

**AP Psychology Study Guide
Ch. 7 – States of Consciousness**

Directions: Answer the following questions in preparation for your test.

- All questions should be answered in complete sentences.
- **Bold face or underline** all relevant vocabulary words in your responses.

The completed study guide is due the day of your MC test or FRQ: 12/21/2013

1. a. What is **consciousness**?
b. Describe the 3 primary functions of consciousness.
c. Distinguish between **conscious** and **nonconscious processes**.
d. Distinguish between the two levels of the nonconscious mind: **preconscious & unconscious**.
Provide an example of each.

2. What are **circadian rhythms**? Provide examples of bodily functions influenced by circadian rhythms.

3. a. Briefly describe what happens to the body and the brain (hint: brain waves) during each phase of sleep:

1. **Stage 1**
2. **Stage 2**
3. **Stage 3**
4. **Stage 4**
5. **REM sleep**

- b. Explain why REM sleep is also referred to as "paradoxical" sleep.
- c. Explain why we sleep according to the **evolutionary/preservation** and repair/restoration theories of sleep.
- d. Explain why we dream according to the **psychoanalytic** (hint: **manifest, latent content**), **activation-synthesis, & information- processing** theories of dreaming.
- e. Distinguish between **parasomnias** and **dyssomnias**.
- f. Briefly describe the symptoms of the following sleep disorders:
 - a. **Narcolepsy**
 - b. **Sleep apnea**
 - c. **Insomnia**
 - d. **Nightmares**
 - e. **Night terrors**

4. a. What is **hypnosis**?
b. List and debunk the 5 myths of hypnosis.
c. Describe the debate over whether hypnosis is truly an altered state of consciousness. Define the terms **social influence theory** and **divided consciousness theory** in your response.
d. Distinguish between a **post-hypnotic suggestion** and **post-hypnotic amnesia**.

5. a. What is a **psychoactive drug**?
b. Distinguish between the following terms:
 1. **Drug abuse & addiction**
 2. **Psychological dependence & physiological dependence**
 3. **Tolerance and withdrawal**
c. List the "desirable" effects & note specific examples of the following classes of psychoactive drugs:
 1. **Stimulants**

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Table of Contents Psychology Consciousness Test Study Guide

1. Understanding the eBook Psychology Consciousness Test Study Guide
 - The Rise of Digital Reading Psychology Consciousness Test Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Psychology Consciousness Test Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Psychology Consciousness Test Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Psychology Consciousness Test Study Guide
 - Personalized Recommendations
 - Psychology Consciousness Test Study Guide User Reviews and Ratings
 - Psychology Consciousness Test Study Guide and Bestseller Lists
5. Accessing Psychology Consciousness Test Study Guide Free and Paid eBooks

- Psychology Consciousness Test Study Guide Public Domain eBooks
- Psychology Consciousness Test Study Guide eBook Subscription Services
- Psychology Consciousness Test Study Guide Budget-Friendly Options
- 6. Navigating Psychology Consciousness Test Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Psychology Consciousness Test Study Guide Compatibility with Devices
 - Psychology Consciousness Test Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Psychology Consciousness Test Study Guide
 - Highlighting and Note-Taking Psychology Consciousness Test Study Guide
 - Interactive Elements Psychology Consciousness Test Study Guide
- 8. Staying Engaged with Psychology Consciousness Test Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Psychology Consciousness Test Study Guide
- 9. Balancing eBooks and Physical Books Psychology Consciousness Test Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Psychology Consciousness Test Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Psychology Consciousness Test Study Guide
 - Setting Reading Goals Psychology Consciousness Test Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Psychology Consciousness Test Study Guide
 - Fact-Checking eBook Content of Psychology Consciousness Test Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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