

UNIT 5 — STATES OF CONSCIOUSNESS

Vocabulary Term	Definition of Term	Example
consciousness	Awareness of ourselves and our environment	
Dual processing	Info is often simultaneously processed on separate conscious and unconscious tracks	We know more than we think we know
Selective attention	Focusing of conscious awareness on a particular stimulus	11000000 info taken in each sec 40 processed
Inattentional blindness	Failing to see visible objects when our attention is directed elsewhere	Gorilla walking into room and not noticing
Change blindness	Failing to notice changes in the environment	Room color change and not notice
Circadian rhythm	Regular bodily rhythms that occur on a 24 hour cycle	Sleep, temp, ex
REM sleep	Recurring sleep stage during which vivid dreams commonly occur	Rapid eye movement
Alpha waves	Relatively slow brain waves of a relaxed, awake state	Awake but relaxed state
sleep	Periodic, natural, reversible loss of consciousness	You should get 8 hours of sleep
hallucinations	False sensory experiences	Seeing something in the absence of an external visual stimulus
Delta waves	Large slow waves	Happen in deep sleep (stage 4)
insomnia	Recurring problems in falling or staying asleep	
narcolepsy	Uncontrollable sleep attacks	Sleep disorder
Sleep apnea	Stop breathing during sleep	Sleep disorder
Night terrors	High arousal and appearance of being terrified	Happen in stage 4 sleep and aren't remembered
dream	Sequence of images, emotions, and thoughts passing through a sleeping person's mind	Good dream, nightmare
REM rebound	REM sleep increase following REM sleep deprivation	
hypnosis	One person suggests to another that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur	
Posthypnotic suggestion	Suggestion made during a hypnosis session to be carried out after the subject is no longer hypnotized	"you will stop drinking"
dissociation	Split in consciousness	Allows some thoughts and behaviors to occur simultaneously with others
Psychoactive drug	Substance that alters perceptions and mood	Cigarettes, coffee, ex

Tolerance	Diminishing effect of drug used in the same amount over time	
Withdrawal	Discomfort/ distress that follows discontinuing the use of an addictive drug	Alcoholic stops drinking
Physical dependence	Need for drug marked by unpleasant symptoms	Headache, upset stomach
Psychological dependence	The wanting of a drug with no physical symptoms	I need it!!!!
addiction	Compulsive drug craving and use despite adverse consequences	alcoholic
depressants	Drug that reduces neural activity and slows body functions	alcohol
barbiturates	Drug that depresses the activity of the central nervous system	Nembutal
opiates	Drug that depresses neural activity temporarily lessening pain and anxiety	Morphine and heroin
stimulants	Drug that excites neural activity	Caffeine, nicotine
amphetamines	Drugs that stimulate neural activity causing speed up body functions	cocaine
methamphetamine	Stimulates central nervous system , speeds up body functions, over time reduces dopamine baseline levels	meth
ecstasy	Synthetic stimulate and mild hallucinogen	(Love drug)
hallucinogens	Drugs that distort perceptions and evoke sensory images in the absence of sensory input	marijuana
LSD	Powerful hallucinogen	Acid
THC	Major active ingredient in marijuana	
Near-death experience	Altered state of consciousness reported after a close brush with death	NDE

Authors of Important Study	Basic of What Was Done	Lesson(s) learned from the study
Marvin Minsky	Study of brain activity linked with cognition	Perception, thinking, memory, and language
Sigmund Freud	Manifest content	Remembered storyline of a dream
Sigmund Freud	Latent content	Underlying meaning of a dream

Name of Important Person	What this person is known for	Impact on Psychology
Sigmund Freud	unconscious	Father of psychoanalysis