

Study Questions for Chapter 5

- ~ Define *consciousness* and *phenomenology*, noting how the study of consciousness poses unique challenges to science.
- ~ Explain the problem of other minds, noting the dilemma we face when trying to perceive the consciousness of others.
- ~ Explain the *mind/body problem*, examining various views of how the mind and brain are linked.
- ~ Describe the four basic properties of consciousness: *intentionality*, *unity*, *selectivity*, and *transience*.
- ~ Contrast *minimal consciousness*, *full consciousness*, and *self-consciousness*, discussing the evidence for each state of awareness.
- ~ Describe the *experience sampling technique* of studying consciousness; summarize recent findings on the *contents of consciousness*, *daydreaming*, and the *default network*.
- ~ Discuss the research evidence on *thought suppression*, with particular attention to the *rebound effect* and the *ironic processes of mental control*.
- ~ Contrast Freud's idea of the *dynamic unconscious* with the more modern idea of the *cognitive unconscious*, and discuss the work on *subliminal perception* in regard to the general concept of consciousness below the surface.
- ~ Describe the stages of sleep over the course of a typical night, and discuss how sleep and wakefulness are part of the cycle of *circadian rhythm*.
- ~ List some of the benefits of a good night's sleep and some of the consequences of sleep deprivation.
- ~ Describe *insomnia*, *sleep apnea*, *somnambulism*, *narcolepsy*, *sleep paralysis*, and *night terrors*.
- ~ Describe the five major characteristics of dream consciousness that distinguish it from the typical waking state.
- ~ Compare the psychoanalytic theory of dreams with the *activation-synthesis model*.
- ~ Summarize which brain regions are activated, and which are deactivated, when we dream.
- ~ Explain how drug tolerance, physical dependence, and psychological dependence occur in the ingestion of *psychoactive drugs*; describe how animal drug self-administration studies have contributed to our understanding of these processes.

- ~ Compare the categories of psychoactive substances, noting how *depressants*, *stimulants*, *narcotics*, *hallucinogens*, and *marijuana* differ in their potentials for overdose, physical dependence, and psychological dependence.
- ~ Describe two theories that have been offered to account for the varied effects of alcohol on behavior: *expectancy theory* and *alcohol myopia*.
- ~ Explain why hypnosis qualifies as an altered state of consciousness and discuss differences in susceptibility to hypnosis.
- ~ Describe the research findings on the effects of hypnosis, with particular attention to the recovery of lost memories, *posthypnotic amnesia*, and *hypnotic analgesia*.
- ~ Explain how practices such as meditation and ecstatic religious experiences can produce altered states of consciousness.