



Module 4 Overview & Checklist

Introductory Psychology

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1 Learning Objective(s)

1.1 Textbook Learning Objectives

- Understand what is meant by consciousness
- Explain how circadian rhythms are involved in regulating the sleep-wake cycle, and how circadian cycles can be disrupted
- Discuss the concept of sleep debt
- Describe areas of the brain involved in sleep
- Understand hormone secretions associated with sleep
- Describe several theories aimed at explaining the function of sleep
- Name and describe three theories about why we dream
- Differentiate between REM and non-REM sleep
- Describe the differences between the three stages of non-REM sleep
- Understand the role that REM and non-REM sleep play in learning and memory
- Describe the symptoms and treatments of insomnia
- Recognize the symptoms of several parasomnias
- Describe the symptoms and treatments for sleep apnea
- Recognize risk factors associated with sudden infant death syndrome (SIDS) and steps to prevent it
- Describe the symptoms and treatments for narcolepsy
- Describe the diagnostic criteria for substance use disorders
- Identify the neurotransmitter systems impacted by various categories of drugs
- Describe how different categories of drugs affect behavior and experience
- Define hypnosis and meditation
- Understand the similarities and differences of hypnosis and meditation

1.2 Instructor Learning Objectives

- Understand how consciousness is better described as range of states, rather than simply “on” or “off”
- Know several common conditions and drugs that modify or otherwise change the state of consciousness

2 Lecture(s) & Participation

- ☐ Attend Week 4 Class Meeting on Thursday, Sept 18
- ☐ Watch Module 4 Lecture and Take Notes (In-class)
- ☐ Participate in Module 4 Lecture Check-in (In-class)

3 Reading(s)

Under "Readings" in Blackboard Module

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Read Chapter 4 of Textbook and Complete Reading Evidence, due on Thursday, Sept 25 at 6:00pm EST

4 Assignments(s)

Under "Assignments" in Blackboard Module

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Complete and turn in Synthesis Paper I, due on Thursday, Sept 25 at 6:00pm EST on Blackboard

5 Looking Ahead

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Quiz 4 Next Week on Thursday, Sept 25, during class - Covers all content from Module 4

6 Suggested Weekly Flow

