Unit 5: Consciousness

Content Area: **Social Studies**
Course(s): **Psychology, Human Behavior**
Time Period: **Semester 1 & 2**
Length: **2 weeeks**
Status: **Published**

Standards

SCI.9-12.B.3	Consciousness
SCI.9-12.B.3.1	The relationship between conscious and unconscious processes
SCI.9-12.B.3.1.1	Identify states of consciousness
SCI.9-12.B.3.1.2	Distinguish between processing that is conscious (i.e., explicit) and other processing that happens without conscious awareness (i.e., implicit)
SCI.9-12.B.3.2	Characteristics of sleep and theories that explain why we sleep and dream
SCI.9-12.B.3.2.1	Describe the circadian rhythm and its relation to sleep
SCI.9-12.B.3.2.2	Describe the sleep cycle
SCI.9-12.B.3.2.3	Compare theories about the functions of sleep
SCI.9-12.B.3.2.4	Describe types of sleep disorders
SCI.9-12.B.3.2.5	Compare theories about the functions of dreams
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

Enduring Understandings

The students will understand that:

1. the different perspectives and controversies related to the existence of an unconscious mind.

2. the brain creates consciousness when it combines external stimulation with internal experience.

3. consciousness changes in cycles that normally correspond to our biological rhythms and to patterns of our environment.

4. An altered state of consciousness occurs when some aspect of normal

consciousness is modified by mental, behavioral, or chemical means.

5. sleep plays a crucial role in our health and development, but the origin and purpose remain disputed.

Essential Questions

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1. To what extent are there really different levels of consciousness?

2. To what extent are there any functional purposes for different levels of consciousness?

3. How far does the Freudian model of the unconscious mind still appear to be valid?

4. To what extent do we need sleep? What is the purpose of sleep?

5. To what extent are our brains inactive during sleep?

6. How can we determine if our dreams are meaningful or more of a random process?

7. To what extent are psychoactive drugs really harmful?

8. Why do so many people ignore the potential dangers of psychoactive drugs?

9. To what extent is hypnosis a real psychological phenomenon?

10. To what extent are sleep disorders significant enough to keep in the DSM V manual?

Knowledge and Skills

Learning Objectives (SWBAT)

-Define consciousness.

-Describe the different stages of sleep.

-Analyze the different theories of dreaming.

-Determine the common sleep disorders and their consequences.

-Differentiate between the different theories of hypnosis.

-Analyze why psychologists are suspicious of hypnotically enhanced memories.

-Describe psychoactive drugs and their effects.

-Differentiate among the different types of psychoactive drugs and their effects.

-Analyze the consequences of addiction, tolerance, and withdrawal.

Content

A. Sleep and Dreaming

B. Hypnosis

C. Psychoactive Drug Effects

Resources

Textbook Reading: Chapter 5 (pages 156-1193)

Primary Student Textbook: Zimbardo, Philip G., Johnson, Robert L., Weber, Ann L., Gruber, Craig W. (2010). Psychology: AP edition with discovering psychology. New York: Allyn & Bacon.

Course Resources:

1. Benjamin, Ludy T. Jr., eds. Favorite Activities for the Teaching of Psychology. Washington, D.C.: American Psychological Association, 2008.

2. Bensley, D. Alan. *Critical Thinking in Psychology: A Unified Skills Approach*. Pacific Grove, Calif.: Brooks/Cole, 1998.

3. Hock, Roger R. Forty Studies that Changed Psychology: Explorations into the History of Psychological Research. 5th ed. Upper Saddle River, N.J.: Pearson/Prentice Hall, 2005.

4. Rolls, Geoff. Classic Case Studies in Psychology. London: Hodder Arnold, 2005.

5. Dream Analysis activity

6. Sleep inventory and debate

Additional Resources from WH databases, and articles connected to the content, including primary readings, historiography, and secondary sources.

Web-based resources including but not limited to digital media (SIFT method), primary sources, peer reviews, historical documents and writings of historians

AI - Copilot, Gemini, etc.

Links

http://psychcentral.com/

http://www.psychologytoday.com/

http://www.apa.org/

http://www.scientificamerican.com/section/lateststories/

http://www.psychologicalscience.org/

http://www.sciencedaily.com/news

http://www.alleydog.com/

http://www.apa.org/research/action/glossary.aspx

http://allpsych.com/psychology101/index.html

http://www.simplypsychology.org/perspective.html

Transfer Goals

Students will be able to independently create a new understanding of

consciousness that includes the limits of multitasking and significance of sleep.

Students will be able to independently realize the negative impact of mind altering drugs.

Assessments

https://docs.google.com/document/d/1mKgdwpriGuRcVHIVCJUdBEk7lih12Q0ckKSTC4TMUXs/edit

Modifications

https://docs.google.com/document/d/1ODqaPP69YkcFiyG72fIT8XsUIe3K1VSG7nxuc4CpCec/edit