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| 1. Contrast the impact of behaviorism and cognitive neuroscience on psychologists' approach to the study of consciousness. Also explain why you do or do not believe that advances in cognitive neuroscience indicate that consciousness actually exerts a causal influence on our behaviors.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 2. Explain how brain scans have been used in cognitive neuroscience research to show how brain activity can reveal conscious thinking in both healthy participants and unresponsive patients. What do such studies tell us about the relationship between brain activity and mental processes?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 3. Imagine that you are at a party and are trying to have a conversation with a person who you just met. Explain how selective attention will help you in holding this conversation.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 4. How might a magician manipulate our selective attention? Discuss how the principles of inattentional blindness and change blindness, specifically, could be exploited to make magic tricks seem believable.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 5. Lynn believes herself to be fair, just, and unprejudiced. However, after interviewing potential babysitters for her son, she decides to hire an inexperienced White sitter with no references rather than a seasoned Black sitter with excellent recommendations from other families. How does this illustrate the flaws in Lynn’s conscious self-assessment and the principles of dual processing?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 6. Describe what is meant by parallel processing and sequential processing, and identify the different levels of consciousness associated with each of these two forms of information processing. Identify one advantage and one disadvantage of both parallel processing and sequential processing.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 7. It’s 10 p.m. and Oriol has just gotten into bed. His 3-year-old daughter is in the next room crying and the neighbor’s dog is barking. Describe how these events will or will not affect Oriol’s sleep. Identify some of the myths associated with sleep.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 8. Sam works a graveyard shift at his current place of employment and always feels tired and sleep deprived. Explain how this work pattern is affecting his circadian rhythm.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 9. Describe, in detail, the different sleep stages and what takes place during each one.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 10. Werner has worked hard all day, had a nice, filling dinner at 7, watched some TV for a while, and is now sound asleep. Describe the interactive effects of biology and environment during sleep and as Werner awakens.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 11. Compare and contrast the five theories that are used to help explain our need for sleep.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 12. Discuss what happens to the different parts of our bodies if we are deprived of sleep, and describe how these responses might affect a sleep-deprived person on a daily basis.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 13. Compare and contrast the major sleep disorders discussed in the text.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 14. Andre, a college junior, always has a problem falling asleep; so, he avoids going to bed until very late. Before he gets into bed, he tries to wear himself out by doing 100 push-ups, has a snack, takes a couple of sleeping pills, and reviews material for his first class in the morning. What specific advice would you give Andre to help him fall asleep?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 15. Clarissa was attending class when there was an active shooter on campus. Describe the dreams she was likely to have the night after the shooting, and explain why she would have those dreams.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 16. Jesse studied all day Tuesday for Wednesday’s psychology test. In a dream Tuesday night, Jesse imagined that he received an A on the test. Compare and contrast explanations of Jesse’s dream that might be provided by Freud’s wish-fulfillment theory, by an information-processing theory, and by the theory that dreams are initiated by random neural activation.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 17. Outline the DSM-5 criteria for a substance use disorder diagnosis. Include in your answer a differentiation between mild, moderate, and severe substance use disorders.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 18. Gregory continues to use heroin despite its interfering with his relationships, work, and studies. Explain what is likely happening in Gregory’s body and brain. What steps can he take to address his problematic heroin use, and what effects might he expect when he stops using?   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 19. A classmate believes that alcohol, marijuana, and cocaine all have similar effects on behavior and that therefore all three drugs ought to be legalized. Carefully evaluate the strengths and weaknesses of your classmate's position.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 20. Depressants are drugs that calm neural activity and slow body functions. Compare and contrast the depressants that are discussed in the text (alcohol, barbiturates, and opiates).   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 21. Nicotine is one of the most addictive stimulants. Outline the physiological effects of nicotine, and explain why addiction rates to this stimulant are so high.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 22. Virginia smokes marijuana regularly and Kevin uses cocaine on the weekends. Describe the physiological and psychological effects of these drugs on Virginia and Kevin.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 23. Explain why marijuana is classified as a hallucinogen.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 24. Jiman, who has multiple sclerosis, uses marijuana for medicinal purposes. Explain how marijuana may help Jiman, as well as the risks associated with his marijuana use.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 25. Samantha has a substance use disorder. Explain the biological, psychological, and social-cultural influences on the development of a substance use disorder.   |  |  | | --- | --- | | *ANSWER:* |  | |

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| 26. Fifteen-year-old Kelly has experimented with marijuana, alcohol, and cocaine. What are some possible biological, psychological, and social-cultural explanations for her drug use?   |  |  | | --- | --- | | *ANSWER:* |  | |