Dikran J. Martin
Introduction to Psychology

Name: ________________________________ Date: _________________________

Lecture Series: Chapter 6  Consciousness  Pages: 19

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Principal Features

Consciousness

Question: Why do psychologists study consciousness? (190)

Defining Consciousness

Question: What is consciousness?

Question: What is the doctrine of dualism? (191)

Question: What's the meaning of the following statement?

"Today, almost all psychologists reject dualistic ideas."
Defining Consciousness

Question: What is the view of mental life known as materialism (or reductionism)?

Complete the following:

"Cognitive psychologists generally do not speak about the unconscious but instead refer to …

Question: What is the process called metacognition?

Question: What is the function of consciousness?

Theories of Consciousness

Question: What are the opposing views of consciousness?
Theories of Consciousness
(Continued)

Question: What's the meaning of the following statements?

"Consciousness is an important issue in evolutionary psychology."  

"... consciousness can be broken into three issues: sentience, access, and self-knowledge."

"The problem of consciousness is a classic one in philosophy, and some philosophers do not believe that neuroscience and evolutionary theory are on the right track to solve the puzzle of consciousness."
**Sleep**

The Sleep—Wakefulness Cycle: Circadian Rhythms

**Question:** What are *circadian rhythms*?

**Question:** What's the relationship of light to circadian rhythms?

**Question:** What's the relationship of circadian rhythms to jet lag?

**Question:** How can people minimize the effects of jet lag?
Sleep Stages: REM and NREM Sleep

"Until the 1950s, the assumption was that consciousness had two levels: awake and asleep."

**Question:** What is the electroencephalogram (EEG)?

**Question:** What is rapid eye movement (REM) sleep?

**Question:** What is deep delta sleep?

**Question:** What's the meaning of the following statement?

"REM sleep is very different from NREM sleep … "
**Sleep Stages: REM and NREM Sleep**

(Continued)

**Question:** What is paradoxical sleep?

**Question:** What's the meaning of the following statements?

"Sleep cycles develop before birth …"

"… sleep patterns and habits may not be universal."

**Sleep Deprivation**

"In January 1964, at age 17, Randy Gardner made history by setting a world's record by staying awake for more than 260 hours …"

Sleep Deprivation

(Continued)

Question: What's the meaning of the following statements?

"Some of the results from research on sleep deprivation are not at all surprising."

Why Do We Sleep?

"Researchers have established what happens during sleep but not why we sleep. Several theories attempt this task …"

[Page]
Is There a Sleep Switch?

Question: What makes you go to sleep, and what wakes you? (199-200)

[Evidence] Sleep switch. (200)

Sleep Disorders

"Many sleep disorders exist; some are not dangerous, but others are life threatening."

[Evidence] Sleep disorders. (200-201)
"Dream research is difficult to conduct."

**What Is a Dream**

Complete the following:

"A **dream** is a state of consciousness that occurs during sleep and is usually accompanied by …"

[Evidence] Dreams. (202)

**The Content of Dreams**

**Question:** What is the content of dreams?

Complete the following:

"Without interpretation from important visual areas, dream is is like looking at a map that doesn't show …"
The Content of Dreams
(Continued)

Question: What is a lucid dream?

Dream Theories

"Psychologists have developed a number of theories to explain dreaming."

■ PSYCHODYNAMIC VIEWS

Question: What is the Freudian view of dreaming?

Question: What is the difference between the manifest content and the latent content of a dream?

Question: What is the Jungian view of dreaming? (203-204)

Question: What is the Jungian notion of the collective unconscious? (204)
COGNITIVE VIEWS

Question: What is the cognitive view of dreaming? (204)

Evidence: Cognitive dream research.

BIOLOGICAL VIEWS

Question: What are the biological views of dreaming? (204-205)

Controlling Consciousness: Biofeedback, Hypnosis, and Meditation

"Laboratory research also shows that people can bring some otherwise autonomic bodily states, such as blood pressure, heart rate, and blood vessel constriction, under conscious control through the technique of biofeedback."
Biofeedback

Question: What is biofeedback?

(Evidence) Usefulness of biofeedback.

Hypnosis

Question: What is hypnosis?

Question: What is hypnotic induction?
Hypnosis
(Continued)

Question: What is suggestibility?

Question: What is posthypnotic suggestion?

"What uses … does hypnosis have?"

[Evidence] Usefulness of hypnosis.

Meditation

Question: What is meditation?
Meditation
(Continued)

"Practitioners distinguish among several types of meditation … "

Question: What is mindfulness meditation?

Question: What is concentrative meditation?

"Supporters of meditation claim that it is a unique state, capable of causing profound physiological and psychological changes."

[Evidence] Usefulness of meditation.
"There is no doubt that the United States is a drug-using culture."

Complete the following:

"A **drug** is any chemical substance that, in small amounts, alters … (210)

"… **psychoactive drugs** … are drugs that alter … (210-211)

"**Tolerance** is the characteristic of requiring … (211)

"**Dependence** occurs when the drug becomes part of the body's …

"The term **addiction** is usually used to describe (the) combination of …

**Question:** What's the meaning of the following statements?

"… drug use and abuse are more than of drug properties."
"For drugs to alter behavior and cognitive processes, they must affect the nervous system."

Question: What is the blood–brain barrier?

**SEDATIVE–HYPNOTICS**

Question: What are drugs classified as sedative–hypnotics?
■ STIMULANTS

Question: What is a stimulant?

[Illustrations] Stimulants.

■ PSYCHEDELIC DRUGS

Question: What is a psychedelic drug?

[Illustrations] Psychedelic drugs.
"Although our society is filled with drug users, most of those people do not consider themselves drug abusers."

**WHAT IS SUBSTANCE ABUSE?**

**Question:** What is the difference between drug use and drug abuse? (215)

**Question:** What is a **substance abuser**?

**Question:** What are drug **withdrawal symptoms**? (215-216)
WHAT IS SUBSTANCE ABUSE?
(Continued)

"A great variety of social and individual factors have an impact on drug use and abuse."

[Illustrations] Social/individual factors affecting drug use/abuse. (217)

"A great deal of publicity has been devoted to genetic factors in drug abuse, especially alcohol abuse."

[Illustrations] Genetic factors in drug abuse.

Question: Why, then, do people use (and abuse) drugs? (217-218)