**AP Psychology - Unit 5 Assignment Altered States of Consciousness**

**Big Questions**: What is consciousness? How might knowledge of consciousness help increase our quality of life?

**States of Consciousness Objectives:**

* *Discuss the different levels of information processing.*
* *Describe the cyclical nature of sleep.*
* *Discuss possible functions of sleep and the effects of sleep deprivation.*
* *Identify and describe major sleep disorders.*
* *Describe the normal content of dreams.*
* *Discuss the possible functions of dreams as revealed in various theories.*
* *Define hypnosis and discuss several popular misconceptions about hypnosis.*
* *Discuss the controversy over whether hypnosis is an altered state of consciousness.*
* *Discuss the physical and psychological effects common to all psychoactive drugs and state three common misconceptions about addiction.*
* *Describe the physiological and psychological effects of depressants, stimulants, and hallucinogens.*
* *Discuss the biological, psychological, and social roots of drug use.*
* *Describe the near-death experience and the controversy of the separability of mind and body and the debate between dualists and monists.*

**States of Consciousness Overview**

**Consciousness**—*our awareness of ourselves and our environment—can be experienced in various states. The Consciousness chapter examines not only waking consciousness, but also covers sleep and dreaming, daydreaming, fantasies, hypnotic states, drug-altered states, and near-death experiences. Most of the terminology in this chapter is introduced in the sections on Sleep and Dreams and on Drugs and Consciousness. Among the issues discussed in the chapter are why we sleep and dream, whether hypnosis is a unique state of consciousness, and possible psychological and social roots of drug use.*

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| **Part I - Reading Assignment**  **Unit 5 Reading Assignment(s) You are responsible for the reading listed below; it is meant to supplement the material discussed in class I cannot teach you everything. You should skim the chapter after we finish going over the different parts, and take notes on anything we did not cover.**   * **‘Green Textbook’ – Chapter 4, pp. 73-84** * **OpenStax Psychology Textbook: Chapter 4 (Posted on Class Website: tcsocialstudies.weebly.com** |

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| **Part II - Unit 5 Vocabulary Terms Assignment**  **Directions: Psychology is a term heavy course; you are responsible for the terms below. Define the following terms below, neatly, on a blank sheet of paper. You need to write the terms using blue or black ink (just like the AP Exam). Do not use word processing (word or google), as copy + paste requires minimal effort and thought. Underline each term. Define the term using the resources above. Skip a line in between terms.** |

**\* COUSCIOUSNESS / SLEEP \***

**1. Consciousness**

**2. Circadian Rhythm**

**3. REM Sleep**

**4. Alpha Waves**

**5. Sleep**

**6. Delta Waves**

**7. NREM Sleep**

**8. Insomnia**

**9. Narcolepsy**

**10. Sleep Apnea**

**11. Night Terrors**

**12. Dreams**

**13. Manifest Content**

**14. Latent Content**

**15. REM Rebound**

**16. Activation Synthesis Hypothesis**

**\* HYPNOSIS \***

**17. Hypnosis**

**18. Posthypnotic Suggestion**

**19. Dissociation**

**20. Meditation**

**\* DRUGS \***

**21. Hallucinations**

**22. Psychoactive Drug**

**23. Tolerance**

**24. Withdrawal**

**25. Physical Dependence**

**26. Psychological Dependence**

**27. Addiction**

**28. Depressants**

**29. Barbiturates**

**30. Opiates**

**31. Stimulants**

**32. Amphetamines**

**33. Methamphetamine**

**34. Ecstasy (MDMA)**

**35. Hallucinogens**

**36. LSD**

**37. Near-Death Experience**

**38. THC**

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| **Part III - AP Questions Assignment**  **Directions: Thoroughly answer the following questions. All answers MUST be handwritten in complete sentences and in your own words. Blue or Black Pen!** |

**SLEEP**

**1. How many hours of sleep per night do you usually get? How many SHOULD you be getting? What are potential negative effects of sleep deprivation?**

**2. Pick two of the sleep theories you think are most valid (are most likely true). Describe the two and indicate why you chose those two.**

**3. Pick one sleep disorder that you, a family member, or a friend has, and describe it. How does this sleep disorder affect their life? If you don’t know anyone with a sleep disorder, pick one at random to describe and hypothesize at how it would affect their life.**

**4. Think of your most memorable dream that you can remember. Using three (3) of the dream theories, describe each theory and then apply it to analyzing your dream as best you can.**

**DRUGS**

**5. What are the three main categories of psychoactive drugs? What are the main characteristics of each category? Cite at least one (1) specific drug that falls under each category.**