



DISCOVERING PSYCHOLOGY

THE DEVELOPING CHILD

Directions: This will be due at the end of this film. You are to answer the following questions. The concepts are presented chronologically during the film.

1. What was Rousseau's argument about children?
2. What was Locke's argument about children?
3. What was William James' argument about children?
4. What was John (the father of behaviorism) Watson's argument about children?
5. What types of things are neonates actually able to do?
6. What are some reasons for why neonates have such bad vision?
7. What is habituation and dishabituation?
8. What is conservation as it relates to Piaget?
9. According to recent research, at what age might object permanence actually exist in children?
10. At what age are children apprehensive about venturing across the visual cliff?
11. According to recent research, where does temperament seem to come from?
12. What does the statement "Biology is not destiny," mean?
13. What does the shy monkey research seem to say about getting rid of shy behavior? In other words, how do you get a shy monkey to be more outgoing?

EVERYBODY RIDES THE CAROUSEL

Directions: This will be due at the end of this film. You are to answer the following questions. The concepts are presented chronologically during the film.

1. What is Erickson's 1st stage?
2. What are the two symbols represented in this stage?
3. What is Erickson's 2nd stage?
4. What are the two symbols represented in this stage?
5. What is Erickson's 3rd stage?
6. What are the two symbols represented in this stage?
7. What is Erickson's 4th stage?
8. What are the two symbols represented in this stage?
9. What is Erickson's 5th stage?
10. What are the two symbols represented in this stage?
11. What is Erickson's 6th stage?
12. What are the two symbols represented in this stage?
13. What is Erickson's 7th stage?
14. What are the two symbols represented in this stage?
15. What is Erickson's 8th stage?
16. What are the two symbols represented in this stage?

State of Consciousness  
A Basic Introduction to the Concepts of Awareness

What are the components of human awareness and altered states of awareness?

You should be able to define and give a basic comparison of the different elements of awareness.

*Essential Details*

Consciousness is defined as focused and fluid awareness of one's self and the environment.

Chronobiology is the study of the effects of time on life processes. Circadian rhythms affect awareness.

Consciousness includes sensory, internal, abstract awareness and the sense of self.

René Descartes stated "I Think, therefore I am." James questioned it. Behaviorists denounce it.

The Preconscious arena involves that which is in the memory but is not at the moment recalled.

The Unconscious and Subconscious are similar. For Freud, the unconscious is where hidden drives are.

The Nonconscious is the location of automatic behaviors that we are not usually aware of.

Altered States of Consciousness are influences, dissociations or divisions of awareness.

You should be able to describe the basic processes that take place during sleep.

*Essential Details*

Stage 1: Light, Stage 2: Spindles...REM, Stage 3: Transition, Stage 4: Delta Waves, Stage 5: REM

Most people travel through the stages four or five times at an average speed of ninety minutes per cycle.

Three theories about why we sleep are recuperation, consolidation, and adaptation.

Why we dream is theoretical but we do know that dreams are restorative and REM dreams are necessary.

Insomnia, often caused by diet and stress is the difficulty of getting to sleep or enough sleep.

Night Terrors or Incubus Attacks are nightmares that occur during NREM and are common in children.

Sleep Walking or Somnambulism occurs during the deeper states of NREM sleep.

Narcolepsy is where you suddenly enter deep sleep and Apnea is irregular breathing while sleeping.

You should be able to list and explain some ways that states of consciousness can be altered.

*Essential Details*

Meditation is a focused sense of awareness achieved by focusing on a peaceful sound or stimulus.

Biofeedback is the self monitoring of inner bodily functions to influence them to relax.

Hypnosis is not mind control or brain washing. At the same time, it is not simply a mind of matter trick.

Hypnosis is the focused awareness that induces a trance like state which in turn causes suggestibility.

Depressants act to reduce activity in the CNS. Alcohol, Barbiturates and Anxiolytics are included.

Stimulants include Amphetamines, Cocaine, Caffeine, Nicotine, and Ecstasy or MDMA.

