

Why is learning about Consciousness (sleep, hypnosis, meditation, and the effect drugs have) important?

- (1) **Describe an example of how learning about the Consciousness help you understand others or yourself.** If you use drugs, why is it important to understand their effects? Why is understand the effects of sleep deprivation important?
- (2) **Describe an example of how learning about Consciousness helps you understand events in the world.** Why do pilots and nurses want to have a larger influence in their scheduling of work hours?
- (3) **Describe an example of how you can use Consciousness in your personal life or potential career.** Why is learning about how to get a better night of sleep important?
- (4) **Describe an example of misunderstandings or questionable beliefs that can arise if you didn't learn about Consciousness.** Explain possible consequences of having this questionable belief. What are some myths people have about sleep, hypnosis or the effect of drugs?
- (5) **Describe a social issues or public policy that can be addressed with the knowledge from the Psychology of Consciousness.** Are there alcohol and drug issues that you understand better? Are there workplace issues that you understand better? Should you be concerned about the effects of sleep deprivation?
- (6) **Describe an example of one of the concepts in the chapter on Consciousness.**

- (7) **Describe how a concept in this chapter relates to another concept in a different chapter. Explain each concept and the link between them.** (How are the effects of drugs related to neurotransmitters?)

In a group of two or three, answer any of these questions (you can answer one more than once) for up to two points. Be as specific as possible to be applied to a specific situation. Write as if you were explaining it to a person who is in psychology 201. You cannot use examples from the textbook or those I presented. **Make sure you clearly identify the concept, what that concept is, and how it relates to the example.** Six points maximum. We will try to share these answers later today.

Another way of thinking about these questions is to imagine that you had a “twin” who didn’t read this chapter. Will the two of you think differently about the world?

When I read through your answers, I am trying to answer the following questions:

- What is the psychological concept?
- Does your answer illustrate that you know the psychological concept?