Name		Date	Class
Guided Reading Activity For use with textbook pages 15	6-1	1	lervous System: Basic Structure

Directions: Outlining Locate the heading in your textbook. Then use the information under the heading to help you write each answer.

I. The Nervous System: The Basic Structure

A. Introduction

- 1. What feeling do runners get from "runner's high"?
- 2. What produces "runner's high"?

B. How the Nervous System Works

- 1. What two parts make up the nervous system?
- 2. What tasks do nerves perform?

3. What protects the brain, spinal cord, and peripheral nerves?

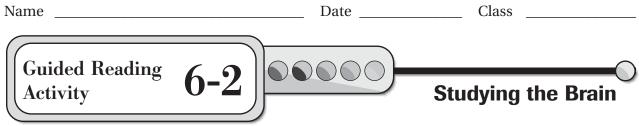
4. What is meant by the "all-or-none" principle of neuronal firing?

- 5. What are the three basic parts of a neuron?
- 6. What purpose does the myelin sheath serve? _____

7. How do neurotransmitters help transmit impulses between neurons?

8. What different jobs do afferent neurons, efferent neurons, and interneurons have?

9. What is the difference between the somatic and autonomic nervous systems?



For use with textbook pages 160-168

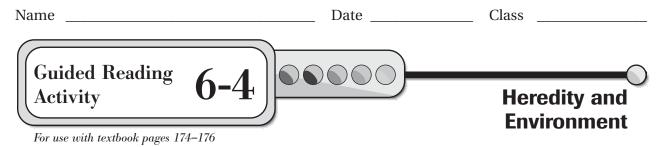
Directions: Filling in the Blanks Use your textbook to fill in the blanks using the words in the box.

behavior	hypothalamus	pons
brain waves	limbic system	reticular activating system
cerebellum	magnetic resonance imaging	right hemisphere
cerebral cortex	medulla	thalamus
electrodes	occipital lobe	
	brain waves cerebellum cerebral cortex	brain waveslimbic systemcerebellummagnetic resonance imagingcerebral cortexmedulla

The Three Brains

The 1 h	elps control posture and	balance. The 2	controls
breathing and a variety of refle	exes, while the 3	functions as	a bridge to intercon-
nect messages between the sp	oinal cord and brain. The	4	
alerts th	e rest of the brain to inco	oming signals.	
The forebrain include	s the 5	, which is a relay statio	n for all the informa-
tion that travels to and from t	he cortex, and the 6	, which co	ontrols functions such
as hunger and body temperat	ure. The 7		gives you the ability
to learn and store complex inf	formation, and the 8		regulates
emotions and motivations.			
Visual signals are proc	cessed in the 9		The
10	contro	ls the left side of the body.	
How Psychologists Study t	ne Brain		
Psychobiologists study the rol	e of the brain in 11	. 12	
occur b	ecause the neurons in th	e brain tend to increase or	decrease their amount
of activity in unison. 13	may be	used to set off the firing of	neurons as well as to
record it. 14		in	volves passing non-
harmful radio frequencies thr	ough the brain, allowing	researchers to study the str	ructure of the brain as
well as to identify tumors or ty	ypes of brain damage.		

Nar	ne	Date	Class
	Guided Reading 6-3		The Endocrine System
	For use with textbook pages 170–173 ections: Recalling the Facts Use the in:	formation in your textbook t	o answer the questions.
	What causes the "rush" people experi at the Pamplona fiesta?	ence when doing something	g risky, such as running with bulls
2.	In what way is the endocrine system	like the nervous system?	
3.	Why are endocrine glands also called	ductless glands?	
4.	What are three ways that hormones a	ffect behavior?	
5.	How does the pituitary gland act as the pituitar	-	
6.	What is hypothyroidism and how doe	es it make people feel?	
7.	When a person is angry or frightened	, how do the adrenal glands	prepare the person for action?
8.	What do ovaries produce?		
9.	How does testosterone affect males in	n adolescence?	
10.	What is the difference between a hor	mone and a neurotransmitte	er?
11.	As organisms grew more complex, th these two systems differ in the kinds		-



Directions: Filling in the Blanks Use your textbook to fill in the blanks using the words in the box.