Hallucinogens mimic psychosis and include Psychedelics like LSD, and Marijuana.

Opiates like Heroin and Opium can induce sleep and reduce pain but are very addictive.

Our understanding of consciousness give us new insight into how we function as humans.

Unit 06: State of Consciousness

Directions: Each week in Advanced Placement Psychology, there will be three quizzes. Each quiz is worth 10 test points. This sheet will be turned in at the end of the week.

Quiz 01 (02 Points Each)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

Total Points \_\_\_\_\_

Quiz 02 (02 Points Each)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

Total Points \_\_\_\_\_

Quiz 03 (02 Points Each)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

Total Points \_\_\_\_\_

Grand Total \_\_\_\_\_

States of Consciousness

Directions: Answer each of the following questions. Explain the significance of each answer.

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What is the activation-synthesis hypothesis?  
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What is an addiction?  
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What is an altered state of consciousness?  
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What are amphetamines?  
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What is attention?  
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What is a barbiturate?  
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What is the basic suggestion effect?  
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What is a biological rhythm?  
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What is the significance of caffeine?  
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What is caffeinism?  
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What is cannabis sativa?  
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What are circadian rhythms?  
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Wha is cocaine?  
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What is concentrative meditation?  
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What is condensation as it applies to consciousness?  
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What is a good defination for consciousness?  
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What is a daydream?  
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What is deep sleep?  
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What are delta waves?  
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What is a depressant?  
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Wha is disinhibition?  
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What is a dream symbol?  
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What is drug tolerance?  
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What is an electroencephalograph (EEG)?  
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What is ergotism?  
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What is a hallucinogen?  
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What is hypersomnia?

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What is hypnosis?

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What is the hypnotic susceptibility scale?

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What is insomnia?

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What is light sleep?

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What is a lucid dream?

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What is a mantra?

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What is the significance of marijuana?

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What is MDMA (methylenedioxymethamphetamine)?

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What is meditation?

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What does it mean to be mesmerized?

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What is methamphetamine?

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What is microsleap?

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What is narcolepsy?

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Wha is nicotine?

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What are night terror or incubus attacks?

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What is a nightmare?

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What is NREM sleep?

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What is physical dependence?

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What are psychoactive drugs?

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What is the psychodynamic theory?

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What is psychological dependence?

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What is rapid eye movements (REMs)?

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What is receptive meditation?

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What is the relaxation response?

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What is REM behavior disorder?

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What is REM rebound?

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What is REM sleep?

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What is secondary elaboration?

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What is a sedative?

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What is self-hypnosis?

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What is sensory deprivation?

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What is set?

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What is the significance of the word setting?

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What is sleep apnea?

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What is sleep deprivation?

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What are sleep patterns?

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What are sleep spindles?

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What are the sleep stages?

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What is sleep-deprivation psychosis?

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What is sleeptalking?

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What is a somnambulist?

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What is a stimulant?

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What is stimulus control?

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What is sudden infant death syndrome (SIDS)?

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What is symbolization?

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What is THC?

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What is tryptophan?

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What is waking consciousness?

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What is GHB (gamma-hydroxybutyrate)?

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What is the significance of the letters R.E.S.T.?

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What are withdrawal symptoms?

