Chapter 4 Objectives
Consciousness

After studying this chapter, students should be able to:

4.1 What Is Consciousness?
- Define consciousness.
- Identify varied states of consciousness.
- Discuss how unconscious processes influence thought and behavior.
- Explain how brain activity gives rise to consciousness.

4.2 What Is Sleep?
- Describe the stages of sleep.
- Identify common sleep disorders.
- Discuss the functions of sleeping and dreaming.

4.3 What Is Altered Consciousness?
- Compare and contrast the theories of hypnosis.
- Discuss the effects of meditation on consciousness.
- Define the concept of “flow.”

4.4 How Do Drugs Affect Consciousness?
- Describe the neurochemical, psychological, and behavioral effects of stimulants, depressants, opiates/narcotics, hallucinogens/psychedelics, and other commonly used drugs.
- Identify physiological and psychological factors associated with addiction.

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