

CONSCIOUSNESS

- I. SLEEP
 - A. INTRODUCTION-INDIVIDUAL DIFFERENCES
 - B. BASIC MEASURES
 - 1. EEG -- ELECTROENCEPHALOGRAM
 - a. ALPHA - RELAXED
 - b. DELTA - DEEP SLEEP
 - 2. EOG -- ELECTROOCCULARGRAM
 - 3. EMG -- ELECTROMYOGRAM
 - 4. EKG -- ELECTROCARDIOGRAM
- II. STAGES OF SLEEP
 - A. 1 - 4, THEN 3, 2
 - B. REM SLEEP
 - C. 4-5 CYCLES PER NIGHT EACH ABOUT 1.5 HRS
- III. FUNCTION OF SLEEP
 - A. DEPRIVATION EFFECTS
 - 1. FEW ADVERSE EFFECTS-IF FEW DAYS
 - 2. CHANGES DO OCCUR -- REM REBOUND
 - 3. SEVERAL DAYS OR LONGER
 - a. Decrease in hormones and weakening of immune system
 - b. Decrease in focusing attention, e.g., hard to read or complete a boring task
 - c. Poorer Short Term Memory
 - d. Likely to experience microsleep
 - 4. Surprising effect—Some Clinical Depression —(serotonin receptors become more sensitive)
 - B. EVOLUTION -- OUT OF HARMS WAY
- IV. DREAMS
 - A. HISTORY:
 - 1. RELIGION
 - 2. PSYCHODYNAMIC (Freud Latent and Manifest Content)
 - 3. PHYSIOLOGICAL/COGNITIVE
 - B. CHARACTERISTICS OF DREAMS
 - 1. VIVID COGNITIVE EVENT
 - 2. PERCEPTUAL MORE SO THAN MEMORIES
 - C. WHAT DO WE DREAM ABOUT
 - 1. THEMES--MISFORTUNE
 - 2. SOURCE-DAY RESIDUE, PAST EXPERIENCE, CURRENT STIMULI
- V. SUMMARY-- DESCRIPTION BUT NOT A CLEAR UNDERSTANDING OF WHY

DRUGS AND CONSCIOUSNESS

A. BASIC TERMS

1. DRUG ABUSE
2. PSYCHOLOGICAL DEPENDENCE
3. PHYSIOLOGICAL DEPENDENCE
 - a. WITHDRAWAL
 - b. TOLERANCE
4. REWARD EFFECTS OF ANY DRUG DUE TO ACTIVATION OF DOPAMINE

B. DEPRESSANTS-BARBITURATES & ALCOHOL

1. REWARD EFFECTS-DOPAMINE
2. DEPRESSANT EFFECTS-GABA

C. STIMULANTS-AMPHETAMINE & COCAINE

1. REWARD EFFECTS-DOPAMINE
2. AROUSAL—INHIBIT REUPTAKE OF NE

D. PSYCHEDELICS-ALTER SENSORY PERCEPTIONS

1. MARIJUANA-TETRAHYDROCANNABINOL (THC)
2. ANANDAMIDE (NEUROTRANSMITTER)

E. THEORIES OF ADDICTION-ONE EXAMPLE LEARNING THEORY

FREUD & JUNG-PSYCHODYNAMIC

I. Introduction--Sigmund Freud

II. Personal History---Freud 1856-1939

III. Structure of the mind

A. ID

1. Instincts

a) Life--libido

b) Death

2. Pleasure principle

3. Dynamic forces--release energy

B. EGO

1. Reason

2. Reality principle

C. Superego

Conscience

Ego ideal

D. Interact with ego as the mediator

IV. Psychosexual Stages of Development

A. Oral (0-1 years)

B. Anal (1-3)

C. Phallic (3-5)

1. Oedipus complex (male & female but different

D. Latent (6-11)

E. Genital (11+)

V. Carl Jung-- contributions

A. Introduction--split with Freud

B. Two levels of unconscious

1. Personal
2. Collective--note archetypes (predispositions)
 - a) **Persona--hide true feelings when in opposition to group**

PERSONALITY APPROACHES

I. PSYCHODYNAMIC—FREUD & JUNG

A. CRITICISM-DIFFICULT TO EVALUATE

II. HUMANISTIC—ROGERS & MASLOW

A. PERSONAL GROWTH

B. FREE WILL & RESPONSIBILITY

C. IDEA OF SELF-EFFICACY

III. TRAIT THEORIES—ALLPORT & EYSENCK

A. STABLE CHARACTERISTICS DESCRIBE INDIVIDUAL

B. CURRENT EMPHASIS ON “BIG 5”

1. OPENNESS (O)
2. CONSCIENTIOUSNESS (C)
3. EXTRAVERSION (E)
4. AGREEABLENESS (A)
5. NEUROTICISM (N)

C. CRITICISM—DESCRIPTIVE NOT EXPLANATORY

IV. LEARNING THEORIES

A. CLASSICAL CONDITIONING & OPERANT CONDITIONING—PAVLOV & SKINNER

B. SOCIAL COGNITIVE—BANDURA

1. EMPHASIS ON VIEW OF SELF
2. SELF-EFFICACY—EXPECTATIONS OF REACHING GOAL

C. CRITICISM OF LEARNING—IGNORE NOTION OF INNER CONFLICTS