1. What is an example of synesthesia?
   Following a car accident, someone has the ability to see sounds and hear touch.

2. What is the most basic distinction in states of consciousness?
   The difference between sleeping and waking

3. To what does consciousness refer?
   The subjective awareness of mental events

4. Who proposed the idea that consciousness is a constantly moving stream of thoughts, feelings, and perceptions?
   William James

5. What is the function of consciousness?
   It monitors the self and environment, and regulates thought and behavior

6. What are some truths of consciousness?
   It monitors the self and the environment; it is the subjective awareness of mental events; it regulates thought and behavior

7. What part of the brain is activated when people exercise conscious control?
   The dorsolateral prefrontal cortex

8. According to the textbook, what is the anterior cingulate involved in?
   In consciously regulating conflicting cues and perhaps in inhibiting incorrect responses

9. According to William James, what types of things grab consciousness?
   The unexpected; things contrary to expectations; things likely to affect our survival

10. What is the essence of attention?
    Focusing conscious awareness

11. What is an example of the cocktail party phenomenon?
    You are walking through a packed, noisy mall and having a conversation, yet you still hear someone else mention your name

12. What is an example of selective inattention?
    Taking a calculus exam and ignoring the important information of what will happen to your scholarship if I get too many problems wrong

13. Where is the control of content in consciousness thought to be?
    The frontal lobes and basal ganglia
14. If you can have a phone conversation while surfing the internet, or study while listening to the radio, these are examples of what?
   divided attention

15. What is a dichotic listening task?
   When someone is asked to listen to two different streams of information that are provided to his or her two ears

16. What did research on priming demonstrate in a dichotic listening task?
   The information presented in the unattended channel is attended to on some level

17. What are some examples of mindlessness?
   Placing objects in categories and failing to realize they could be perceived differently; behaving automatically or out of habit; acting exclusively from a single perspective

18. Why did the study of consciousness recede from scientific study?
   Due to the ascendance of behaviorism

19. Why was there a regenerated interest in the subject of consciousness?
   Because of developments in neuroscience and neuroimaging

20. What did Freud propose, in terms of consciousness?
   The notion that consciousness is one of three mental systems

21. For Freud, what did conscious mental processes involve?
   A subjective awareness of stimuli, feelings, and ideas

22. What is the preconscious?
   Mental processes that are not presently conscious but could be readily brought to consciousness

23. One of my coworkers asked what I have to do today and I recalled that I have to write a letter of recommendation for a student. Until I recalled it, where was that information?
   It was in my preconscious

24. Why are unconscious mental processes considered to be inaccessible to consciousness?
   Because of the anxiety they would cause

25. According to Freud's view, why is material in the unconscious there?
   Because it is anxiety provoking

26. What are the parts of the psychodynamic view of cognition?
   Conscious, preconscious, and unconscious

27. According to the psychodynamic approach, what are some processes that may be
unconscious?
cognitive and perceptual processes; motivational processes; emotional processes

28. What did the findings of priming studies suggest?
   **That unconscious motives affect behavior**

29. According to the cognitive approach, that which is unconscious is what?
   **Outside awareness**

30. Who proposed the distinction between unconscious and preconscious cognitive processes?
   **John Kilstrom**

31. If I hear a song on the radio in the morning and cannot get it out of my head, in terms of consciousness, where is this song?
   **In my preconscious**

32. What are the different types of cognitive processes, according to the cognitive perspective?
   **Unconscious; preconscious; consciousness of self**

33. What types of things can be explained by the cognitive notion of consciousness of self?
   **Multiple personalities; dissociative disorders; suggestions under hypnosis**

34. What are some truths of conscious processes?
   **They have a limited capacity; they are more flexible than unconscious processes; they can help provide the ‘big picture’**

35. In what instances can it be useful to study split brain patients, amnesiacs, and individuals suffering from Korsakoff’s syndrome?
   **In studying the neuropsychology of consciousness**

36. What portion of the brain is associated with consciousness, according to the authors of your textbook?
   **It is a distributed network of neurons**

37. What neural structures are associated with consciousness, and by consciousness I mean not asleep?
   **hindbrain and midbrain**

38. According to what was stated in the textbook, what would happen if you lost an entire cerebral hemisphere?
   **You could still be conscious**

39. If you are home watching high-speed action adventure movie in which your eyes are darting all over the screen, which part of your neurophysiology is thought to be involved?
Pathways from the reticular formation through the thalamus and to the cortex

40. In terms of humans, how many hours do most people sleep?
   **6.5 and 8.5 hours per night**

41. In terms of sleep, who are those who are prone to die earlier?
   **Those who get too little sleep and those who get too much sleep**

42. From the 1960s to the early 1990s, what has happened with college students and sleep?
   **They appear to be getting less sleep**

43. What is circadian rhythm?
   **The cyclical biological process that evolved around the daily day-night cycle**

44. In humans, when are circadian rhythms evident?
   **Before birth**

45. What is prescribed following a long airplane trip to “reset” the circadian rhythm?
   **Melatonin**

46. What is seasonal affect disorder?
   **The idea that human depression is linked to the day-night cycle**

47. Why is the period from Christmas to New Years thought to be the most depressing?
   **A decrease in the amount of daylight**

48. According to the textbook, what is the precise function of sleep?
   **It is unknown**

49. What are considered the functions of sleep?
   **Conservation of energy; restorative function; resolve emotional conflicts**

