

**Chapter 6: Consciousness**  
**Psychology**  
**Mr. Coia**

**Tues 10/19**

Finish discussion on Maslow's Hierarchy  
Consciousness and Dreaming "Quiz"  
Defining Consciousness (read p. 159-160)

**Writing exercise:**

Step 1: Watch yourself from the outside.  
Pick a recent day in your life and describe  
it from the third-person point-of-view  
(using *he* or *she*). Include details of the  
situation, but you cannot enter into the  
inner thoughts. For example, "Anna  
argued with her dad for 30 minutes about  
the car. She raised her voice and stormed  
off, slamming each door that got in her  
way."

Step 2: Rewrite, but this time do not be  
satisfied with merely reporting details;  
include opinions, evaluations, and so on.  
Only get into one character's head. For  
example, "Anna argued with her dad for 30  
minutes and would not admit to herself  
that she was being stubborn. She secretly  
wished that he and her mom went through  
with the divorce." Notice it is *she* and not  
*I*.

Step 3: Share stories, for those who are  
comfortable with doing so.

How does this relate to *consciousness*?

Inquiring Minds: Get into groups of four to  
create a list of 10 questions that you want  
answered in the study of these topics.  
Your group will pick questions and write  
them down relating to your topic.

**Topics to Explore:**

Biological Clocks  
Sleep  
Dreams  
Sleep Disorders  
Hypnosis  
Meditation

Read p. 160-164; explain key terms in  
your notes.

HW: Dream Journal. Keep a journal of  
your dreams for the next seven days. See  
handout. Experiment with "dream tasks."

**Thurs 10/21**

Sleep and sleep disorders (we are skipping  
over dreaming until next class)  
Video excerpt: Sleep and Circadian  
Rhythms (6 mins)  
Video excerpt: Sleep: Brain Functions (11  
mins)  
Hypnosis

HW: continue Dream Journals

**Monday 10/25**

Dreaming  
Share dreams  
Video excerpt: REM Sleep and Dreaming  
Freud and dreaming

**Wednesday 10/27**

Age regression and mediation  
"World of Consciousness" p. 182-183  
Review questions 1-30 page 185  
Projects discussion  
(choose #1, 2, 4, or 5 on p. 186-187)

HW: Project due Tuesday

**Friday 10/29**

Discovering Psychology  
Test on chapter 6  
Final discussions  
Project work

HW: Project due Tuesday

**Dream Journal**

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Tuesday 10/19

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Wednesday 10/20

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Thursday 10/21

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Friday 10/22

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Saturday 10/23

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Sunday 10/24

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Monday 10/25

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