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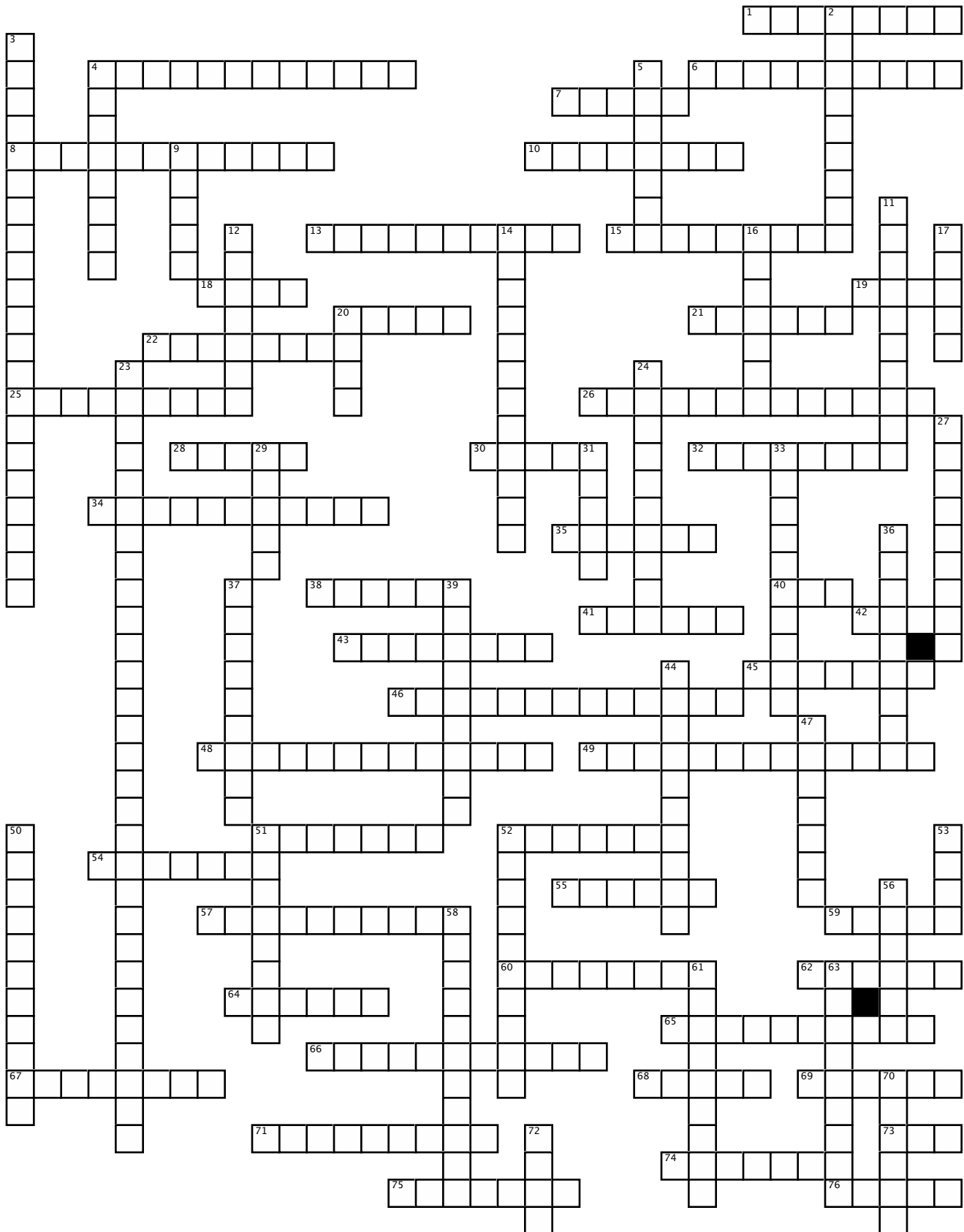
What is the manifest content?

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What is the latent content?

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Unit Review Number 06  
States of Consciousness



