UNIT 3 PSYCHOLOGY

AREA of STUDY 1: Mind, Brain and Body

On completion of this unit the student should be able to explain the relationship between the brain, states of consciousness including sleep, and behavior, and describe the contribution of selected studies to the investigation of brain function.
Our state of consciousness refers to our ______ of _______________ of our internal state and external events.

The continuum:

- Total awareness
- Complete lack of awareness

Lesson 1: Consciousness

Topic 1: concepts of normal waking consciousness and altered states of consciousness including daydreaming and alcohol-induced, in terms of levels of awareness, content limitations, controlled and automatic processes, perceptual and cognitive distortions, emotional awareness, self-control and time orientation
Define the following;

NWC:_____________________________________________________________

ASC:_______________________________________________________________

Attention: How is attention different between NWC and ASC?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

The different processes:

Record your results from the Stroop effect activity

Complete worksheet titled;

‘Think you can multi-task’