

MIND & CONSCIOUSNESS

PSY 101 General Psychology

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What is consciousness?

There is no single definition.

We can infer one's state of awareness from:

1. Responsiveness to external stimuli
2. Subjective experience of self

Measuring brain activity

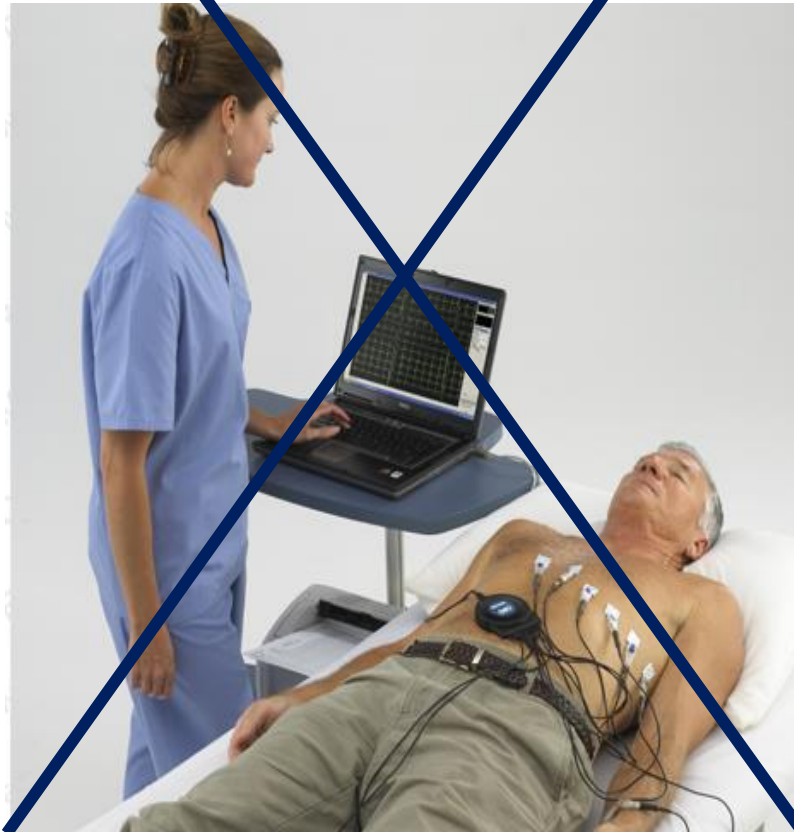
EEG

Electroencephalograph



ECG/EKG

Electrocardiogram



Polygraph



E.g., brain waves and sleep

High
frequency

Hertz (Hz)

