

CONSCIOUSNESS

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WHY?

Consciousness is the degree to which we are aware of ourselves and our environment, and it varies a great deal, from person to person, time to time, and situation to situation. Waking and sleeping, and conscious, subconscious, and unconscious, are vital to our development and quality of life. We can learn and practice techniques and behaviors that can increase our awareness of ourselves and the environment and improve the quality of our lives--no chemicals required.

Outcomes: Students will

- A. comprehend how natural rhythms and learned patterns, including sleeping and other states of consciousness, affect our lives
- B. identify the stages of sleep and dreaming
- C. acquire knowledge of sleep problems and issues, and dispel myths about them
- D. study the validity of dream interpretation by “analyzing” their own dreams and those of others by using various theories and sources
- E. comprehend how non-naturally occurring states affect the conscious and unconscious mind
- F. practice techniques of meditation

Resources

- A. text, chapter 6, p. 158-187

Outline

- I. def. CONSCIOUSNESS
 - A. subconscious
 - B. unconscious
- II. Chronobiology
 - A. consciousness operates in cycles
 - B. circadian rhythms
 - C. biological clocks
- III. S L E E P . . .
 - A. Why we sleep
 - B. NREM V. REM sleep
 - C. Stages of Sleep
 - 1. Stage I
 - 2. Stage II
 - 3. Stage III
 - 4. Stage IV
 - D. DREAMS
 - 1. why we dream
 - 2. what they mean...
 - E. Sleep issues & problems
 - 1. sleepwalking & talking
 - 2. Length of sleep

3. Social entrainment
4. insomnia
5. narcolepsy
6. sleep apnea
7. nightmares
8. incubus attacks

IV. Other states of consciousness

- A. Meditation
- B. Hypnosis

Vocabulary

| | |
|--------------------|---------------------------|
| alpha waves | meditation |
| beta waves | narcolepsy |
| biological clock | nightmare |
| chronobiology | NREM sleep |
| circadian rhythm | REM rebound |
| consciousness | REM sleep |
| construct | sleep apnea |
| delta waves | subconscious |
| entrainment | trance |
| free-running cycle | transcendental meditation |
| hypnosis | twilight state |
| incubus attack | unconscious |
| insomnia | |