Psychology

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Consciousness Unit Test

1. Which of the following is the best definition of consciousness?
   1. An awareness of sleep and dreams and chronobiology
   2. The ability to sense that something important is going on inside the body
   3. An awareness of events going on inside or outside a person
   4. A lack of awareness of the environment around a person
2. At which level of awareness are people said to be “in the zone”?
   1. divided b) altered c) focused d) drifting
3. At which level of awareness are people most likely performing multiple tasks?
   1. divided b) altered c) focused d) drifting
4. At which level of awareness are people most likely to be found daydreaming?
   1. divided b) altered c) focused d) drifting
5. At which level of awareness is one likely to be under the influence of drugs or hypnosis?
   1. divided b) altered c) focused d) drifting
6. A construct is a belief in something that
   1. can’t be measured b) can’t be seen or touched
7. can’t be defined d) contradicts evidence
8. If Tim does something unconsciously, Tim will probably
   1. have no explanation for his actions
   2. have some explanation for his actions
   3. have a detailed explanation for his actions
   4. have a detailed explanation for his actions at a later date
   5. do both a & c
9. Consciousness just below the present awareness is called the
   1. biological clock b) unconscious c) subconscious d) circadian rhythm
10. Free-running cycles
    1. ignore the environment b) try to alter the environment
    2. change as the environment changes d) are not affected by biological clock
11. If moods followed a circadian rhythm, they would repeat the same or very similar pattern about every
    1. 12 hours b) 24 hours c) 48 hours d) year
12. Brain waves produced during REM sleep resemble
    1. alpha waves b0 delta waves c) beta waves d) twilight waves
13. Incubus attacks and sleepwalking occur during
    1. the first REM period of the night b) the twilight state

c) one of the last REM periods of the night d)during NREM

1. Which of the following happens during night terrors?
   1. The body becomes paralyzed b) The person sleepwalks, then wakes up

c) The heart rate increases dramatically d) all of the above e) a & b only

1. Which of the following is a cause of insomnia?

a) low body temperature b) disruption of one’s daily schedule

c) alcohol and other drugs d) all of the above e) b & c only

1. Someone who suffers from sleep apnea
   1. may suddenly fall asleep several times a day
   2. often stops breathing while sleeping
   3. often sleepwalks through the night
   4. kicks violently while sleeping
2. Someone who is in a deep trance

a) has no control of his actions

b) can remain in a trance for several days if the hypnotist requests this

c) is in a deep state of relaxation

d) all of the above

1. In what way is meditation similar to hypnosis?

a) Both cause the subject to lose free will for a while

b) Both can lead to a deep state of relaxation

c) Both help the subject focus on one message or object while blocking out others

d) All of the above e) b & c only

1. Which of the following statements about hypnosis is not accurate?

a) Hypnosis can improve memory dramatically

b) Hypnosis can relieve some headaches

c) Hypnosis can help someone deal with minor pain

d) Hypnosis can help someone focus intently on a particular message

19. The twilight state is when

a) beta waves are beginning to appear b) you are in a state of delta sleep

c) you are in REM sleep d) images and thoughts appear

20. Most of our dreams are about

a) repressed memories b) strange objects

c) ordinary events d) childhood experiences

21. Nightmares occur more often when you

a) have missed REM sleep for a few days b) have too little NREM sleep

c) eat something strange d) show signs of mental problems

22. Meditation is a form of

a) NREM b) sleep control c) self-control d) REM

23. Before drifting off to sleep, the relaxed, free-floating feeling we experience is caused by

a) NREM b) hypnosis c) alpha waves d) delta waves

24. A circadian rhythm makes

a) high and low tides occur each day b) certain flowers open and close each day

c) high and low temperatures in humans d) all of the above

25. The deepest stage of sleep is marked by

a) alpha waves b) beta waves c) delta waves d) theta waves

26. This stage of sleep is marked by “sleep spindles.”

a) 1st stage b) 2nd stage c) 3rd stage d) 4th stage

27. Night terrors occur most often during

a) a REM rebound b) a state of REM

c) the twilight stage d) the second half of the night

28. Someone who suffers from narcolepsy

a) may suddenly fall asleep several times a day

b) often stops breathing while sleeping

c) often sleepwalks through the night

d) kicks violently while sleeping

29) Which would be an example of the unconscious at work?

a) knowing where you are in space

b) being in an hypnotic state

c) feeling depressed but not knowing exactly why

d) knowing how to get from class to class

30) Being in a coma, knocked out, or under anesthesia are all examples of being in a state of

a) consciousness

b) subconsciousness

c) unconconsciousness

d) conscienceness