Low
frequency

12~38 Hz



Wide awake

8~12 Hz



Relaxed

3~8 Hz



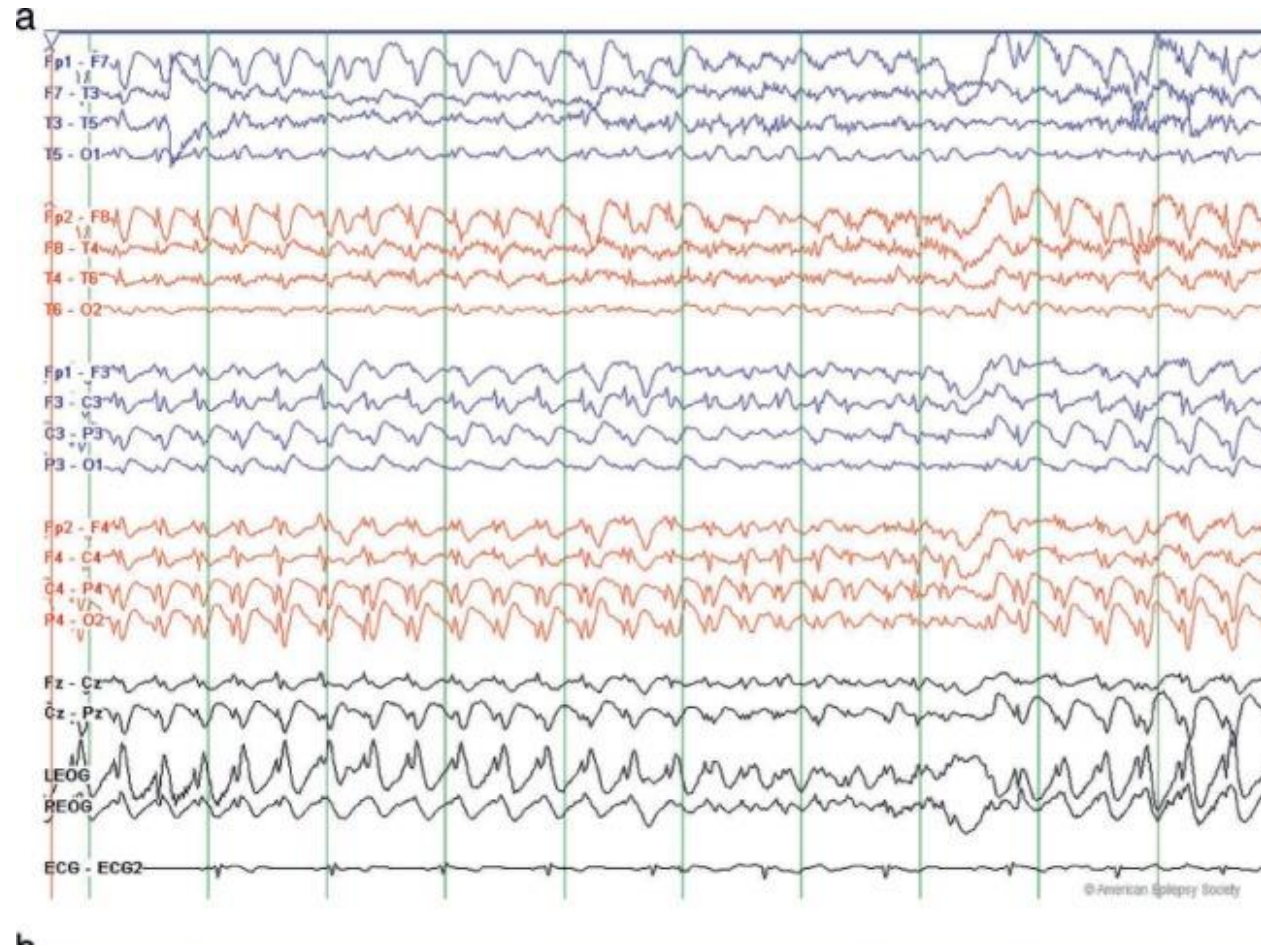
Light sleep

0.5~3 Hz

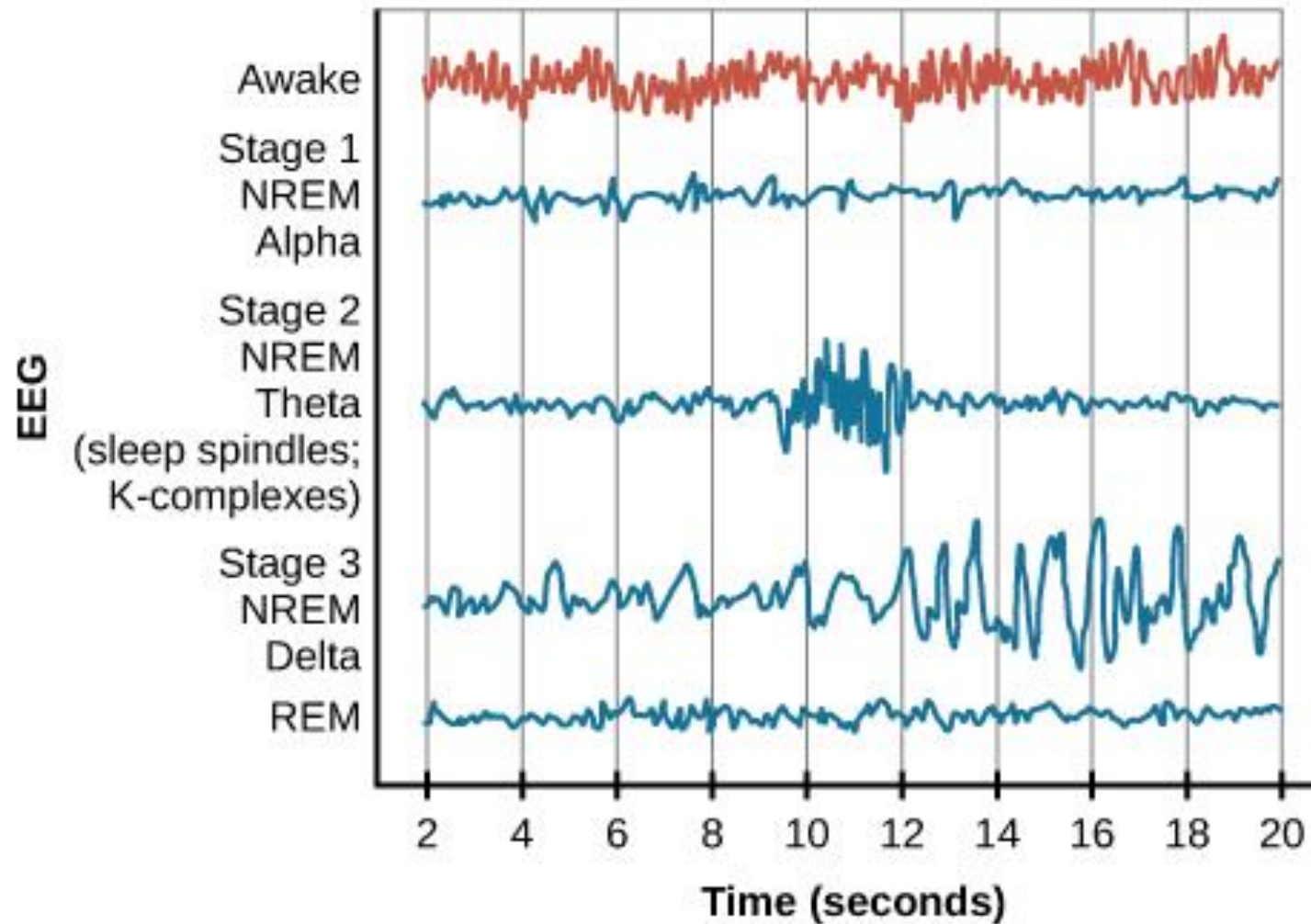


Deep sleep

Measuring brain activity



Measuring brain activity (REM vs awake)



Dual-processing (cognition)

system 1

unconscious
automatic



faster



system 2

conscious
deliberate



slower



Unscramble the following:

Example:

MEAIE



AIMEE

Unscramble the following:

FINEK
OPONS
KROF
PUC
ECUSAR

Unscramble the following:

EPATL



PLATE

PETAL

PALET

LEAPT

Etc.

you

People who worked
on another word set

Unscramble the following:

You

FINEK	KNIFE
OPONS	SPOON
KROF	FORK
PUC	CUP
ECUSAR	SAUCER

Other people

NYPAS	PANSY
FELA	LEAF
KTALS	STALK
DUB	BUD
LOBSOMS	BLOSSOM

Terms related to conscious cognitive processes

- ❖ Attention vs inattention
- ❖ Intentional vs unintentional (e.g., learning)
- ❖ Explicit vs implicit (e.g., knowledge, belief)

--Food for thought: multitasking