

## Chapter 5

### States of Consciousness (2-4%)

Essential Question(s)	Core Concept	Textbook	Vocabulary, Key Terms & People Covered
<p>How is consciousness related to other mental processes?</p> <p>What are the functions of consciousness?</p> <p>How do we study consciousness?</p>	<p>Consciousness can take many forms, while other mental processes occur simultaneously outside our awareness</p>	<p>Chapter 5, pgs 157-165</p>	<p>Consciousness, cognitive neuroscience, mental rotation, PET scans, MRI, EEG, anima, Shepard, Metzler experiment, nonconscious mind, restriction, combination, manipulation, Sigmund Freud, preconscious, unconscious mind, Freudian slips, ego, stream of consciousness, William James</p>
<p>What cycles occur in everyday consciousness?</p> <p>What is the function of sleep?</p> <p>What are the major theories of dream meaning? How do we study them?</p> <p>How does culture, gender and age effect dreams?</p> <p>How can sleep be disordered?</p>	<p>Consciousness changes in cycles that correspond to our biological rhythms and to the patterns of stimulation in our environment.</p>	<p>Chapter 5, pgs 166-177</p>	<p>Daydreaming, circadian rhythms, REM, NREM, sleep paralysis, stages of the sleep cycle, REM rebound, sleep debt (deprivation), sleep necessity, dream theories, manifest content, latent content, Carl Jung, collective unconscious, archetype, activation-synthesis theory (Random activity), parasomnia, insomnia, sleep apnea, night terrors, narcolepsy, cataplexy,</p>
<p>What other forms can consciousness take?</p>	<p>An altered state of consciousness occurs when some aspect of normal consciousness is modified by mental, behavioral, or chemical means.</p>	<p>Chapter 5, pgs 178-190</p>	<p>Hypnosis, altered state, meditation &amp; stress reduction, psychoactive drugs, hallucinogens, opiates, depressants, stimulants, tolerance, physical dependence, addiction, withdrawal, psychological dependence</p>