**AP PSYCHOLOGY 2022-23 October 31, 2022**

**Today’s Agenda (Day 46)**

1. HOMEWORK CHECK

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1. Class Activity:

🡪 **TEST: Unit 4**

 **\* Go to** [**www.socrative.com**](http://www.socrative.com) **🡪 enter room “MSBPSYCH” 🡪 enter ID #**

🡪TUESDAY: DAY 5: Brain Project Presentations

🡪 TUESDAY: BEGIN: Unit 5 PPT Review

1. Module 22 – Understanding consciousness & hypnosis
2. Module 23 – Sleep patterns and sleep theories
3. Module 24 – Sleep deprivation, sleep disorders & dreams
4. Module 25 – Psychoactive drugs

HOMEWORK:

* READ: Unit 5 – States of Consciousness
* COMPLETE: Unit 5 Vocabulary
* STUDY: Unit 5 Vocabulary Quiz and Test

Unit 5

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Addiction | Alcohol use disorder | Alpha waves | Amphetamines | Barbiturates | Circadian rhythm |
| Cocaine | Consciousness | Delta waves | Depressants | Dissociation | Dream |
| Ecstasy | Hallucinations | Hallucinogens | Hypnosis | Insomnia | Latent content |
| LSD | Manifest content | Methamphetamine | Narcolepsy | Near-death experience | Nicotine |
| NREM sleep | Opiates | Post-hypnotic suggestion | Psychoactive drug | REM rebound | REM sleep |
| Sleep | Sleep apnea | Stimulants | Substance use disorder | Suprachiasmatic nucleus | THC |
| Tolerance | withdrawal | Night terrors |  |  |  |

REMINDERS:

* **~~TEST: Unit 4 🡪 Oct. 31~~**
* Unit 5 Vocabulary – Nov. 4
* **QUIZ: Unit 5 Vocabulary – Nov. 7**
* **TEST: Unit 5 🡪 Nov. 10**

**AP PSYCHOLOGY 2022-23 CLASS REVIEW**

**Module 16: Fact or Falsehood**

T F 1. On a clear, dark night, we can see a candle flame 30 miles away.

T F 2. Advertisers are able to shape our buying habits with subliminal messages.

T F 3. People are very good at doing multiple tasks at once that require attention.

T F 4. Half of viewers of a video showing people passing a basketball do not see a man dressed in a gorilla costume walking through the basketball players.

T F 5. In order for someone to notice that the brightness between two lights is different, the lights must differ in intensity by 8 percent.

T F 6. Our eyes are always moving**.**

**Module 17: Fact or Falsehood**

T F 1. Most children think French fries served in a brand-name restaurant’s bag tasted better than fries served in a plain white bag.

T F 2. Hearing sad music can influence people to perceive a sad meaning to words they hear.

T F 3. People can tell if a baby is a boy or girl regardless of whether the baby is wearing blue or pink clothing.

T F 4. There are no reputable colleges or universities that study ESP or parapsychology.

T F 5. A $1 Million prize has been offered for years to anyone who can put their ESP abilities to scientific testing – and no one has yet to win the prize.

**Module 18: Fact or Falsehood**

T F 1. If we stare at a green square for a while and then look at a white sheet of paper, we will see red.

T F 2. We look through a web of blood vessels at all times.

T F 3. Touching adjacent cold and warm spots triggers a sense of cold.

T F 4. Constant eye movements allow the eyes to see clearly.

T F 5. Our ability to see color comes from rays of light emitting from our eyes to detect the colors.

T F 6. One’s eye color determines how well one can see color – those with lighter colored eyes see colors as brighter than those with darker colored eyes.

T F 7. Everyone has a blind spot in their field of vision that is masked by the brain filling in information based on the surrounding environment.

T F 8. Our brains have numerous specialized cells that detect certain specific features in the environment.

T F 9. People cannot see color with only their peripheral vision.

**Module 19: Fact or Falsehood**

T F 1. You do not have to see all of an object to know what it is.

T F 2. Most infants will crawl off the edge of a counter or table because they haven’t yet learned to perceive depth.

T F 3. We see depth because we have two eyes located in the front of our head.

