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.