Unit 4: Stress, Coping, Health and the States of Consciousness

Content Area:	Social Studies
Course(s):	Psychology
Time Period:	October
Length:	5 blocks
Status:	Published

Transfer

Stress, Coping and Health and States of Consciousness: Dealing with the pressures of our world.

Enduring Understandings

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Streec ic the	nrocecc hu i	Which We i	nerceive and	recoond to	threatening c	or challenging events.
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Stress can trigger adverse physiological, emotional, and behavioral responses in people.

Stress can be managed with a variety of behavioral, cognitive, and physical techniques.

Consciousness is the degree to which we are aware of our environment and ourselves.

Hypnosis is a social interaction in which a hypnotist makes suggestions and the subject follows those suggestions.

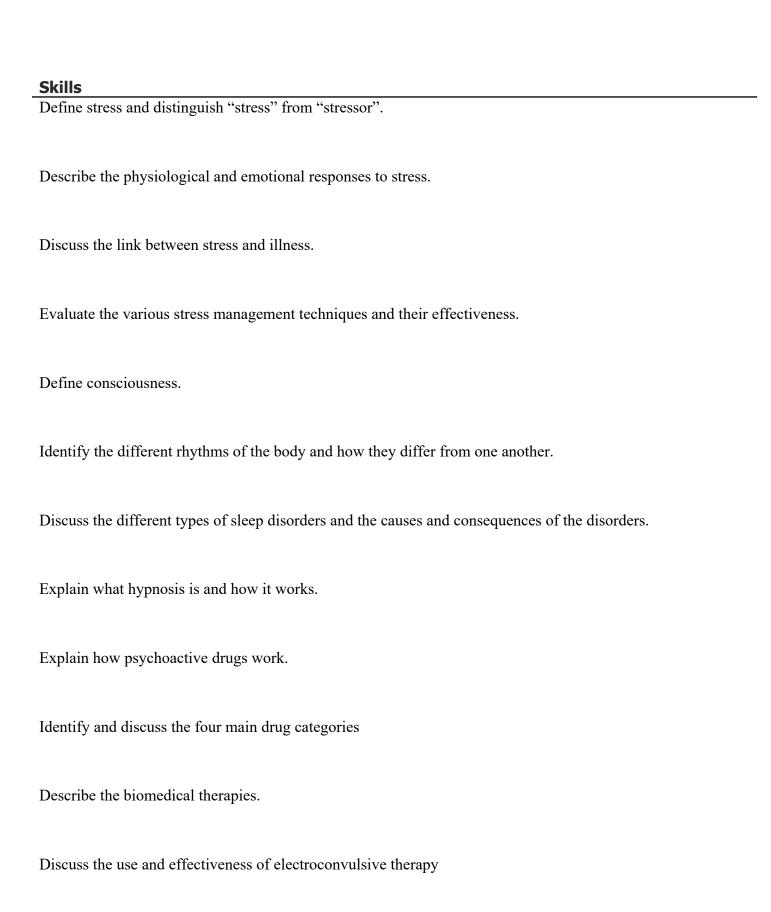
Psychoactive drugs are chemical substances that alter mood, behavior, or perceptions.

Essential Questions

How can stress affect our physical and emotional well-being?

Why could stress be considered a "disease"?

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٧	Vhy do some people consider addiction a disease and others a choice?
	No subosub
-	Content Vocabulary
	
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N	tress, Health Psychology, Type A, Type B, Burnout, General Adaptation Syndrome, Fight Or Flight, Meditation, Psychoactive Drugs, Stimulants, Depressants, Hallucinogens, Dependence, Withdrawal,
1	Colerance, Hypnosis, Divided Consciousness, Posthypnotic Suggestion, PTSD.
_	Resources
I	ntroduction to Psychology
(Google Slides
(Google Docs
C	Chromebooks
N	NewsEla
S	elected Articles
7	Video Clips
(Graphic Organizers
F	Review Guide
	mportant People



Assessments

Entrance/Exit pass

Formative: Other Evidence: Written: Narrative

Entrance/Exit pass

Journaling

Formative: Other Evidence: Written: Journal/ Diary

Journaling

Peer evaluation

Formative: Other Evidence: Other: Peer Assessment

Peer evaluation

Debate

Formative: Other Evidence: Oral: Debate

Teacher monitored debate: Is hypnosis a legitimate therapy?

Test/Quizzes
Test: Common
Test/Quizzes

Research Paper Written: Report

Write a research paper investigating the link between stress and illness

Survey

Performance: Lab Assignment

Conduct survey at school on students' attitudes regarding drug use.

Field Trip

Summative: Transfer Tasks: Performance: Authentic Task Visit a drug rehabilitation facility and report on your findings.

Graphic Organizer

Summative: Transfer Tasks: Other: Student Portfolio

Create a graphic organizer listing the various stress management techniques and their benefits

Standards

SCI.9-12.B.3.3	Categories of psychoactive drugs and their effects
SCI.9-12.B.3.3.1	Characterize the major categories of psychoactive drugs and their effects
SCI.9-12.B.3.3.2	Describe how psychoactive drugs act at the synaptic level
SCI.9-12.B.3.3.3	Evaluate the biological and psychological effects of psychoactive drugs

SCI.9-12.B.3.3.4	Explain how culture and expectations influence the use and experience of drugs
SCI.9-12.B.3.4	Other states of consciousness
SCI.9-12.B.3.4.1	Describe meditation and relaxation and their effects
SCI.9-12.B.3.4.2	Describe hypnosis and controversies surrounding its nature and use
SCI.9-12.B.3.4.3	Describe flow states
SCI.9-12.APS.2.1	Stress and coping
SCI.9-12.APS.2.1.1	Define stress as a psychophysiological reaction
SCI.9-12.APS.2.1.2	Identify and explain potential sources of stress
SCI.9-12.APS.2.1.3	Explain physiological and psychological consequences for health
SCI.9-12.APS.2.1.4	Identify and explain physiological, cognitive, and behavioral strategies to deal with stress