

Consciousness: Being aware of the outside world and mental processing, thoughts and feelings

**Levels of Consciousness:**

- 1) Conscious level: what you are aware of at any given moment
- 2) Nonconscious level: mental processing that you are not aware of (i.e. Brain regulating blood pressure)
- 3) Preconscious level: Mental events that are outside of awareness, but can easily be brought in to awareness (i.e. Memories)
- 4) Subconscious level: Other mental activities that alter thoughts, feelings, behaviors—but are more difficult to bring to the conscious level
- 5) Unconscious level: thoughts or desires about which we have no knowledge and which we will never know about directly, can only “guess at”