



DISCOVERING PSYCHOLOGY

THE MIND, AWAKE AND ASLEEP

Directions: This study guide must be completed during today's film. You are to answer the following questions. The concepts are presented chronologically during the film.

1. What are circadian rhythms?
2. What is consciousness?
3. What is the hypnogogic state?
5. Continuing processing also takes place at the \_\_\_\_\_ level.
6. Most lower level processing is considered \_\_\_\_\_.
7. What are the two categories in the higher state of consciousness?
8. Since consciousness allows us to see past and present experiences and to consider the future, we think about \_\_\_\_\_.
9. What is structuralism?
10. What is functionalism?
11. How is consciousness "personal"?
12. How is consciousness "changing"?
13. How is consciousness "Selective"?
14. What did Watson say about consciousness?
15. What is the importance of attention to the study of consciousness?
16. What is attention?
17. How did Broadbent show how attention works?
18. Is day dreaming a good thing? Why?
19. What does sleep do for us?
20. What happened in 1937 regarding sleep?
21. What seems to be the processes involved with sleeping?
22. What is REM? What seems to accompany the REM state?
23. What does the pattern of sleeping that is typically
24. What did Freud say about the nature of dreams?
25. What is the basic assumption of the random fluctuation theory of dreaming?

DISCOVERING PSYCHOLOGY

THE MIND, HIDDEN AND DIVIDED

Directions: This study guide must be completed during today's film. You are to answer the following questions. The concepts are presented chronologically during the film.

1. How might the comments that an anesthesiologist makes during surgery have an effect on the recovery of the patient?
2. What are cognitive modules?
3. What is another name for psychoactive drugs?
4. What do 90 percent of indigenous cultures have in common?
5. What does dissociation mean?
6. What is the most dramatic dissociative disorder?
7. What is typically the major cause of multiple personality disorder?
8. What did Freud say about traumatic experiences?
9. What are defense mechanisms?
10. What is the alarm that Freud spoke of?
11. According to Freud, what is the major cause of mental illness?
12. What is a Freudian Slip?
13. What are other windows to the unconscious self?
14. Why is hypnosis is considered a dissociative experience?
15. How can hypnosis affect our perception of pain?
16. What is severed in a split brain patient?
17. What are the two issues that cause great interest and research in the split brain studies?
18. Where is the "interpreter" located?
19. What is the interpreter?

Unit Five

States of Consciousness

Directions: match each concept to the appropriate statement, and write the corresponding letter in the space provided. Be ready to justify your answers.

1. \_\_\_\_\_ Psychedelic drugs make a person \_\_\_\_\_.
2. \_\_\_\_\_ The process of learning to control bodily states is called \_\_\_\_\_.
3. \_\_\_\_\_ dreams help people remove unneeded memories
4. \_\_\_\_\_ Theta waves are found in \_\_\_\_\_.
5. \_\_\_\_\_ Delta waves are found in \_\_\_\_\_.
6. \_\_\_\_\_ Systematic relaxation is also called \_\_\_\_\_.
7. \_\_\_\_\_ Who theorized about neodissociation?
8. \_\_\_\_\_ What is the most widely used drug?
9. \_\_\_\_\_ about a day
10. \_\_\_\_\_ drug abuse treatment
11. \_\_\_\_\_ consciousness includes a variety of \_\_\_\_\_.
12. \_\_\_\_\_ cannabis sativa
13. \_\_\_\_\_ circadian rhythm
14. \_\_\_\_\_ hypnosis helps a person \_\_\_\_\_ their focus of attention.
15. \_\_\_\_\_ meditation
16. \_\_\_\_\_ Hypnotic analgesia is an experience of lowering one's \_\_\_\_\_.
17. \_\_\_\_\_ Francis Crick spoke about unneeded \_\_\_\_\_.
18. \_\_\_\_\_ Franz Anton Mesmer spoke about the \_\_\_\_\_ of Animal Magnetism.
19. \_\_\_\_\_ What did Nathaniel Kleitman do?
20. \_\_\_\_\_ NREM is also called \_\_\_\_\_.

Concepts

- |               |                  |                         |                |
|---------------|------------------|-------------------------|----------------|
| A. ALCOHOL    | B. BIOFEEDBACK   | C. BIOLOGICAL CLOCK     | D. CIRCADIAN   |
| E. CLEAR MIND | F. DAY DREAM     | G. DISCOVERED REM SLEEP | H. MEMORIES    |
| I. HILGARD    | J. FRANCIS CRICK | K. FREUD, SIGMUND       | L. HALLUCINATE |
| M. INCUBUS    | N. MARIJUANA     | O. MEDITATION           | P. NARROW      |
| Q. PAIN       | R. QUIET SLEEP   | S. RESTING              | T. STAGE I     |
| U. STAGE IV   | V. STATES        | W. SUPPORT GROUPS       | X. THEORY      |

Unit Five

States of Consciousness

DIRECTIONS: Define or explain the significance of each of the following concepts. These concepts are directly taken from the Chapter Test.

