Unit 7: States of Consciousness

Reading Schedule: Chapter 5 in the textbook and Chapter 5 in Barron’s

*Understanding consciousness and what it encompasses is critical to an appreciation of what is meant by a given state of consciousness. The study of variations in consciousness includes an examination of the sleep cycle, dreams, circadian rhythms, and the effects of psychoactive drugs.*

Learning Objectives

1. Describe various states of consciousness and their impact on behavior.
2. Discuss aspects of sleep and dreaming:
   1. stages and characteristics of the sleep cycle
   2. theories of sleep and dreaming
   3. symptoms and treatments of sleep disorders.
3. Identify the major psychoactive drug categories (e.g., depressants, stimulants, hallucinogens) and classify specific drugs, including their psychological and physiological effects.
4. Discuss the influence of drugs on neurotransmitters: reuptake mechanisms, agonists, antagonists.
5. Discuss drug dependence, addiction, tolerance, and withdrawal.
6. Identify the major figures in consciousness research (e.g., William James, Sigmund Freud).

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