

AP Psychology Study Guide
Ch. 7 – States of Consciousness

Directions: Answer the following questions in preparation for your test.

- All questions should be answered in complete sentences.
- **Bold face** or underline all relevant vocabulary words in your responses.

The completed study guide is due the day of your MC test or FRQ: 12/21/2013

1.
 - a. What is **consciousness**?
 - b. Describe the 3 primary functions of consciousness.
 - c. Distinguish between **conscious** and **nonconscious processes**.
 - d. Distinguish between the two levels of the nonconscious mind: **preconscious & unconscious**. Provide an example of each.
2. What are **circadian rhythms**? Provide examples of bodily functions influenced by circadian rhythms.
3.
 - a. Briefly describe what happens to the body and the brain (hint: brain waves) during each phase of sleep:
 1. **Stage 1**
 2. **Stage 2**
 3. **Stage 3**
 4. **Stage 4**
 5. **REM sleep**
 - b. Explain why REM sleep is also referred to as "paradoxical" sleep.
 - c. Explain why we sleep according to the **evolutionary/preservation** and repair/restoration theories of sleep.
 - d. Explain why we dream according to the **psychoanalytic** (hint: **manifest, latent content**), **activation-synthesis**, & **information- processing theories** of dreaming.
 - e. Distinguish between **parasomnias** and **dyssomnias**.
 - f. Briefly describe the symptoms of the following sleep disorders:
 - a. **Narcolepsy**
 - b. **Sleep apnea**
 - c. **Insomnia**
 - d. **Nightmares**
 - e. **Night terrors**
4.
 - a. What is **hypnosis**?
 - b. List and debunk the 5 myths of hypnosis.
 - c. Describe the debate over whether hypnosis is truly an altered state of consciousness. Define the terms **social influence theory** and **divided consciousness theory** in your response.
 - d. Distinguish between a **post-hypnotic suggestion** and **post-hypnotic amnesia**.
5.
 - a. What is a **psychoactive drug**?
 - b. Distinguish between the following terms:
 1. **Drug abuse & addiction**
 2. **Psychological dependence & physiological dependence**
 3. **Tolerance and withdrawal**
 - c. List the "desirable" effects & note specific examples of the following classes of psychoactive drugs:
 1. **Stimulants**

States Of Consciousness Psychology Study Guide Answers

SJ Ball



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