

**Reteaching Activity 7**

**Altered States of Consciousness**

**Terms and Concepts**

**Directions:** In the blank at the left of each description, write the letter of the term that matches the description. Not all terms will be used.

- |                            |                         |
|----------------------------|-------------------------|
| <b>A.</b> biofeedback      | <b>G.</b> marijuana     |
| <b>B.</b> circadian rhythm | <b>H.</b> meditation    |
| <b>C.</b> consciousness    | <b>I.</b> narcolepsy    |
| <b>D.</b> hallucinations   | <b>J.</b> night terrors |
| <b>E.</b> hypnosis         | <b>K.</b> REM sleep     |
| <b>F.</b> insomnia         | <b>L.</b> sleep apnea   |

- \_\_\_\_\_ 1. perceptions that have no external cause
- \_\_\_\_\_ 2. sleep disruptions that involve screaming, panic, or confusion and occur during Stage IV sleep
- \_\_\_\_\_ 3. learning to control bodily states with the help of specialized machines
- \_\_\_\_\_ 4. a drug that intensifies sensory experiences and produces an altered state of consciousness
- \_\_\_\_\_ 5. one's biological clock that is genetically programmed to regulate physiological responses
- \_\_\_\_\_ 6. failure to get enough sleep at night in order to feel rested the next day
- \_\_\_\_\_ 7. when dreaming occurs
- \_\_\_\_\_ 8. a state of consciousness in which attention is narrowly focused and a person responds to suggestion
- \_\_\_\_\_ 9. a technique that focuses attention to clear one's mind and produce relaxation
- \_\_\_\_\_ 10. a sleep disorder in which a person has trouble breathing while asleep

**Visualizing Information**

**Directions:** Fill in each block with an example of a behavior that applies to each category.

Stages of Sleep	Characteristics
Stage I	11.
Stage II	12.
Stage III	13.
Stage IV	14.
REM Sleep	15.

**Summarizing Information**

Directions: Use the space below to complete the following statements that summarize information about hypnosis.

- 16. Hypnosis is \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- 17. Hypnosis is not \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- 18. Hypnosis may be used to \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Organizing Information**

Directions: The lettered items in the Fact Bank describe the effects that certain drugs have on consciousness. Complete the diagram below by writing the letter of each item in the Fact Bank in the correct box in the diagram. The letters can be placed in more than one box.

**FACT BANK**

- A. causes perceptions that have no external cause
- B. interacts with a person's central nervous system
- C. most widely abused mind-altering substance
- D. lose contact with reality
- E. depresses the brain's normal functions
- F. modifies moods and emotions
- G. familiar objects may become distorted and unrecognizable
- H. use may be influenced by social expectations

19. Psychoactive Drugs	20. Hallucinogens	21. Alcohol
_____ _____ _____	_____ _____ _____	_____ _____ _____

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