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10/12/2020

Short answer

2. How is hypnosis different from meditation?

Hypnosis is more of a state of relaxation and a state of extreme self-focus. This is usually induced by another person unless it is self-hypnosis. With hypnosis you are guiding your mind you must think and adjust thinking on the subject you are wanting to change. Hypnosis is a state that resembles sleep. Meditation on the other hand is more of clearing your mind. It is the act of focusing on a single target. Meditation is also more spiritual.

4. Describe mindfulness meditation. What impact does meditation have on the brain, and how is that impact evidenced?

This meditation is more when the attention is focus more on some internal process or external object. This focuses on calming the mind and body and slow down thoughts. The impact of meditation on the brain can be more positive thoughts and emotions. It can also create emotional stability

21. Do you believe dreams are meaningful? Explain.

Dreams are very meaningful, they provide insight into ourselves and the world. I believe dreams has hidden truths. I believe dreams dig deep into our sub-conscious. They tell us a lot of the time what we want to hear but are too afraid to confront it. Dreams could also be based on things you wish would happen, things you fear or things you can't wait for. I believe all dreams have a story

behind them. Sometimes when I have dreams it feels so real and there's even times when I wake up I still feel like I'm there in the dream.

9. Describe some physical effects of alcohol use.

Consuming too much alcohol have so much effects on someone's physical health. Sometimes when people drink too much they pass out and are no conscience. They don't know what's going on around or where they are. It can cause problems with the heart not have straight thoughts. Drinking too much can also affect the liver. Some people feel drinking may reduce stress and forget about their problems.

20. Why is it so hard for people to stop smoking?

I believe it is very hard for people to stop smoking once they start because it's very addictive. For example, smoking cigarettes can be highly addictive due to the nicotine. This makes it pleasurable to use and hard to stop. Over time the body gets use to the smoking. Some people who attempt to stop smoking develop withdraw symptoms. Which makes the person want to start smoking again. There's people who takes years to quit smoking. Or some people may quit for a few years and go back to it later on in life.

37. Explain how sensation is different from perception.

Perception and sensation are closely related but still have many differences. Sensation is when our physical process in our sensory organ respond to external stimuli. Such as hearing, tastings and seeing. Sensation is a physical process. Perception on the other hand psychological. It has to

do with the way sensory is organized and interpreted. These receptors that make it to the brain turn into meaningful thoughts and information.

44. Explain the opponent-process theory.

This theory described the ways humans see color. This is where color is coded in Opponent pairs such as black and white, yellow and blue, red and green. This process is a color theory where the human visual system take information about color by processing signals from cone cells and rod cells.

35. What forms the optic nerve? What is its purpose?

Carries visual information, it is located in the back of the eye. It is the communication line between the eye and the brain. It forms supporting wall of eyeball.

39. What is sensory adaptation? Provide examples.

Sensory adaptation is a reduction in sensitivity to a stimulus. An example of sensory adaptation is walking into the Kitchen and when someone is cooking you smell whatever it is because it is overwhelming. But after staying in the kitchen for a while the food is still being cooked you then begin to not even notice the smell anymore. You begin to get used to the smell. I used to always wonder why this happens and found it interesting.

48. Define pheromones and discuss some pheromone research.

pheromones is a chemical an animal produces which changes the behavior of another animal . It can trigger a social response in members of the same species. For example when a female rat is ready to mate they would send a chemical signal.