

Chapter 5- Consciousness

- Consciousness- a person's subjective experience of the world and the mind

Conscious and Unconscious: The Mind's Eye, Open and Closed

- Phenomenology- how things seem to the conscious person
- Problem of other minds- fundamental difficulty we have in perceiving the consciousness of others
 - People judge minds according to the capacity for...
 - Experience (ability to feel pain, pleasure, hunger, consciousness, anger, fear)
 - Agency (ability for self-control, planning, memory or thought)
- Mind-body problem- the issue of how the mind is related to the mind and body
 - Descartes believed mind and body were separate
 - Electrical activity in brain of volunteers started before conscious wish to raise hand and before hand is raised
- Consciousness has 4 basic properties
 - Intentionality- quality of being directed toward an object
 - Unity- resistance to division/ability to integrate info. From all body's senses into one coherent whole
 - Selectivity- capacity to include some objects but not others
 - Dichotic listening- people wearing headphones hear different messages in each ear
 - Cocktail-party phenomenon- people tune in 1 message even while they filter out others nearby (names)
 - Transience- tendency to change
- Levels of consciousness
 - Minimal consciousness- low level of sensory awareness and responsiveness that occurs when the mind inputs sensations and may output behavior
 - Full consciousness- know and are able to report mental state
 - Self-consciousness- person's attention is drawn to self as object
 - Infants develops about 18 months
- Experience-sampling technique- people are asked to report their consciousness experiences at particular times
- Current concerns- what the person is thinking about repeatedly
- Daydreaming- state of consciousness in which a seemingly purposeless flow of thoughts comes to mind
- Mental control- attempt to change consciousness states of mind
- Thought suppression- conscious avoidance of thought
- Rebound effects of thought suppression- tendency of a thought to return to consciousness with greater frequency following suppression

- Ironic processes of mental control- ironic errors occur because the mental process that monitors errors can itself produce them
- Dynamic unconscious- an active system encompassing a lifetime of hidden memories, the person's deepest instincts and desires and the person's inner struggle to control these forces
- Repression- a mental process that removes unacceptable thoughts and memories from consciousness and keeps them in the unconscious
- Freudian slips- speech errors and lapses of consciousness that gave evidence for unconscious mind
- Cognitive unconscious- all mental processes that give rise to person's thoughts, choices, emotions and behaviors even though they are not experienced by the person
- Subliminal perception- thought or behavior is influenced by stimuli that a person cannot consciously report perceiving

Sleep and Dreaming: Good Night, Mind

- Altered state of consciousness- a form of experience that departs significantly from the normal subjective experience of the world and the mind
 - Hypnagogic state- presleep consciousness
 - Hypnic jerk- sudden quiver or sensation of dropping
 - Hypnopompic state- post sleep consciousness
- Circadian rhythm- naturally occurring 24-hour sleep/wake cycle
- REM sleep- stage of sleep characterized by rapid eye movements and a high level of brain activity
- Electrooculograph (EOG)- instrument that measures eye movements
- Sleep disorders
 - Insomnia- difficulty falling asleep or staying asleep
 - Sleep apnea- disorder in which the person stop breathing for brief periods while asleep
 - Somnambulism- sleep walking
 - Narcolepsy- disorder in which sudden sleep attacks occur in the middle of waking activities
 - Sleep paralysis- the experience of waking unable to move
 - Night terrors- abrupt awakenings with panic and intense emotional arousal
- 5 characteristics of dream consciousness that make it different than waking state
 1. Intense emotion
 2. Illogical thoughts
 3. Sensation is fully formed and meaningful
 4. Uncritical acceptance
 5. Difficulty remembering
- Manifest content- a dream's apparent topic or superficial meaning
- Latent content- a dream's true underlying meaning

- Activation-synthesis model- dreams are produced when the brain attempts to make sense of random neural activity that occurs during sleep

Drugs and Consciousness: Artificial Inspiration

- Psychoactive drugs- chemicals that influence consciousness or behavior by altering the brain's chemical message system
- Drug tolerance- the tendency for a larger drug dose to be required over time to achieve same effect
- Physical dependence- when pain, convulsions, hallucinations or other unpleasant symptoms accompany withdrawal
- Physiological dependence- strong desire to return to drug even after physical withdrawal symptoms are gone
- Balanced placebo design- behavior is observed following presence or absence of actual and presence or absence of placebo stimulus
- Types of Psychoactive drugs
 - Depressants- substances that reduce activity of the central nervous system
 - Alcohol
 - Expectancy theory- alcohol's effects can be produced by people's expectations
 - Alcohol myopia- alcohol hampers attention, leading people to respond in simple ways to complex situations
 - Barbituates, Benzodiazepines, and Toxic Inhalants
 - Stimulants- substances that excite the central nervous system, heightening arousal and activity levels
 - Caffeine, amphetamines, nicotine, cocaine, and ecstasy
 - Narcotics- highly addictive drugs derived from opium that relieve pain
 - Hallucinogens- drugs that alter sensation and perception, and often cause visual and auditory hallucinations
 - LSD, mescaline, psilocyloin, PCP, and ketamine
 - Marijuana- a plant whose leaves and buds contain a psychoactive drug called tetrahydrocannabinol (THC)
 - Gateway drug- a drug whose use increases the risk of the subsequent use of more harmful drugs

Hypnosis: Open to Suggestion

- Hypnosis- a social interaction in which one person (hypnotist) makes suggestions that lead to a change in another person's (subject) subjective experience of the world
- Posthypnotic amnesia- failure to retrieve memories following hypnotic suggestions to forget
- Stroop task- red yellow blue