T F 4. Two objects that have the exact same color will be perceived as being the same color regardless of how much light is shining on them.

T F 5. The moon looks up to 50% larger when near the horizon than when high in the sky.

T F 6. People who are born blind or with limited sight cannot visually recognize objects later in life if their vision is restored.

**Module 20: Fact or Falsehood**

T F 1. Normal conversation is typically measured at 60 decibels.

T F 2. As a general rule, if we cannot talk over a noise, it is potentially harmful to our hearing.

T F 3. The rate of hearing loss over the last 20 years has not changed, even with the advent of ear buds.

T F 4. People detect the locations of sounds based on which ear receives the sound

**Module 21: Fact or Falsehood**

T F 1. People who are born without the ability to feel pain usually die by early childhood.

T F 2. If we close our eyes and hold our nose, we cannot taste the difference between an apple and a raw potato.

T F 3. Pleasant scents can boost a worker’s performance.

T F 4. People tend to experience more pain when others are also experiencing pain.

T F 5. Placebos have been shown to be relatively ineffective at helping people control their pain.

T F 6. Each bump on our tongues is a taste bud.

**Handout 17-2: Extrasensory Perception Scale**

 Directions: This is a questionnaire in which we are asking your opinion on the existence of psychic or extrasensory abilities. Please read each statement and try to answer as accurately as you can by placing a number in the space provided. Use the following scale:

5 = strongly agree 4 = somewhat agree 3 = neutral or unsure 2 = somewhat disagree 1 = strongly disagree

\_\_\_\_\_\_ 1. Some people have the ability to predict the future.

\_\_\_\_\_\_ 2. Some people can heal other people’s illnesses by just using their minds.

\_\_\_\_\_\_ 3. All of the reports of “scientific proof” of psychic phenomena are strictly sensationalism with no factual basis.

\_\_\_\_\_\_ 4. The idea of being able to tell the future through the means of palm reading represents the belief of foolish and unreliable persons.

\_\_\_\_\_\_ 5. I believe that psychic phenomena are real and should become part of the field of psychology. \_\_\_\_\_\_ 6. Mind reading is not possible.

\_\_\_\_\_\_ 7. Dreams can provide information about the future.

\_\_\_\_\_\_ 8. Sometimes it is possible for a person to view a scene when the person is not even there by using another sense.

\_\_\_\_\_\_ 9. I firmly believe that, at least on some occasions, I can read another person’s mind through extrasensory perception.

\_\_\_\_\_\_ 10. Through psychic individuals, it is possible to communicate with the dead.

\_\_\_\_\_\_ 11. Some animals can read the minds of humans.

\_\_\_\_\_\_ 12. The idea of predicting the future is foolish.

\_\_\_\_\_\_ 13. A person’s thoughts can influence the movement of a physical object.

\_\_\_\_\_\_ 14. There is a great deal we have yet to understand about the mind of man, so it is likely that many phenomena such as ESP will one day be proven to exist.

**Handout 19-2: Depth Perception: Binocular Vision Versus Monocular Vision**

The two eyes see objects from two slightly different angles. The brain is able to use retinal disparity and the information about the position of each eye to judge the distance of the object. This demonstration is designed to give you an appreciation of binocular depth cues.

**Directions**: Work in groups of three. One person will be the catcher, one the pitcher, and one the data recorder.

**Procedure**

1. The pitcher throws the ball to the catcher 10 times. The catcher has both eyes open, but to make it more difficult, the catcher uses one hand only to catch the ball. Record the number of balls caught.

2. The pitcher throws the ball to the catcher 10 times, but this time the catcher uses one eye only. Record the number of balls caught.

 3. Repeat the procedure with each person serving as the catcher.

 **Observations**

|  |  |  |
| --- | --- | --- |
|  | **My Data** | **Class Data** |
|  | One Eye | Two Eyes | One Eye | Two Eyes |
| Number caught |  |  |  |  |

**AP PSYCHOLOGY 2022-23 CLASS REVIEW**

**Handout 22-1:** **Fact or Falsehood?**

Read each statement and decide whether you believe it is true or false.

T F 1. All psychologists believe that hypnosis is an altered state of consciousness.

T F 2. While under hypnosis, people can perform tasks that are otherwise impossible.