## Across

1. Barbiturates are one of a large group of \_\_\_\_\_ drugs.
4. A \_\_\_\_\_ is a person who sleepwalks.
6. Caffeinism is the excessive consumption of caffeine, leading to \_\_\_\_\_ and a variety of physical and psychological complaints.
7. Sleep \_\_\_\_\_ is a condition marked by repeated interruption of breathing during sleep.
8. A sedative is a substance that calms, \_\_\_\_\_, or induces sleep by depressing activity in the nervous system.
10. Self-hypnosis is a state of \_\_\_\_\_ attained without the aid of a hypnotist.
13. GHB or gamma-hydroxybutyrate is an illicit central nervous system \_\_\_\_\_ that produces intoxication and sedation.
15. Physical dependence or physical \_\_\_\_\_, as indicated by the presence of drug tolerance and withdrawal symptoms.
18. Psychological dependence is a \_\_\_\_\_ dependence that is based primarily on emotional or psychological needs.
19. Cocaine is a crystalline drug derived from \_\_\_\_\_ leaves. It has been used as a central nervous system stimulant and local anesthetic.
20. Amphetamines are a class of synthetic \_\_\_\_\_ that have stimulant effects on the nervous system.
21. The sleep \_\_\_\_\_ are the various levels of sleep depth identified by brain-wave patterns and behavioral changes.
22. REM behavior \_\_\_\_\_ is a failure of normal muscle paralysis, leading to violent actions during REM sleep.
25. Consciousness can be defined as a person's experience of mental \_\_\_\_\_, including current sensations, perceptions, memories, and feelings.
26. Hypnosis can be defined as an altered state of \_\_\_\_\_ characterized by narrowed attention and increased suggestibility.
28. A \_\_\_\_\_ dream is a dream in which the dreamer feels awake and capable of normal thought and action.
30. Daydreams are \_\_\_\_\_ waking fantasies.
32. Attention is defined as the orienting toward or focusing on some \_\_\_\_\_.
34. Secondary \_\_\_\_\_ is defined as making a dream more logical and complete while remembering it.
35. A \_\_\_\_\_ is a word or sound used as the focus of attention in concentrative meditation.
38. A biological \_\_\_\_\_ is any cycle of biological activity, such as sleep and waking cycles or changes in body temperature.
40. Rapid eye movements or \_\_\_\_\_ are the swift eye movements that take place during sleep.
41. Ergotism is a pattern of psychotic-like symptoms that accompanies poisoning by ergot \_\_\_\_\_.

## Down

2. An \_\_\_\_\_ is a physical or psychological dependence on a drug.
3. An \_\_\_\_\_ or EEG is a device designed to detect, amplify, and record electrical activity in the brain.
4. Sleep \_\_\_\_\_ are the distinctive bursts of brain-wave activity that indicate a person is asleep.
5. REM \_\_\_\_\_ is the occurrence of extra amounts of REM sleep in a person who has been deprived of REM sleep.
9. Latent content is the meaning of the symbol or \_\_\_\_\_ in a dream.
11. The activation-synthesis \_\_\_\_\_ suggests that dreams affect the motor commands of the brain but that the brain does not actually carry them out.
12. Depressants are substances that decrease activity in the body and \_\_\_\_\_ system.
14. The psychological settings are the set of \_\_\_\_\_ and the social and/or physical environment in which an action occurs.
16. Nicotine is a potent stimulant drug found primarily in \_\_\_\_\_. Nicotine is a known carcinogen.
17. The hypnotic susceptibility \_\_\_\_\_ is any test designed to assess an individual's capacity for becoming hypnotized.
20. Caffeine is a natural \_\_\_\_\_ with stimulant properties which is found in coffee, tea, and chocolate and added to artificial beverages and medicines.
23. MDMA or \_\_\_\_\_ is a stimulant drug closely related to amphetamine and commonly known as Ecstasy.
24. Disinhibition is the removal of \_\_\_\_\_, resulting in the acting out of behavior that normally would be restrained.
27. Waking consciousness is a state of normal, alert \_\_\_\_\_.
29. Manifest content is the actual symbol or \_\_\_\_\_ in a dream.
31. Condensation is the combining several people, objects, or events into a single \_\_\_\_\_ image.
33. To be \_\_\_\_\_ means to be hypnotized.
36. THC or Tetrahydrocannabinol is the main active chemical in \_\_\_\_\_.
37. Relaxation \_\_\_\_\_ are patterns of physiological changes that occur in the body at times of relaxation.
39. Microsleep is defined as \_\_\_\_\_ shift in brain-wave patterns to those of sleep.
44. Concentrative \_\_\_\_\_ is a mental exercise based on focusing attention on a single target of contemplation.
47. A hallucinogen is any substance that alters or distorts \_\_\_\_\_ impressions.
50. Narcolepsy is a serious sleep \_\_\_\_\_ in which the individual suffers uncontrollable sleep attacks.
51. Drug tolerance is the reduction in the body's \_\_\_\_\_ to a drug.
52. Insomnia can be defined as \_\_\_\_\_ in getting to sleep or staying asleep.

