

Name: _____

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Discovering Psychology

– Video 13 – The Mind Awake and Asleep
Annenberg Learner [2001]

- 1) What is a *circadian rhythm*?
- 2) _____ is our awareness of the world and ourselves.
- 3) Basic bodily functions and lower level sensory perception takes place at the _____ level.
- 4) What did/does each school of psychological thought have to say about consciousness?

Structuralism =

Functionalism =

Behaviorism =

Cognitive Psychology =
- 5) What is attention and how does it benefit us?
- 6) Describe the purpose of daydreams and explain ways in which they are beneficial.
- 7) What seems to be the purpose of sleep?
- 8) What is REM sleep and how often does it occur?
- 9) Compare the two competing theories about dreams: Freud's theory vs. the Action Synthesis Theory
- 10) Can we actually "run" in our sleep? Why or why not?
- 11) What is *lucid dreaming*?

Have you ever experienced this phenomenon?