STUDY GUIDE: UNIT V – STATES of CONSCIOUSNESS
AP Psychology

In addition to the information in this study guide, you are also responsible for all of the content in textbook (Modules 22-25), all information from class notes/discussions, all handouts and graphic organizers. It’s AP – it’s all fair game 😊

Terms & Concepts
All Key Terms & Concepts to Remember on page 259 (Modules 22-25)

Module 22
22-1: What is the place of consciousness in psychology’s history?
✓ Consciousness, dual processing, selective attention
✓ States of consciousness (Figure 22.1)

22-2: What is hypnosis, and what powers does a hypnotist have over a hypnotized subject?
✓ FAQs about hypnosis
✓ Posthypnotic suggestions

22-3: Is hypnosis an extension of normal consciousness or an altered state?
✓ Divided-consciousness theory
✓ Social influence theory

Module 23
23-1: How do our biological rhythms influence our daily functioning?
✓ Circadian rhythm

23-2: What is the biological rhythm of our sleeping and dreaming stages?
✓ Sleep stages
✓ REM sleep

23-3: How do biology and environment interact in our sleep patterns?
✓ SCN
✓ Genetic, cultural, and environmental influences on sleep
✓ How much sleep do you need?

23-4: What are sleep’s functions?
✓ 5 reasons why sleep may have evolved
Module 24
24-1: How does sleep loss affect us, and what are the major sleep disorders?
✓ Effects of sleep loss
✓ Insomnia, narcolepsy, sleep apnea
✓ Night terrors, sleepwalking, sleep talking

24-2: What do we dream?

24-3: What are the functions of dreams?
✓ Manifest content
✓ Latent content
✓ 5 dream theories

Module 25
25-1: What are substance use disorders, and what role do tolerance, withdrawal, and addiction play in these disorders?
✓ Substance use disorder (Table 25.1)
✓ Psychoactive drugs
✓ Tolerance, addiction, withdrawal

25-2: What are depressants, and what are their effects?
✓ Alcohol
✓ Barbiturates
✓ Opiates

25-3: What are stimulants, and what are their effects?
✓ Caffeine
✓ Nicotine
✓ Cocaine
✓ Ecstasy
✓ Amphetamines
✓ Methamphetamines

25-4: What are hallucinogens, and what are their effects?
✓ LSD
✓ marijuana
✓ THC