25 HOURS

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ADDICTION

-----  
ALPHA

-----  
ALTERED STATES OF CONSCIOUSNESS

-----  
ANALGESIS

-----  
BARBITURATES

-----  
BETA

-----  
BIOFEEDBACK

-----  
BRAIN WAVE PATTERNS

-----  
BRAIN WAVE PATTERNS UNDER HYPNOSIS

-----  
BUDDIST TRADITION

-----  
CIRCADIAN RHYTHM

-----  
CONSCIOUSNESS

-----  
CREATIVITY

-----  
CRICK

-----  
DELTA

-----  
DEPRESSANTS

-----  
DREAMING DURING NREM SLEEP

-----  
EEG

-----  
FREUD

-----  
HALLUCINATION

-----  
HYPNOSIS

-----  
INSOMNIA

-----  
KLEITMAN

LSD

---

MARIJUANA AND MEMORY

---

MESMER

---

NARCOLEPSY

---

NEODISSOCIATION THEORY

---

NIGHT TERRORS

---

NONCONSCIOUS LEVEL

---

NREM

---

OPIATES

---

PHYSICAL ADDICTION

---

POSTHYPNOTIC SUGGESTION

---

PSYCHOACTIVE DRUGS

---

RANDOM FIRING OF NEURONS

---

RAPID-EYE-MOVEMENT SLEEP

---

ROLE THEORY

---

SLEEP APNEA

---

STAGE FOUR

---

STAGE ONE

---

STAGE THREE

---

STAGE TWO

---

STIMULANTS

---

STRESS AND FATIGUE

---

SUGGESTIBLE

---

THETA

---

UNCONSCIOUS

---

WHY IS SLEEP NECESSARY?

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Unit Five  
States of Consciousness

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38

## Across

1. A breathing interruption that occurs during sleep is typically called \_\_\_\_\_.
3. Nathaniel Kleitman said that dreams may serve no \_\_\_\_\_ at all.
6. The inability to sleep is called \_\_\_\_\_.
7. An \_\_\_\_\_ state of consciousness exists when the person \_\_\_\_\_ sense of self or sense of the world changes.
8. Night \_\_\_\_\_ are more severe than nightmares.
10. A method used to narrow one's consciousness is called \_\_\_\_\_.
13. Brain wave patterns can be measured by an \_\_\_\_\_.
14. Stage 4 is the \_\_\_\_\_ stage of sleep.
15. Three ways hypnosis is used are as an anesthetic for pain, for reducing \_\_\_\_\_, and for overcoming fears
17. Biological clocks are also known as \_\_\_\_\_ rhythms.
19. Victor Rausch had \_\_\_\_\_ while under hypnosis.
20. The word circadian come from the Latin word \_\_\_\_\_ which means "about" and die means "a day"
22. A person who is partly but not completely awake during the night is \_\_\_\_\_.
24. If it weren \_\_\_\_\_ t for cues such as the sunrise and sunset, people would act as if a \_\_\_\_\_ were 25 hours long.
25. Ideas that aren \_\_\_\_\_ t in one \_\_\_\_\_ s awareness at a given moment, but one could recall them if they had to are called \_\_\_\_\_.
28. Franz \_\_\_\_\_ is said to be the father of hypnosis.
29. Posthypnotic \_\_\_\_\_ are instructions given to a person under hypnosis that are supposed to be carried out after the hypnosis session has ended.
30. Who suggested that people have an unconscious mind that motivates them?
33. The 3 levels of consciousness are the Preconscious level, the \_\_\_\_\_ level, and nonconscious level.
36. Information that is unavailable to awareness under most circumstances is typically found in the \_\_\_\_\_.
37. The word hypnosis come from the Greek word \_\_\_\_\_ meaning "sleep".
38. In 1904, what concept did William James propose ?

## Down

2. People must have a \_\_\_\_\_ attitude and willingness for hypnosis to work.
3. During a typical night, most people go through these stages about \_\_\_\_\_ times.
4. Many people have used \_\_\_\_\_ to lower blood pressure and decrease heart rates.
5. People tend to \_\_\_\_\_ throughout the night.
7. A compulsive need for and use of a habit-forming substance refers to \_\_\_\_\_.
9. Night terrors, incubuses, are also called \_\_\_\_\_ terrors.
11. Hypnotic \_\_\_\_\_ refers to the reduction of of pain reported by patients who have undergone hypnosis.
12. The Four different types of brain waves are beta, alpha, theta, and \_\_\_\_\_ waves.
16. A rare sleep problem in which people suddenly fall asleep no matter what time it is or where they are is called \_\_\_\_\_.
18. A \_\_\_\_\_ is defined as perception of an object or a sound that seems real but isn't.
21. Another name for consciousness is \_\_\_\_\_.
23. The most-studied circadian rhythm? The \_\_\_\_\_ wake cycle.
26. Many of our basic biological functions exist at the \_\_\_\_\_ level.
27. Peter Tripp once stayed \_\_\_\_\_ for more than 200 hours.
31. A stage of sleep characterized by rapid eye movements and linked to dreaming is typically called \_\_\_\_\_.
32. Drugs may \_\_\_\_\_ a person \_\_\_\_\_ s perceptions, change their mood swings, or cause them to see or hear things that aren't real.
34. Consciousness refers to sensory awareness, direct inner awareness, and sense of \_\_\_\_\_ that each person experiences.
35. Night terrors tend to occur during stages \_\_\_\_\_ and four.