Sensation and Perception
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<tr>
<th>Jamesha Green</th>
<th>Josh Dodds</th>
<th>Katie Dansie</th>
<th>Angelo Page</th>
<th>Kasey Doll</th>
<th>Cheyenne Hamel</th>
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<th>Serene Kaminski</th>
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<td>Jacob Lutz</td>
<td>Susie Carrillo</td>
<td>Ryan Fulwood</td>
<td>Alistair Abrew</td>
<td>Grant Hill</td>
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<td>Pantera Robles</td>
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Class Norms

- Respect
  - Mr. Rosenberg
  - Each other: Work collaboratively with your classmates
One Mic (No side conversations)
No racist or derogatory language
Positive Engagement (Verbal Communication, Eye-Contact, Notes, Good Attitude)
NO CELL PHONES OR ELECTRONIC DEVICES
Homework: Due Thursday/Friday

• Provide an example of each of the following concepts:
  - Absolute Threshold
  - Difference Threshold
  - Signal-Detection Theory
  - Sensory Adaptation

Definitions/Explanations can be found on pgs. 78-80
Next Week-Thursday/Friday

• Test on Unit I:
  6 Different Psychological Perspectives
  Basics of Psychological Research
  Socrates, Plato, Aristotle
  Ethics of Psychology: Stanley Milgram and Stanford Prison Experiments
  Neurotransmission
  The Brain
  Genetics: Nature vs. Nature
Learning Objectives

• Begin to understand how Sensation and Perception impact Psychology
• Reacting to Stimuli
Warm Up: Transitioning from Last Week

• How does your sensation and perception of the environment around you impact your Nurture

• How would your senses and perception impact how you view your environment around you?
Sensation

• The Stimulation of sensory neurons and the transmission of the message to the brain

• Brainstorming: What part of the human body that we have already learned about would play a role in Sensation?
Remembering the Six Perspectives
Perception

• The thought process of how we interpret information about the world around us, which is determined by what we have learned, our experiences, and our attitudes.

• Question: Which of the six perspectives do you think most impacts our perception of the world around us?

• Question: Do you see the glass half full or half empty? Is this based off of Nature or Nurture?
Helen Keller

• https://www.youtube.com/watch?v=oxiJ0z-hpZY

• What do you think would have happened to Helen Keller if she was not born into a rich and educated family?

• How did the ability to communicate with Anne Sullivan impact Helen Keller? Why do you think communication had this impact?

• In what way did Helen Keller change the world for people who are mentally disabled, blind, or deaf?
Reacting to Stimuli

- What is a stimulus?
- Think of three different stimuli that you react to in your life on a weekly basis. In what ways does your perception of your life impact your reactions to this stimuli?
- What factors determine how you react to these stimuli?
Stimulus

• An external force that triggers a response in your body

Examples:
Smelling Mom’s Cooking
Hearing Coach Walters Yelling at You
Tasting Your Favorite Pizza or Ice Cream
Stimuli Response Charades

• For every two rows, one representative has to go up and act out the word
Checking for Understanding

• What can be dangerous of not triggering the right behavior for different stimuli? Give Examples
• How are your senses related to reacting to stimuli?
• Which sense do you feel is most important for reacting to stimuli?
Case Study: One Sense Improving Due to Another Failing

- Answer the following questions after reading the article
  a. What impact does deafness or blindness have on the human brain?
  b. What is neuroplasticity?
  c. How has your brain and thought process changed over the course of you being at Liberty?
Sensation

- Absolute Threshold - Weakest Amount of Stimuli that can be perceived
- Quite Music
- Difference Threshold - Minimum Amount of difference between Stimuli
  Telling the difference between Baby Blue and Sky Blue
- Signal Detection Theory: Ability to Detect differences in Stimuli
  Being able to Listen to Teacher when different people are talking
Eye Structure

- Eye = Camera
- Pupil = Opening in the Camera
- Retina = Film in the Camera
- Optic Nerve = Sends the Film from the Eye to the Brain
Use to Phone Camera as an analogy of an Eye

-What do the following parts of the Phone Represent?
  -Phone?
  -Camera?
  -Circle Dot on Phone?
  -Screen of your Phone?
  -Computer in the Phone that Interprets Pixels?
Homework

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Next Week

- Test on Unit I:
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- Genetics: Nature vs. Nurture
Warm Up: Conduct a Class Survey

• Find out what your classmates think is the most important sense
DareDevil

- [https://www.youtube.com/watch?v=u7sONkuRv40](https://www.youtube.com/watch?v=u7sONkuRv40)
Learning Objectives

• Understand the Gestalt Theory of Perception
Gestalt Theory of Perception

- Gestalt Theory of Perception: Different people might look at the same things and perceive different images
- Gestalt School of Psychology: Started in 1920’s by German Scientists who were trying to emphasize the importance of differences in perception
- Belief that you have to look at the whole form rather than a part
How do you perceive this picture?
How do you perceive this picture

It is really confusing!!!

