

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.

What is the activation-synthesis hypothesis?

What is an addiction?

What is an altered state of consciousness?

What are amphetamines?

What is attention?

What is a barbiturate?

What is the basic suggestion effect?

What is a biological rhythm?

What is the significance of caffeine?

What is caffeinism?

What is cannabis sativa?

What are circadian rhythms?

Wha is cocaine?

What is concentrative meditation?

What is condensation as it applies to consciousness?

What is a good defination for consciousness?

What is a daydream?

What is deep sleep?

What are delta waves?

What is a depressant?

Wha is disinhibition?

What is a dream symbol?

What is drug tolerance?

What is an electroencephalograph (EEG)?

What is ergotism?

What is a hallucinogen?

What is hypersomnia?

What is hypnosis?

What is the hypnotic susceptibility scale?

What is insomnia?

What is light sleep?

What is a lucid dream?

What is a mantra?

What is the significance of marijuana?

What is MDMA (methylenedioxymethamphetamine)?

What is meditation?

What does it mean to be mesmerized?

What is methamphetamine?

What is microsleap?

What is narcolepsy?

Wha is nicotine?

What are night terror or incubus attacks?

What is a nightmare?

What is NREM sleep?

What is physical dependence?

What are psychoactive drugs?

What is the psychodynamic theory?

What is psychological dependence?

What is rapid eye movements (REMs)?

What is receptive meditation?

What is the relaxation response?

What is REM behavior disorder?

What is REM rebound?

What is REM sleep?

What is secondary elaboration?

What is a sedative?

What is self-hypnosis?

What is sensory deprivation?

What is set?

What is the significance of the word setting?

What is sleep apnea?

What is sleep deprivation?

What are sleep patterns?

What are sleep spindles?

What are the sleep stages?

What is sleep-deprivation psychosis?

What is sleeptalking?

What is a somnambulist?

What is a stimulant?

What is stimulus control?

What is sudden infant death syndrome (SIDS)?

What is symbolization?

What is THC?

What is tryptophan?

What is waking consciousness?

What is GHB (gamma-hydroxybutyrate)?

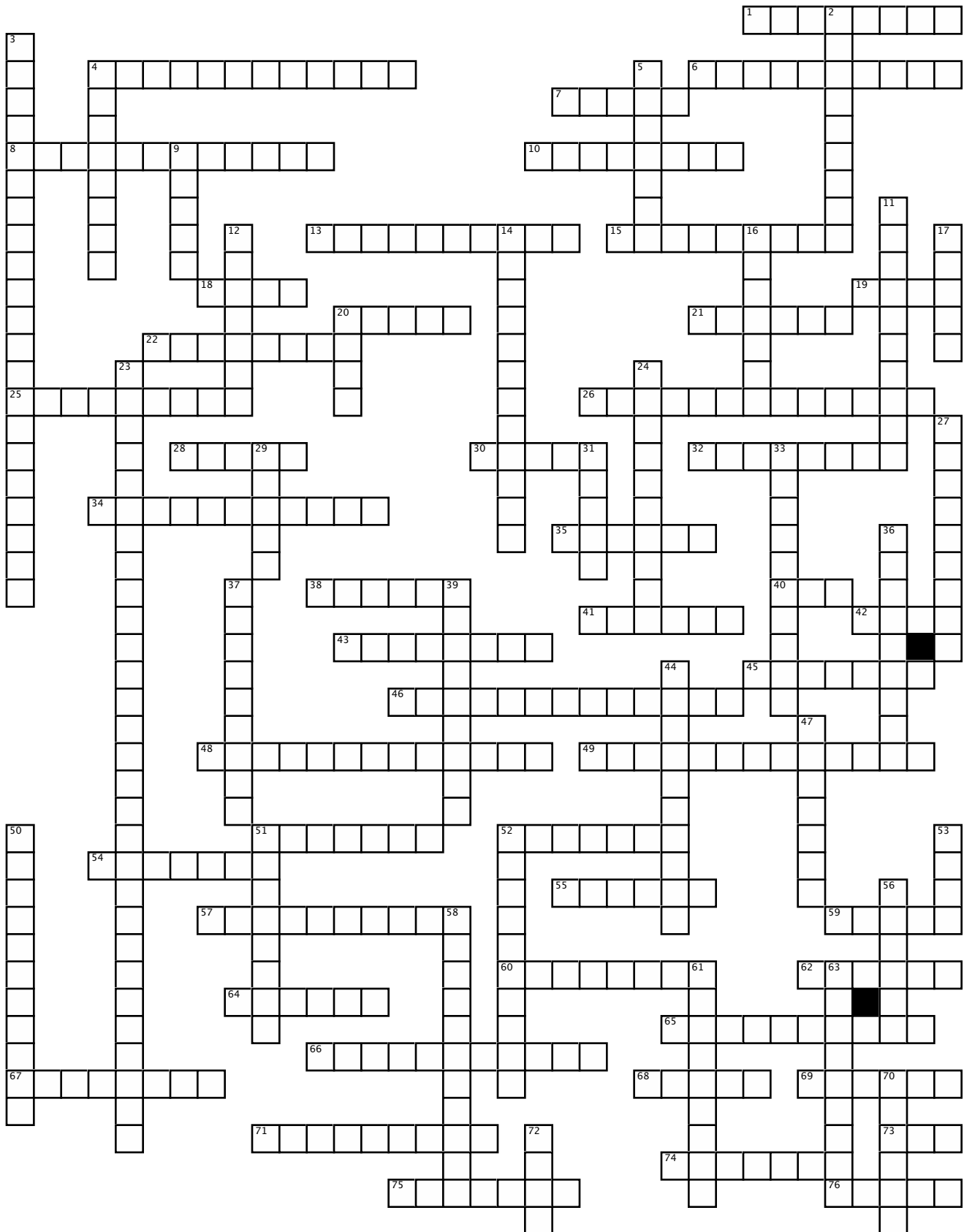
What is the significance of the letters R.E.S.T.?

What are withdrawal symptoms?

What is the manifest content?

What is the latent content?

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.