50. If I do not get sleep for a number of days, what will likely happen?
   **I will become ill**

51. What is insomnia?
   **The inability to sleep**

52. What do Kowalski and Westen recommend as an aid for relieving insomnia?
   **Avoid spending too much time in bed while awake; keep a regular sleep schedule; do not eat a large meal before bedtime**

53. What happens with someone who has sleep apnea?
   **Brief periods during sleep when an individual stops breathing**

54. What happens during restless leg syndrome?
Uncomfortable crawling, tingling, or prickling sensation in the legs

55. To understand sleep, what do we need to pay attention to regarding EEG waves?  
   The frequency and amplitude

56. What kind of brain waves are represented as you are going around throughout the day?  
   Beta waves

57. Which waves emerge as people close their eyes and relax in bed?  
   Alpha waves

58. When do theta waves appear?  
   During Stage 1 sleep, when muscle tone is maintained and eye movements are absent

59. Stage 2 sleep is characterized by what?  
   Sleep spindles

60. What would happen if I keep waking you up during delta sleep?  
   You would wake up feeling achy

61. What would someone be like during delta sleep?  
   Relaxed muscles, decreased rate of respiration, and slightly lower body temperature

62. With which sleep is dreaming associated?  
   REM sleep

63. What did analyses of people's dreams show?  
   That 80% of all emotions experienced in dreams are negative

64. How long are the stages of sleep that follow a regular cycle that repeats?  
   90 minutes

65. What percent of sleep is represented by REM sleep?  
   25% of all sleep

66. What types of things are typical of REM sleep?  
   brain waves that closely resemble being awake; an increase in autonomic activity; an inability to move

67. According to Freud's theory of dreams, why are dreams chaotic?  
   unconscious processes are associative and during sleep no rational processes monitor the story

68. A friend, knowing that I am a psychology teacher, asks me to explain a dream she had
and considers to be very strange. What is she asking for?
The latent content, or symbolic meaning of the dream.

69. According to Freud, why are dreams quickly forgotten?
   To avoid the anxiety they create

70. What did David Foulkes propose?
   The idea that dreams express current concerns in our lives

71. According to the cognitive theory of dreams, what do dreams contain?
   Concerns and metaphors from waking thought

72. What evidence is there for the notion that dreams are based on current concerns?
   Gender differences and cross-cultural differences

73. From a biological viewpoint, what is likely to be the interpretation of a dream I once had in which I dreamt that I was married to Hillary Rodham Clinton?
   The dream is the result of random neural signals.

74. What happens during NREM sleep?
   Forming and consolidating memories

75. What happens during REM sleep?
   Dreaming and erasing memories

76. What happens when people meditate?
   Increased theta waves in the brain, which typically only occur when the person is fully asleep; focused attention on a simple stimulus; disruption of the normal flow of self-conscious inner dialogue

77. Who is the Greek god of sleep?
   Hypnos

78. What are some characteristics of someone who is hypnotized?
   Deep relaxation and suggestibility

79. What is an example of hyperamnesia?
   While at a show involving a hypnotist, I remembered an event that I had long forgotten

80. What is age regression?
   A hypnotist has people go back to earlier ages in their life

81. Where has hypnotic analgesia been documented to be useful?
   In eliminating pain in surgery
82. What are some truths in regard to hypnosis and memory?
   - Hypnotic subjects may simply be playing the role they are expected to play; hypnosis may involve a lower threshold for feeling confident when reporting a memory; people under hypnosis are highly suggestible.

83. Based on what was stated in the textbook, why should people believe that hypnosis is real?
   - It is unlikely that patients undergo an operation without anesthesia simply to try and please the experimenter; hypnotized and non-hypnotized patients have distinct EEG patterns; when performing a task thought to distract, hypnotized patients are three times more likely to carry out a posthypnotic suggestion than people not hypnotized.

84. What are psychoactive substances?
   - Drugs that operate on the nervous system and that alter mental activity.

85. What are some well-known depressants that are likely to slow down the nervous system?
   - Valium, Xanax and alcohol.

86. Why would alcohol make you depressed?
   - Because it increases GABA levels.

87. Why is alcohol known as biphasic?
   - Because it has both stimulant and depressant properties.

88. What are some typical results of alcohol use?
   - Pleasurable feelings, which often reinforce behavior; a reduction of inhibitions; reduction of processes that keep people from acting aggressively.

89. What is the most widely used psychoactive substance in the world?
   - Alcohol.

90. In the United States, how many people abuse alcohol?
   - Approximately 1 in 7 people.

91. What kinds of effects does nicotine have on the body?
   - It influences the autonomic nervous system.

92. What feelings are associated with amphetamines?
   - The feeling of hyperarousal, a feeling of “speeding,” where everything seems to be moving quickly.

93. Cocaine appears to increase the activity of what?
   - Norepinephrine and dopamine.

94. In both the United States and Europe, during what decade did hallucinogenic drug use...
increase due to the discovery of LSD?

In the 1960’s

95. What can be expected with chronic use of LSD?
   Depression, paranoia and lack of motivation

96. What can be expected with long-term marijuana use?
   Paranoia, panic symptoms, and difficulty directing attention

97. How does marijuana operate with the brain?
   It artificially manipulates dopamine reward circuits in the brain

98. What feelings accompany experiences of being in contact with the divine during a religious experience?
   A sense of peace and inner harmony

99. How far back can ritualized altered states be found?
   As early as the Neanderthals

100. What is collective effervescence?
   Emile Durkheim's notion that the individual's consciousness is dominated by the ‘collective unconsciousness’