1. Define, clearly, the term “consciousness”.
2. Discuss Freud’s three part conceptualization of consciousness.
3. What is the “collective unconscious”?
4. What characteristics did William James use to describe “consciousness”?
5. What two factors prevented psychologists from studying consciousness in scientific terms?
6. What is a “circadian rhythm”?
7. Why does jet lag occur and when is it worst; W to E, or E to W?
8. What does the superchiasmatic do? What type of energy is it most sensitive to?
9. What does the Repair & Restoration Theory of Sleep suggest about sleep?
10. What does the Energy Conservation or Evolutionary Theory of Sleep suggest about sleep?
11. Discuss the difference between REM and NREM sleep?
12. Why is REM sleep is also called paradoxical sleep?
13. How much sleep does the average individual need (+/- 1 hr)?
15. Explain the Neurocognitive Theory of Dreaming.
16. Define the term “insomnia.”
17. What is sleep apnea and why is it such a serious problem?
18. What is narcolepsy?
19. What is the most common type of sleep disorder?
20. What stage of sleep does sleep walking occur in and why?
21. How is a nightmare different than a night terror?
22. Name three characteristics of hypnosis.
23. Name two other techniques that one could engage in that might bring about an altered state of consciousness.
24. What is a “psychoactive” substance and where do they work?
25. What area of the brain is commonly called the addiction center?
26. Which neurotransmitter is most commonly associated with addiction?
27. Addictive substances are grouped into four distinct groups. Identify each of the groups and two substances/drugs that are associated with each group.
28. What are the criteria that the American Psychiatric Association requires for a diagnosis of “substance abuse”.
29. What are the criteria that the American Psychiatric Association requires for a diagnosis of “substance dependence”.