T F 3. Psychologists who hypnotize patients often have them focus on a watch swinging from a chain while saying, “You are getting very sleepy.…”

T F 4. Hypnosis is a state of deep sleep.

T F 5. People who are highly suggestible are most likely to be successfully hypnotized.

T F 6. It is more difficult to become hypnotized in front of an audience than in a private, one-on-one session.

T F 7. While under hypnosis, people can always remember lost childhood memories accurately.

T F 8. Courts allow hypnotically refreshed memories as legitimate evidence in trials.

T F 9. Hypnosis is most effective in controlling pain.

**Handout 24-1:** **Fact or Falsehood?**

T F 1. When we leave sleep unhindered, most adults will sleep at least 9 hours a night.

T F 2. Sleep deprivation can make you fatter.

T F 3. Sleeping pills and alcohol are excellent ways to combat insomnia long-term.

T F 4. It is dangerous to wake up someone who has been sleepwalking.

T F 5. People do not remember recorded information heard while asleep.

T F 6. If deprived of REM sleep, people will fall directly into REM sleep the next time they fall asleep.

**Handout 23-1:** **Fact or Falsehood?**

|  |  |  |
| --- | --- | --- |
| 1. During sleep, your brain rests.

 1. You cannot learn to function normally with one or two fewer hours of sleep
 | T  | F  |
| than you need.   | T  | F  |
| 3. Boredom makes you feel sleepy, even if you have had enough sleep.   | T  | F  |
| 4. Resting in bed with your eyes closed cannot satisfy your body’s need for sleep.   | T  | F  |
| 5. Snoring is not harmful as long as it doesn’t disturb others or wake you up.   | T  | F  |
| 6. Everyone dreams every night.   | T  | F  |
| 7. The older you get, the fewer hours of sleep you need.   | T  | F  |
| 8. Most people don’t know when they are sleepy.   | T  | F  |
| 9. Raising the volume of your radio will help you stay awake while driving.   | T  | F  |
| 10. Sleep disorders are mainly due to worry or psychological problems.   | T  | F  |
| 11. The human body never adjusts to night shift work.   | T  | F  |
| 12. Most sleep disorders go away even without treatment.  | T  | F  |

#  Handout 23-2: How Large Is Your Sleep Deficit?

Directions: The following questionnaire is designed to determine whether you have a sleep deficit. Answer each question by circling **Yes** or **No.**

|  |  |
| --- | --- |
| 1. Do you usually need a loud alarm clock to wake you up in the morning? Yes
2. Do you usually hit the snooze control to get a few minutes more of sleep when the alarm goes off in the morning (or simply turn off the alarm and try to catch
 | No  |
|  a bit more sleep)? Yes  | No  |
| 1. Do you find that getting out of bed in the morning is usually a struggle? Yes
2. Do you sometimes sleep through the alarm? Yes No
 | No  |
| 1. Do you sleep longer on weekends than you normally do during the week? Yes
2. On vacations and holidays do you sleep longer than you normally do on
 | No  |
|  regular school weeks? Yes  | No  |
| 1. Do you often feel that your “get-up-and-go” has gotten up and gone? Yes
2. Do you find that it is more difficult to attend to details on routine chores
 | No  |
|  than it used to be? Yes  | No  |
| 1. Do you sometimes fall asleep when you had not intended to? Yes
2. Do you sometimes find yourself getting very sleepy while you are sitting
 | No  |
|  and reading? Yes 11. Do you sometimes find yourself getting very sleepy or dozing off when you  | No  |
|  are watching TV? Yes 12. When you are a passenger in an airplane, car, bus, or train and the trip lasts over an hour without a break, do you commonly find yourself getting very  | No  |
|  sleepy or dozing off? Yes 13. Do you tend to get sleepy when you are sitting quietly at a public meeting,  | No  |
|  lecture, or in a theater? Yes 14. Have you sometimes found yourself getting extremely sleepy with the urge  | No  |
|  to doze when you drive and are stopped for a few minutes in traffic? Yes 15. Do you drink more than four cups of coffee or tea (containing caffeine) during the day? (Remember to count refills; also count extra large take-out  | No  |
|  cups as two cups.) Yes  | No  |