

**AP Psychology – Learning Goals**  
**Myers' Psychology for AP: Unit V**  
**States of Consciousness**

Describe the place of consciousness in psychology's history.
Define <b>hypnosis</b> , and describe how a hypnotist can influence a hypnotized subject.
Discuss whether hypnosis is an extension of normal consciousness or an altered state. Use research on <i>post-hypnotic suggestions</i> and <i>dissociation</i> to support your view.
Describe how our biological rhythms influence our daily functioning (e.g., <b>circadian rhythm</b> ).
Describe the biological rhythm of our sleeping and dreaming stages (i.e., sleep cycles).
Explain how biology and environment interact in our sleep patterns.
Describe sleep's functions.
Describe the effects of sleep loss, and identify the major sleep disorders.
Describe the most common content of dreams.
Identify proposed explanations for why we dream, including: <ul style="list-style-type: none"> <li>● Evolutionary perspective</li> <li>● Freudian dream theory (manifest v. latent content)</li> <li>● Activation-Synthesis Hypothesis</li> <li>● Information Processing functions</li> <li>● Physiological function</li> <li>● Cognitive development</li> </ul>
Define substance use disorders, and explain the roles of tolerance, withdrawal, and addiction.
Identify the depressants, and describe their effects.
Identify the stimulants, and describe their effects.
Identify the hallucinogens, and describe their effects.

Key People (be able to describe their contributions):

- Sigmund Freud
- William James
- Ernest Hilgard