

Assignments: Staple all assignments to this review.

1. _____ Progressive relaxation (20) 3. _____ Sleep/Dream Journal? (20-Extra Credit)
2. _____ BBC Hypnotherapy WS (10) 4. _____ Conflicting sources (20)

Unit 2 Study Guide: Consciousness

1. What is selective attention?
2. What is Inattentional blindness?
3. What is Change blindness?
4. Give an example of selective attention in a normal day at school.
5. Our “internal clock” or circadian rhythm is set to a _____ hour cycle.
6. On average, teenagers need _____ hours of sleep, adults need _____ hours of sleep, and babies need _____ hours of sleep.
- 7-11. Match the brain waves to the stages of sleep they are associated with. (There may be repeats or more than one. If more than one stage has the same brain wave listed you should include the %)

Alpha	Beta	Theta	Delta
_____	NREM stage 1	_____	NREM stage 4
_____	NREM stage 2	_____	REM
_____	NREM stage 3		

12. “REM” stands for _____ .
13. Hypnagogic hallucinations take place during _____ .
14. Dreams take place during _____ .

15. Sleepwalking, Night terrors, and sleep talking all take place during _____
_____.
16. List at least 3 negative effects of sleep deprivation.
- 17-18. List and describe at least 2 sleep disorders.
19. The remembered story line of the dream is the _____.
20. The dream's symbolic meaning is the _____.
21. Does hypnosis enhance recall of forgotten memories and events?
22. Does hypnosis force people to do things they would never be willing to do?
23. Can hypnosis help alleviate pain?
24. Can hypnosis be therapeutic?
25. Is hypnosis a form/stage of sleep?
26. How would you describe hypnosis?
27. What is a psychoactive drug?

Match the following terms to the correct definition

- A. Depressant
- B. Hallucinogen
- C. Stimulant

28. _____ Drug that excited neural activity and speeds up body function.
29. _____ Drug that distorts perceptions and evokes sensory images in the absence of sensory input.
30. _____ Drug that reduces neural activity and slows body function.

31. List three types of depressants.

32. List three types of Stimulants.

33. List two types of hallucinogens.

34. What is the biggest influence on whether start drinking or smoking?

35. T/F Prolonged exposure to drugs can deplete your body of dopamine and serotonin.

- 36-40. Write one amazing paragraph describing something interesting you learned about psychoactive drugs. You can discuss how different types of drugs affect the body in different ways, negative side effects, addiction, tolerance, long term effects, etc. Be as specific as you can be.