Discuss the causes, symptoms, and treatment of insomnia, narcolepsy, sleep apnea, sudden infant death syndrome (SIDS), sleepwalking, nightmares, night terrors, and REM behavior disorder. Specify the sleep stages in which sleepwalking, nightmares, night terrors, and REM behavior disorder occur. (pp. 138–140)
9. Define circadian rhythm and jet lag. Discuss the brain's role in regulating sleep patterns. (p. 140)
10. Discuss the effects of sleep deprivation. Describe the manner in which the body compensates for lost REM and non-REM sleep. Discuss the various hypotheses regarding the need for the two types of sleep. (pp.141-142)
11. Define dreams and lucid dreaming. Discuss the research findings on dreams. (p. 142)
12. Discuss the various theories that explain why people dream, including wish fulfillment and activation-synthesis theory. (p.142-143)
13. Define hypnosis and describe the process of becoming hypnotized. (p. 143)
14. Define hypnotic susceptibility, age regression, posthypnotic suggestions, and posthypnotic amnesia. Describe the changes people experience during hypnosis. (p. 143–146)
15. Compare and contrast the role, state, and dissociation theories of hypnosis. (pp.144-145)
16. Discuss the applications and limitations of hypnosis. (pp.145-146)
17. Discuss the common characteristics of mediation techniques and describe the effects of meditation. (p.146)
18. Define psychoactive drugs and psychopharmacology. Explain the function of the blood-brain barrier and discuss how agonist, antagonist, and other types of drugs work. (pp. 146–147)
19. Define substance abuse. Distinguish between psychological dependence and physical dependence, or addiction. Define withdrawal syndrome and tolerance. (p. 148)
20. Discuss how expectations can influence the effects of drugs. (pp.148-149)

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21. Define depressant. Describe the effects of alcohol, barbiturates, and GHB on mental functioning, behavior, and the nervous system. (p. 148).
22. Define stimulant. Describe the effects of amphetamines, cocaine, caffeine, nicotine, and MDMA on mental functioning, behavior, and the nervous system. (p. 151)
23. Define opiates. Describe the effects of opium, morphine, and heroin on mental functioning, behavior, and the nervous system. (p. 152)
24. Define hallucinogens. Describe the effects of LSD, marijuana, and ketamine on mental functioning, behavior, and the nervous system. (p. 152)