

## Overview

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### Unit 2: Biopsychology and Consciousness

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#### Topics:

- Human Genetics
  - Nervous System
  - Consciousness
  - Sleep and Sleep Disorders
  - Substance Abuse
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#### Learning Objectives:

By the end of this Unit, you will be able to:

1. Explain how genetics influence both physiological and psychological traits.
  2. Describe the structure and function of the nervous system.
  3. Examine what is meant by consciousness.
  4. Explain the importance of sleep in the study of human behavior.
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#### Tasks:

- Read the Learning Guide and Reading Assignments
- Participate in the Discussion Assignment (post, comment, and rate in the Discussion Forum)
- Complete and submit the Written Assignment
- Complete an entry in the Learning Journal
- Take the Self-Quiz

