Psychology
Mr. Douglas
Room E5

Unit 2: Consciousness and Memory

**Essential Questions:**

*1) What is the most accurate way to describe and explain human consciousness?*

*2) What are the limitations of human memory?*

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| **Key Terms** |
| * Consciousness
* Preconscious
* Unconscious
* Stream of consciousness
* Circadian rhythms
* REM
* Meditation
* Biofeedback
* Hypnosis
* Stimulant
* Depressant
* Hallucinogen
 | * Explicit memory
* Implicit memory
* Encoding
* Storage
* Retrieval
* Sensory memory
* Primacy effect
* Recency effect
* Long-term memory
* Schema
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**Unit Objectives:**

*By the end of this unit, you will be able to:*

1. Identify and evaluate various models for explaining consciousness, including Freud’s iceberg model and James’ stream of consciousness
2. Evaluate how circadian rhythms and sleep patterns influence consciousness
3. Analyze altered states of consciousness, such as dreams, from multiple perspectives
4. Evaluate the effectiveness of meditation and biofeedback as a means of shaping your own conscious experience
5. Discuss the impacts of various drugs on consciousness
6. Define the three stages of memory
7. Identify factors that influence memory retrieval and memory loss
8. Conduct an experiment to measure how a factor or set of factors influences memory