Four

No Three
How do you perceive this picture?
How do you perceive this picture
How do you perceive this picture?
Pair-Share

• When you have a food craving, what is the one food you like to eat?
• When you feel stress, do you feel like you need to eat? What is it?
• Is this Nurture or Nature?
Pain

- You pull a muscle in your back
- Message sent in the form of Prostaglandins (hormones)
  a. Sensory Nerve in muscle
  b. Spinal Column
  c. Thalamus
  d. Cerebral Cortex
- Pain medications stop Prostaglandins, but the damage is still there
Hearing

• Caused by Sound Waves
• Sounds Waves = Vibrations
• Vibrations go through Ear canal
• Bone in Middle Ear transmits sound to auditory nerve in brain
Relating Hearing to Psychology

• What Sounds Trigger Emotions for You?
• What Emotions are triggered by the following Sounds? - Similarities and Differences?
• Why do we have different responses to different stimuli?
Silver Lining Playbook

- https://www.youtube.com/watch?v=ABNP2QjOxqA

a. Was this ethical on a psychiatric level?
b. Is there a song that stimulates an emotion for you? Why?
c. What determines the emotions that are triggered from hearing different things?
Smell

- How do you react to the following smells?
  - Body Odor
  - Cookies in Oven
  - Perfume
  - Dog/Horse Feces
  - Coffee
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Learning Objective

Build connections to the Senses between Our Conscious and Unconscious States of Mind

Understand the contributions of Sigmund Freud
Next Week: Thursday/Friday

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Consciousness-Warm Up

- How does our Consciousness relate to the emotions triggered by the senses?
- Which perspective relates to Unconscious Thoughts?
Consciousness: The Basics

- Consciousness: Awareness of the thoughts you are thinking
- Unconscious: State of being unaware of the thoughts you are thinking
- Three Levels of Consciousness
  1. Sensory Awareness: Experiencing the world around you through your senses
  2. Inner Awareness: Experiencing and knowing about internal physical feelings
  3. Self Awareness: Understanding that you are separate from your environment and other people
De-Personalization Disorder

- https://www.youtube.com/watch?v=Aa6oFdWbdYY

- De-Personalization Disorder: Feeling detached or disconnected from your reality
Selective Attention

- Condition that limits the stimuli you are conscious of
- Is this good, bad, or both? What are some examples?
States of Consciousness

- Preconscious Level: Things that you are aware of, but it takes some effort to access
  https://www.youtube.com/watch?v=QoxqrvefO7Q
- Unconscious Level: Things you don’t know why you do and there is a reason behind you not acknowledging these things
- Non-conscious Level: Biological processes that you are not aware of
Testing Each other’s Consciousness- Eye Reading

- Develop five questions to ask your partner (or group of 3) and watch their eye movement
- Remember to ask questions which they know the answer to
Sigmund Freud

- First theorist on the unconscious mind
- Human thoughts (psyche) are divided into three categories
  1. **Id**: Primitive, Impulsive, Instinctive characteristics
  2. **Ego**: a. Mediates between the unrealistic thoughts of your Id and reality  
     b. Makes decisions and works by reason
  3. **Superego**: Incorporates values and morals of society to stop some of the Id’s impulses
Mind-Altering Drugs: History and Culture

- Peru and Chile
- Afghanistan
- Rastafarianism
- Edgar Allen Poe
- Queen Elizabeth
- George Washington/Thomas Jefferson
- Morphine=Treatment for soldiers in Civil War
Another gift of Freud: The Importance of Dreams

• Have you ever had a recurring dream? Can you remember what it was? Why do you think you are having this dream?
• What religious or historical examples can you think of in which dreams played a major role or meaning
Altered States of Consciousness

- Sleep
- Meditation
- Biofeedback
- Hypnosis
- Drugs
Hypnosis in Film

- https://www.youtube.com/watch?v=UpL3ncoK99U
- https://www.youtube.com/watch?v=Dp7EUUVdrt0
Sleep Cycles

Non-Rem Sleep
a. Stage 1
b. Stage 2
c. Stage 3
d. Stage 4
• REM Sleep
REM Sleep

- Rapid Eye Movement, Heavy Dreaming, Needed Rest
- Gets longer and longer as night goes on
- You go through it about 5x a night in 8 hours of sleep
Brainstorming

• Why do you need sleep to enough hours at night?
Importance of REM Sleep

- People retain information better
- People learn better
- People forget things more rapidly
- REM sleep helps develop the brains of children
- REM sleep allows adults to keep their brain functioning
Sleeping Disorders

- Nightmares
- Night Terrors
- Sleep Apnea
- Narcolepsy
- Insomnia