The word consciousness sometimes refers to the waking state in which a person is awake. Yet there are also several altered states of consciousness, in which a person’s sense of self or sense of the world changes. When you doze off, you are no longer conscious of what is going on around you. Sleep in one altered state of consciousness.

Researchers have discovered that we sleep in stages. Your job is to teach us about the various stages and cycles involved when we sleep. You will also discuss why we sleep. What happens to our bodies while sleeping that prepares us for our waking state.

Here’s the information you should include in your presentation. Use this as a check-off list for your presentation

• How important is sleep?
• What is REM and NREM sleep?
• At what stage do we dream the most?
• How much sleep do we need?
• Can we do without sleep?
• What happens if we don’t sleep?
• What are circadian rhythms?
• What happens to our bodies when we sleep?
• What happens to our heart rate, body temperature, brain chemicals, hair growth while we sleep?
Use this rubric as a check list while developing your presentation and turn it into me before the presentation.

You will be graded on the following criteria:

**Presentation**
- **Introduction**  
  - The introduction presents the overall topic & draws the audience into the presentation with questions or by relating to the audience’s interests
  ____/2pts

- **Content**  
  - A thorough discussion of the topic including the subtopics from the outline  
  - defined & incorporated all of the concepts into the presentation  
  - Enough information given to understand the topic
  ____/15pts

- **Oral presentation to class**  
  - Organized and flowed smoothly  
  - Did not read the entire presentation  
  - Voice projection was appropriate  
  - Each member participated equally
  ____/13pts

**Oral Presentation Total**  ____/30pts

**PowerPoint/Keynote/Google Presentations/Prezi**
- **Layout**  
  - layout is creative & adds to the theme of the presentation  
  - There is a consistent visual theme.
  ____/5pts

- **Graphics**  
  - visual connections that enhance understanding of concept, ideas & relationships.  
  - At least one picture, graph, or chart on each slide representing or illustrating your topic
  ____/5pts

- **Text**  
  - Use of italics, bold, and indentations enhances readability.  
  - Text is appropriate in length & to the point(No ‘wall of words’ from copy/pasting)
  ____/5pts

- **Slides**  
  - At least 8 slides  
  - Includes transitions and animation of objects for EACH slide
  ____/5pts

**Presentation Total**  ____/20pts

- **Utilized time in class efficiently**
  ____10pts

**Presentation Total**  ____/60pts

Upon Completion email the powerpoint using this process  
- Name the file by period and group number. Example: Period 1, group 2.ppt  
- Send the file to me by email. Email address is_______________________
DREAMS

The word consciousness sometimes refers to the waking state in which a person is awake. Yet there are also several altered states of consciousness, in which a person’s sense of self or sense of the world changes. When you doze off, you are no longer conscious of what is going on around you. Sleep in one altered state of consciousness.

What are dreams and why do we have them? Hmmm. Your job is to teach us about dreams and the various theories regarding why we dream. Two important theories on dreaming that should be included are Freud’s view and the bio-psychological approach.

Here’s the information you should include in your presentation. Use this as a check-off list for your presentation
- Why do we dream?
- What is Freud’s approach?
- What is the bio-psychological approach on dreams?
- How do we know when a subject is dreaming
- Do dreams change with age?
- Are dreams necessary?
- How can we learn to understand our dreams?
- What is a dream?
- Do nightmares reveal emotional disturbances?
- Do people dream in color?
Use this rubric as a check list while developing your presentation and turn it into me before the presentation.

You will be graded on the following criteria:

**Presentation**

- **Introduction**
  - The introduction presents the overall topic & draws the audience into the presentation with questions or by relating to the audience’s interests
  
- **Content**
  - A thorough discussion of the topic including the subtopics from the outline
  - Defined & incorporated all of the concepts into the presentation
  - Enough information given to understand the topic

- **Oral presentation to class**
  - Organized and flowed smoothly
  - Did not read the entire presentation
  - Voice projection was appropriate
  - Each member participated equally

  **Oral Presentation Total** ___/30pts

**PowerPoint/Keynote/Google Presentations/Prezi**

- **Layout**
  - Layout is creative & adds to the theme of the presentation
  - There is a consistent visual theme.

- **Graphics**
  - Visual connections that enhance understanding of concept, ideas & relationships.
  - At least one picture, graph, or chart on each slide representing or illustrating your topic

- **Text**
  - Use of italics, bold, and indentations enhances readability.
  - Text is appropriate in length & to the point (No ‘wall of words’ from copy/pasting)

- **Slides**
  - At least 8 slides
  - Includes transitions and animation of objects for EACH slide

  **Presentation Total** ___/20pts

- **Utilized time in class efficiently**

  **Presentation Total** ___/10pts

Upon completion email the powerpoint using this process:

- Name the file by period and group number. Example: Period 1, group 2.ppt
- Send the file to me by email. Email address is ___________________________
Sleep Apnea

The word consciousness sometimes refers to the waking state in which a person is awake. Yet there are also several altered states of consciousness, in which a person’s sense of self or sense of the world changes. When you doze off, you are no longer conscious of what is going on around you. Sleep in one altered state of consciousness.

