

Consciousness Review

"What is consciousness? In every science there are concepts so fundamental they are nearly impossible to define. Biologists agree on what is alive but not on precisely what life is. In physics, matter and energy elude simple definition. To psychologists, consciousness is a similar fundamental, but slippery topic." [Meyers. Psychology 7th ed. Page 265].

Simultaneous Levels of Consciousness

Daydreaming [key words and synonyms]

- Waking fantasies; does not need to be dominant
- More with young adults than older
- Sexual fantasies
- May also be review of, rationalization of, replaying of, pondering
- A chance to mentally 'rehearse'
- Part of imagination and creativity, especially for children; seems to nourish their social and cognitive development -the diversion of TV and gaming a concern to psychologists

Biological Rhythms

- ❖ Annual
- ❖ Menstrual
- ❖ Daily
- ❖ Circadian
- ❖ Sleep stages

Sleep stages

- Brain waves - page 272
- What is associated with each stage
 - Brainwaves: alpha [pre], spindle [2], delta [3,4]
 - Movement or lack of
 - Dreams [5], hallucinations [1] and night terrors [4]
 - What is paradoxical sleep [internally aroused and externally calm]
- Effects of sleep deprivation
 - Malaise, lethargy, faulty memory
 - Irritability, mistakes, less productive
 - Depression, immune system weakened
 - Sleep debt, REM rebound [p284]
- Functions:
 - protect
 - supports growth [pituitary gland]
 - recuperate & restore body,
 - dreams

Dream Content

According to Freud,

- Manifest content: the story line
- Latent content: the underlying meaning of a dream [a safety valve that allows unconsciousness to express itself indirectly
- Key to understanding our inner conflicts]

Hypnosis [key words and synonyms]

Suggestible, posthypnotic amnesia

Regression can lead to combining fact & fiction

N authoritative person can be induced to ...obey, to unlikely acts

Posthypnotic suggestions has helped sometimes w/ stress and pain relief, but difficult w/ areas of self control

Bottom-up processing/to-down processing [p. 193-94]

Binge drinking:

On February 5, 2004, the National Institute on Alcohol Abuse and Alcoholism (NIAAA)

National Advisory Council approved the following definition/statement:

1. For the typical adult, this pattern corresponds to consuming 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours.
2. In the above definition, a "drink" refers to half an ounce of alcohol (e.g., one 12-oz. Beer, one 5-oz. glass of wine, or one 1.5-oz. Shot of distilled spirits).
3. A "binge" is a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 gram percent or above

Key terms: p.295

Addiction

Tolerance

Withdrawal

Physical dependence

Psychological dependence

Depressant

Stimulant

Hallucinogens

Chart: psychoactive drugs [p.301]

Biological influences [p302]