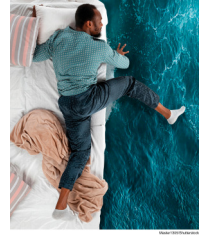


Learning Goals

Chapter 3: Consciousness



What Does it Mean to Be Conscious?

- 3.1 Compare the normal waking state of consciousness with altered states of consciousness.
- 3.2 Explain how changes in brain activity produce changes in consciousness.
- 3.3 Explain how limited attention affects automatic and controlled processes.
- 3.4 Explain how unconscious mental activity affects behavior.

How Does Sleep Affect Consciousness?

- 3.5 Summarize the four stages of sleep.
- 3.6 Explain the relationship between brain activity and dreaming.
- 3.7 Summarize the three reasons people need to sleep.
- 3.8 Summarize the strategies for developing better sleep habits.
- 3.9 Summarize the five sleep disorders.

How Do Hypnosis and Meditation Alter Consciousness?

- 3.10 Compare the two theories explaining hypnosis.
- 3.11 Summarize what happens to people when they meditate.

How Do Drugs Alter Consciousness?

- 3.12 Explain how the four classes of psychoactive drugs create an altered state of consciousness.
- 3.13 Summarize the factors that lead to substance use disorder.

In addition, you should be able to give examples and elaborate on the major concepts from the chapter.