(
behavior	heredity	monozygotic
dizygotic	identical twins	nature
environment	instinctive	nurture
fraternal twins	John Watson	Sir Francis Galton
genes	learned	
\		

Heredity and Environment

1 estab	lish(es) what you could be, and	2 define(s) the final
product. People often argue a	bout whether human behavior	is 3 (due to heredity)
or 4 (dr	ue to environment). 5	is the genetic transmission of
characteristics from parents t	o their offspring. In the nature-	–nurture question, 6
refers to environmental facto	rs, such as family, culture, educ	ation, and individual experiences;
7 refer	s to the characteristics that a pe	erson inherits—his or her biological
makeup.		
8		became one of the first to
preach the importance of nat	ure in the modern era. He foun	d that success ran in families and con-
cluded that heredity was the	cause. Many psychologists, how	vever, have emphasized the importance of
the environment. The tone w	as set by 9	, the founder of
behaviorism.		
Genes build and mod	lify the body's physical structur	es, which must then interact with their
environment to produce 10 _	One way	to find out whether a trait is inherited
is to study twins. 11		develop from a single fertilized egg
(thus they are called 12) and share the	e same genes. 13
develop	o from two fertilized eggs (thus,	, 14), and their genes
are no more similar than those	se of brothers or sisters.	

Name		Date	Class
Act	ided Reading 7-1		Sleep and Dreams
	se with textbook pages 183–190 ons: Recalling the Facts Use the infor	mation in your toythook	to answer the questions
	at is sleep?	-	-
2. De	scribe three views on why we sleep.		
3. Wh	at are the characteristics of Stage I s	leep?	
4. Wh	at happens during REM sleep?		
5. Wh	at is jet lag and how do you cure it?		
6. Lis	t five types of sleep disorders		
7. Wh	at are the causes of sleep apnea?		
8. Wh	at is the difference between nightma	ares and night terrors?	
9. Ho	w do dreams change as the night pro	ogresses?	
10. Wh	y did Sigmund Freud believe dreams	s are important?	

Name		Date	Class
Guided Reading Activity For use with textbook pages 19	7-2	Biofeedback,	Hypnosis, and Meditation

Directions: Outlining Locate the heading in your textbook. Then use the information under the heading to help you write each answer.

I. Hypnosis, Biofeedback, and Meditation

A. Introduction

1. Some operations have been performed without using anesthesia. How is this possible?

B. What Is Hypnosis?

- 1. What is hypnosis? _____
- 2. How does hypnosis work? _____

3. Can a hypnotist force the participant to do things against his or her will? Why or why not?_____

4. What is the neodissociation theory of hypnosis?

5. Give three examples of uses of hypnosis. _____

C. Biofeedback

- 1. How has biofeedback been used?
- 2. What is the basic principle of biofeedback?_____

D. Meditation

1. How can people benefit from meditation?

Name	Date	Class
Guided Reading Activity For use with textbook pages 19	7-3	Drugs and Consciousness

Directions: Filling in the Blanks Use your textbook to fill in the blanks using the words in the box.

1			
	abusers	depressant	perceptions
	alcohol	dreaming	physically
	augments	inhibit	plants
	breathing	memory	psychologically
	control	narcotics	synthetic

Marijuana

Marijuana is not 1 _	addictive but may cause people to become 2	

addicted. In general, marijuana **3** ______ sensory experiences. It also disrupts

4 ______ formation, making it difficult to carry out mental and physical tasks.