## Across

42. Sudden infant death syndrome or \_\_\_\_\_ is the sudden, unexplained death of an apparently healthy infant
43. NREM sleep or Non-rapid eye \_\_\_\_\_ sleep characteristic of stages 2, 3, and 4, and is largely dream free.
45. A stimulant is a substance that produces a temporary increase of activity in the body and \_\_\_\_\_ system.
46. An altered state of \_\_\_\_\_ is a condition of awareness distinctly different in quality or pattern from waking consciousness.
48. The \_\_\_\_\_ theory is a theory of behavior that emphasizes internal conflicts, motives, and unconscious forces.
49. R.E.S.T. stands for Restricted \_\_\_\_\_ Stimulation Therapy.
51. Set is any predisposition to \_\_\_\_\_ in a certain way.
52. Deep sleep, also called stage 4 sleep is the \_\_\_\_\_ form of normal sleep.
54. Hypersomnia is extreme \_\_\_\_\_ sleepiness.
55. A dream \_\_\_\_\_ is an image in a dream that serves as a visible signs of hidden ideas, desires, impulses, emotions, relationships, and so forth.
57. The basic suggestion effect is the tendency of \_\_\_\_\_ persons to carry out suggested actions as if they were involuntary.
59. Light sleep or stage 1 sleep is marked by \_\_\_\_\_, irregular brain waves and some alpha waves.
60. Marijuana is the leaves and flowers of the hemp plant \_\_\_\_\_ sativa.
62. Sleep patterns are the order and duration of daily sleep and \_\_\_\_\_ periods.
64. Sleepwalking is speaking while \_\_\_\_\_.
65. Withdrawal symptoms are the physical illnesses and discomfort that accompany the \_\_\_\_\_ of an addictive drug.
66. Sensory \_\_\_\_\_ is any major reduction in the amount or variety of sensory stimulation.
67. Circadian rhythms are the \_\_\_\_\_ changes in bodily function and arousal that vary on a schedule approximating one 24-hour day.
68. Psychoactive \_\_\_\_\_ are any substances capable of altering attention, memory, judgment, sense of time, self-control, mood, or perception.
69. Meditation is a \_\_\_\_\_ technique for quieting the mind and body.
71. Sleep-deprivation \_\_\_\_\_ is a major disruption of mental and emotional functioning brought about by lack of sleep.
73. A nightmare is an upsetting dream that takes place during \_\_\_\_\_.
74. Night terrors or \_\_\_\_\_ attacks are very frightening NREM sleep episodes.

## Down

53. Symbolization is the concept in \_\_\_\_\_ Rogers's theory that explains the process of admitting an experience to awareness.
56. Cannabis \_\_\_\_\_ is a type of hemp plant, from whose leaves and flowers marijuana and hashish are derived.
58. Sleep \_\_\_\_\_ is defined as being deprived of desired or needed amounts of sleep.
61. Methamphetamine is a \_\_\_\_\_ drug closely related to amphetamine in structure and effect.
63. Receptive meditation is meditation in which attention is widened to include an \_\_\_\_\_ of one's total subjective experience.
70. Tryptophan is a sleep-promoting amino acid found in \_\_\_\_\_.
72. Delta waves are the Large, \_\_\_\_\_ brain waves that occur in deeper stage 3 and 4 sleep.

**Across**

75. Stimulus \_\_\_\_\_ is the tendency of stimuli present when an operant response is acquired to subsequently control when and where the response is made.

76. REM \_\_\_\_\_ is marked by rapid eye movements, a return to stage 1 EEG patterns; usually associated with dreaming.