

## General Psychology: Consciousness Cheat Sheet by Ruho506 via cheatography.com/161919/cs/33939/

## What is consciousness?

Consciousness is not the same as awareness or cognition.

## What is consciousness?

Consciousness is not the same as awareness or cognition. It is a self-illuminating phenomenon that helps a person relate to oneself in terms of an identity, personality and self.

There is no single stream of consciousness but rather multiple channels, each of which handle their own tasks. All of these channels operate in parallel, a kind of chaos of consciousness. The organization of those channels is determined by our social groups and culture.



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