

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Unit 3: Consciousness

1. What is a method people use to relax, calm down, and relieve stress ?  
A. Change blindness
2. People have learned to control bodily functions through \_\_\_\_\_ training.  
B. Selective Inattention
3. Drugs that slow the activity of the nervous system.  
C. Biofeedback
4. What increases the activity of the nerve system? ex of drugs: nicotine, cocaine.  
D. Hypnosis
5. What drug causes relaxation or feelings of pleasure?  
E. Depressants
6. \_\_\_\_\_ is the awareness of ourselves and our environments.  
F. William James
7. What is the focusing of conscious awareness on a group of stimuli?  
G. Stimulants
8. This man thought consciousness as a continuously moving, unbroken stream.  
H. Hallucinogens
9. a calm trance like state during which you tend to have heighten focus and concentration.  
I. Meditation
10. \_\_\_\_\_ is when we fail to notice changes in our environment.  
J. Consciousness