G7: Consciousness - Chapter 5

Content Area: **Social Studies**
Course(s): **Psychology**
Time Period: **Semester 1**
Length: **1 week**
Status: **Published**

Standards

SCI.9-12.B	Biopsychology
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.3.2.2	Describe the sleep cycle
SCI.9-12.B.3.2.3	Compare theories about the functions of sleep
SCI.9-12.B.3.2.5	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.3.3.3	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.3.4.3	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

1. How are there really different levels of consciousness?

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

3. In what ways does the Freudian model of the unconscious mind appear to be valid?

4. How important is sleep? What is the purpose of sleep?

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

6. Are dreams meaningful or more of a random process?

7. What are the impacts of psychoactive drugs?

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

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

Resources

Textbook Reading:

Primary Student Textbook: Myers Psychology for AP

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.

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

Albert I.O.

Openstax

Amsco Review Book

TOPSS (Teachers of Psychology in Secondary Schools)

Verywell Mind

ProQuest

Gale in Context

Ebsco

Jstor

Science Direct

Gale in Context: Opposing View points

WH Databases, AI (Gemini, Copilot, Magicshoolai), Pear Deck

News publications, including but not limited to NYTimes, Washington Post.

Web-based resources including but not limited to digital media (SIFT method), primary sources, peer reviews, historical documents and writings of historians

Assessments

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

Modifications

https://docs.google.com/document/d/1ODqaPP69YkcFiyG72fIT8XsUIe3K1VSG7nxuc4CpCec/edit?tab=t.0