**Levels of Consciousness**

Conscious experience comes in different forms. **Consciousness** can be defined as “the level to which a person is aware of their thoughts and behavior.” You may recognize that conscious experience can be ordered along a continuum from “extremely alert and self-aware” to “out of it.” Below is a list of common and some not-so-common experiences that could be organized along a continuum of alertness and conscious control. Create a rank order of consciousness out of the list below. Put a #1 next to the experience in which you are the most conscious and a #12 next to the experience that you are the least conscious. Responses may vary from person to person. Compare your answers to those of your classmates.

a. Nodding off in a boring class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. Preparing to give a speech to your class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. Studying for an exam \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d. Feeling the effects of having taken a painkiller \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e. Meditating \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

f. Quacking like duck while hypnotized \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

g. Counting backward while being anesthetized \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

h. Having three servings of an alcoholic drink \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

i. Driving down the road but realizing that you

are two exits past your stop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

j. Praying \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

k. Meeting someone you are interested in

romantically \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

l. Daydreaming \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Use the clip titled, “Altered States” to gather the information outlined below.*

**Hypnosis**

**Dissociation**

**Tolerance**

**Psychoactive Drugs**

|  |  |  |
| --- | --- | --- |
| Type | Effects (both pleasurable and adverse) | Specific Drug Examples |
| Depressants |  |  |
| Stimulants |  |  |
| Hallucinogens |  |  |