Hallucinations and Hallucinogens

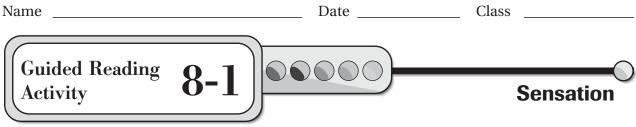
Hallucinations are 5	that have no direct external cause. Hallucinations can occur
under normal conditions, such as when a	person is 6 Hallucinogens are found in
7 One of the most	powerful hallucinogens, however, is LSD, which is a
8 substance.	

Opiates and Alcohol

Opiates are usu	ly called 9 An overdose results in a loss of control of	
10	The most widely used and abused mind-altering substance in the U	
States is 11	It is actually a 12 that serves to	
13	the brain's normal functions.	

Drug Abuse and Treatment

Drug **14** ______ are people who regularly use illegal drugs or excessively use legal drugs. The greatest risk associated with use of psychoactive drugs is loss of **15** ______.



For use with textbook pages 207-213

Directions: Filling in the Blanks Use your textbook to fill in the blanks using the words in the box.

1			
	absolute	detection	receptors
	adaptation	difference	senses
	change	perception	stimulus
	competing	range	

What Is Sensation?

Any aspect of or change in the environment to which an organism responds is called a

1 A sensation occurs any time a stimulus activates one of y	your
---	------

2_____. A sensation may be combined with other sensations and your past experience

to yield a **3** ______.

Threshold

The weakest amount of a stimulus required to produce a sensation is the **4** ______ threshold. Humans sense a somewhat limited **5** ______ of the physical phenomena in the everyday world.

Sensory Differences and Ratios

A just noticeable **6** _______ is the smallest increase or decrease in the intensity of a stimulus that a person can detect. According to Weber's law, the larger or stronger the stimulus, the larger the **7** ______ required for a person to notice it.

Sensory Adaptation

8 ______ are most responsive to increases and decreases, to new events rather than ongoing, unchanging stimulation. Without sensory **9** ______, you would feel the constant pressure of the clothes on your body.

Signal-Detection Theory

10 ______ thresholds involve recognizing some stimulus against a background of competing stimuli. Signal-detection theory is based on the notion that the stimulus must be detected in the presence of **11** ______ stimuli.

ame	Date	Class			
Guided Reading 8-2		The Senses			
For use with textbook pages 214–222					
irections: Recalling the Facts Use the	e information in your textbook	to answer the questions.			
I. How do sensory receptors make it	t possible for you to perceive e	xternal stimuli?			
2. What are the differences between	rods and cones?				
3. Why does a pea look green?					
4. Why do some people see the worl	ld in only blacks, whites, and sl	hades of gray?			
5. Why would you perceive one obje	. Why would you perceive one object as closer than another?				
6. How would you describe the sour	nd of a bass muitar at a rock cor	cert in terms of sound wayes?			
		icert in terms of sound waves:			
7. How can your ears tell you from which direction a sound is a		ing?			
B. If you experience dizziness while	riding a roller coaster what is 1	likely occurring?			
		incry occurring:			
• Why does food often taste bland when you have a cold?					
10. How does feeling pain benefit you?					
1. What process makes it possible to					

Name	Date	Class				
Guided Reading 8-	3	Perception				
For use with textbook pages 223–231						
Directions: Outlining Locate the heat to help you write each answer.	ading in your textbook. Then use	e the information under the heading				
I. Perception						
A. Introduction						
1. What occurs during the p	perception process?					
B. Principles of Perceptual Org						
1. Name four principles the brain uses in constructing perceptions.						
C. Figure-Ground Perception						
1. What is figure-ground pe	erception?					
D. Perceptual Inference						
1. What makes perceptual i						
E. Learning to Perceive	Learning to Perceive					
1. What factors influence le	1. What factors influence learning to perceive?					
2. What would make a mess	2. What would make a message subliminal?					
F. Depth Perception						
	-	and depth?				
G. Constancy						
1. What process produces s						
H. Illusions						
1. When are illusions create	1. When are illusions created?					
I. Extrasensory Perception						
	Name the four types of ESP					