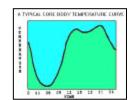
The Mind: Awake and Asleep Name______http://www.learner.org/discoveringpsychology/13/e13expand.html

Look for the answers to following as you watch...



- **1. The consistent pattern of cyclical body activities** that last approximately 24 hours; also known as the biological clock, is called the:
- a. biological cycle b. circadian rhythm c. natural cycle
- 2. Our awareness of the world is also known as
- 3. An alternate state of consciousness at the onset of sleep, and the perceptions, fantasies, and energy levels provoked by that state as the:
- a. Circadian rhythm b. somnambalist state c. hypnagognic state



- **4.** At the end of the 19th century, Wilhelm Wundt explored the thoughts and feelings of the human mind. This brand of psychology---the view that all human mental experience can be understood as the combination of simple events or elements---- is known as
- a. functionalism b. structuralism c. Daoism d. psychoanalysis



- **5.** William James said focus on the functions of the mind. His perspective on mind and behavior that focused on the examination of the organism's interactions with its environment, is known as
- a. functionalism b. structuralism c. Daoism d. psychoanalysis

John B. Watson said studying consciousness was a waste of time. Only external behavior can be studied. In the 1950s, **cognitive psychologists** became dominant.

6. Don Broadbent gave subjects headphones and had them pay attention to stories.

The subjects could not remember what they ignored. This is the concept of:

- a. daydreaming
- b. unconsciousness
- c. selective attention
- d. nothingness
- 7. Daydreaming occurs when you are bored. Daydreaming is good for us because:
 - a. it helps us keep mentally active
 - b. it can improve our creativity
 - c. it can help our brains operate efficiently
 - d. all of these are correct

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In 1937 it was found that the brain is very active with the BRAIN WAVES changing during the sleep cycle.

8. Ernest	t Hartmann	fu	function involving							
restora	tion of the bi	ain processes and	putting together new i	material with old						
material, making connections.										
a. symbolic	b. lucid	c. restorative	d. regenerational							

"Sleep...knits up the raveled sleave of care." —William Shakespeare

9. Every 90 min., during _____sleep, we dream, for about 2 ½ hrs. each night.



- **10.** What do dreams mean? Freud said dreams are significant because they reveal deep secrets---many of them sexual---- in the _____ mind.
 - a. conscious
 - b. subrosa
 - c. unconscious
 - d. none of these



tobert McCarley

11. McCarley and Hobson say that the brain turns off and on, with meaning built into the dream, not intrinsically part of the dream.

The idea that during sleep, an automatic activation system in the brain produces a series of random electrical discharges that the sleeper roughly ties together by creating a storyline is known as:

- a. Freudian dream theory
- **b.** the activation synthesis theory of dreams
- **c.** Tangerine Dream
- **d.** none of the above



- 12. **According to Stephen LaBerge,** why don't we act out our dreams?
 - a. your muscles are paralyzed during sleep
 - b. your heart rate is held down by the parasympathetic nervous system
 - c.. both of these are correct
- **13. Dr. LaBerge says that when you are sleeping,** the state of being consciously aware that you are dreaming is known as:
 - a. REM dreaming
 - b. symbolic dreaming
 - c. lucid dreaming
 - d. none of these

14. Zimbardo says, other mind-altering experiences of our consciousness include:

- a. psychoactive drug use
- b. hypnosis
- c. multiple personality
- d. all of these