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

Content Area: **Social Studies**
Course(s): **Psychology**
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Transfer

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

Enduring Understandings

Stress is the process by which we perceive and respond to threatening or challenging events.

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”?

Why might some people be skeptical of hypnosis?

Why do some people consider addiction a disease and others a choice?

Content

Vocabulary

Stress, Health Psychology, Type A, Type B, Burnout, General Adaptation Syndrome, Fight Or Flight, Meditation, Psychoactive Drugs, Stimulants, Depressants, Hallucinogens, Dependence, Withdrawal, Tolerance, Hypnosis, Divided Consciousness, Posthypnotic Suggestion, PTSD.

Resources

Introduction to Psychology

Google Slides

Google Docs

Chromebooks

NewsEla

Selected Articles

Video Clips

Graphic Organizers

Review Guide

Important People

People

Walter Cannon, Hans Selye, Ernest Hilgard, Betty Ford

Skills

Define stress and distinguish “stress” from “stressor”.

Describe the physiological and emotional responses to stress.

Discuss the link between stress and illness.

Evaluate the various stress management techniques and their effectiveness.

Define consciousness.

Identify the different rhythms of the body and how they differ from one another.

Discuss the different types of sleep disorders and the causes and consequences of the disorders.

Explain what hypnosis is and how it works.

Explain how psychoactive drugs work.

Identify and discuss the four main drug categories

Describe the biomedical therapies.

Discuss the use and effectiveness of electroconvulsive therapy

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