# Unit 7: Stress, Coping, Health and the States of Consciousness Copied from: AP Psychology , Copied on: 06/14/21

Content Area: **Social Studies**
Course(s): **AP Psychology**
Time Period: **March**
Length: **4 weeks**
Status: **Published**

## Transfer Skills

Stress, Coping and Health and States of Consciousness: Dealing with the pressures of our world

## Enduring Understandings

Stress is the process by which we perceive and respond to threatening or challenging events.

Stress can trigger adverse physiological, emotional, and behavioral responses in people.

Consciousness is the degree to which we are aware of our environment and ourselves.

Hypnosis is a social interaction in which a hypnotist makes suggestions and the subject follows those suggestions.

Psychoactive drugs are chemical substances that alter mood, behavior, or perceptions.

## Essential Questions

How can stress affect our physical and emotional well-being?

Why could stress be considered a “disease”?

Why might some people be skeptical of hypnosis?

Why do some people consider addiction a disease and others a choice?

## Content

Vocabulary

Stress, Health Psychology, Type A, Type B, Burnout, General Adaptation Syndrome, Fight Or Flight, Meditation, Psychoactive Drugs, Stimulants, Depressants, Hallucinogens, Dependence, Withdrawal, Tolerance, Hypnosis, Divided Consciousness, Posthypnotic Suggestion, PTSD.

People

Walter Cannon, Hans Selye, Ernest Hilgard, Betty Ford.

## Skills

Define stress and distinguish “stress” from “stressor”.

Describe the physiological and emotional responses to stress.

Discuss the link between stress and illness.

Evaluate the various stress management techniques and their effectiveness.

Define consciousness.

Identify the different rhythms of the body and how they differ from one another.

Discuss the different types of sleep disorders and the causes and consequences of the disorders.

Explain what hypnosis is and how it works.

Explain how psychoactive drugs work.

Identify and discuss the four main drug catagories

## Resources

## Standards

**XIV. Social Psychology**

AP students in psychology should be able to do the following:

- Apply attribution theory to explain motives (e.g., fundamental attribution error, self-serving bias).
- Describe the structure and function of different kinds of group behavior (e.g., deindividuation, group polarization).
- Explain how individuals respond to expectations of others, including groupthink, conformity, and obedience to authority.
- Discuss attitudes and how they change (e.g., central route to persuasion).
- Predict the impact of the presence of others on individual behavior (e.g., bystander effect, social facilitation).
- Describe processes that contribute to differential treatment of group members (e.g., in-group/out-group dynamics, ethnocentrism, prejudice).
- Articulate the impact of social and cultural categories (e.g., gender, race, ethnicity) on self-concept and relations with others.
- Anticipate the impact of behavior on a self-fulfilling prophecy.
- Describe the variables that contribute to altruism, aggression, and attraction.
- Discuss attitude formation and change, including persuasion strategies and cognitive dissonance.
- Identify important figures in social psychology (e.g., Solomon Asch, Leon Festinger, Stanley Milgram, Philip Zimbardo).

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| HPE.2.3.12.C | Dependency/Addiction and Treatment |
| HPE.2.3.12.C.1 | Correlate duration of drug abuse to the incidence of drug-related injury, illness, and death. |
| HPE.2.3.12.C.2 | Analyze the effectiveness of various strategies that support an individual's ability to stop abusing drugs and remain drug-free. |
| HPE.2.3.12.C.3 | Analyze the societal impact of substance abuse on the individual, family, and community. |
| HPE.2.3.12.C.CS1 | The ability to interrupt a drug dependency/addiction typically requires outside intervention, a strong personal commitment, treatment, and the support of family, friends, and others. |
| HPE.2.3.12.C.CS2 | Substance abuse impacts individuals from all cultural and socioeconomic backgrounds. |

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| SCI.9-12.SC.1.1 | Social cognition |
| SCI.9-12.SC.1.2 | Social influence |
| SCI.9-12.SC.1.3 | Social relations |
| SCI.9-12.SC.1.3.1 | Discuss the nature and effects of stereotyping, prejudice, and discrimination |
| SCI.9-12.SC.1.3.2 | Describe determinants of prosocial behavior |
| SCI.9-12.SC.1.3.3 | Discuss influences upon aggression and conflict |
| SCI.9-12.SC.1.3.4 | Discuss factors influencing attraction and relationships |
| SCI.9-12.SC.2.1 | Social and cultural diversity |