Sleep Apnea Even when we need sleep, we may have trouble getting to sleep or sleeping soundly. When these troubles last for long periods of time or become serious, they are considered to be sleep problems. One such problem is sleep apnea, or interruptions in our breathing while we sleep. Your job is to teach us about sleep apnea, causes, types, daytime/nighttime symptoms and various treatments.

Here’s the information you should include in your presentation. Use this as a check-off list for your presentation

- What are categories or types of this problem?
- Who suffers from this problem?
- Why do people suffer from this problem?
- How many people suffer from this problem?
- What are its symptoms?
- How is it diagnosed?
- What are some treatments? - Drugs? Life changes?
- Are there any dangers regarding this problem?
- What is the latest research on this problem?
CONSCIOUSNESS

SLEEP AND DREAMS

Use this rubric as a check list while developing your presentation and turn it into me before the presentation.

You will be graded on the following criteria:

Presentation
• Introduction
  - The introduction presents the overall topic & draws the audience into the presentation with questions or by relating to the audience’s interests ___/2pts

• Content
  - A thorough discussion of the topic including the subtopics from the outline
  - defined & incorporated all of the concepts into the presentation
  - Enough information given to understand the topic ___/15pts

• Oral presentation to class
  - Organized and flowed smoothly
  - Did not read the entire presentation
  - Voice projection was appropriate
  - Each member participated equally ___/13pts

Oral Presentation Total ___/30pts

PowerPoint/Keynote/Google Presentations/Prezi
• Layout -
  - layout is creative & adds to the theme of the presentation
  - There is a consistent visual theme. ___5/pts

• Graphics -
  - visual connections that enhance understanding of concept, ideas & relationships.
  - At least one picture, graph, or chart on each slide representing or illustrating your topic ___/5pts

• Text
  - Use of italics, bold, and indentations enhances readability.
  - Text is appropriate in length & to the point(No ‘wall of words’ from copy/pasting) ___/5pts

• Slides
  - At least 8 slides
  - Includes transitions and animation of objects for EACH slide ___/5pts

Presentation Total ___/20pts

• Utilized time in class efficiently ___10pts

Presentation Total ___/60pts

Upon completion email the PowerPoint using this process
- Name the file by period and group number. Example: Period 1, group 2.ppt
- Send the file to me by email. Email address is_______________________
The word consciousness sometimes refers to the waking state in which a person is awake. Yet there are also several altered states of consciousness, in which a person’s sense of self or sense of the world changes. When you doze off, you are no longer conscious of what is going on around you. Sleep in one altered state of consciousness.

**Insomnia** Even when we need sleep, we may have trouble getting to sleep or sleeping soundly. When these troubles last for long periods of time or become serious, they are considered to be sleep problems. One such problem is sleep insomnia, or recurring problems in falling or staying asleep. Your job is to teach us about insomnia, causes, types, daytime/nighttime symptoms and various treatments.

Here’s the information you should include in your presentation. Use this as a check-off list for your presentation

• What are categories or types of this problem?
• Who suffers from this problem?
• Why do people suffer from this problem?
• How many people suffer from this problem?
• What are its symptoms?
• How is it diagnosed?
• What are some treatments? - Drugs? Life changes?
• Are there any dangers regarding this problem?
• What is the latest research on this problem?
Use this rubric as a check list while developing your presentation and turn it into me before the presentation.

You will be graded on the following criteria:

**Presentation**

- **Introduction**
  - The introduction presents the overall topic & draws the audience into the presentation with questions or by relating to the audience’s interests ___/2pts

- **Content**
  - A thorough discussion of the topic including the subtopics from the outline
  - Defined & incorporated all of the concepts into the presentation
  - Enough information given to understand the topic ___/15pts

- **Oral presentation to class**
  - Organized and flowed smoothly
  - Did not read the entire presentation
  - Voice projection was appropriate
  - Each member participated equally ___/13pts

  **Oral Presentation Total** ___/30pts

**PowerPoint/Keynote/Google Presentations/Prezi**

- **Layout**
  - Layout is creative & adds to the theme of the presentation
  - There is a consistent visual theme.
  ___5/pts

- **Graphics**
  - Visual connections that enhance understanding of concept, ideas & relationships.
  - At least one picture, graph, or chart on each slide representing or illustrating your topic
  ___/5pts

- **Text**
  - Use of italics, bold, and indentations enhances readability.
  - Text is appropriate in length & to the point (No ‘wall of words’ from copy/pasting)
  ___/5pts

- **Slides**
  - At least 8 slides
  - Includes transitions and animation of objects for EACH slide
  ___/5pts

  **Presentation Total** ___/20pts

- **Utilized time in class efficiently**
  ___10pts

  **Presentation Total** ___/60pts

Upon completion email the powerpoint using this process
- Name the file by period and group number. Example: Period 1, group 2.ppt
- Send the file to me by email. Email address is __________________________

**CONSCIOUSNESS**

**SLEEP AND DREAMS**

Name(s) __________________________ Date __________ Period ___
Night Terrors (Sleep Terrors)

The word consciousness sometimes refers to the waking state in which a person is awake. Yet there are also several altered states of consciousness, in which a person’s sense of self or sense of the world changes. When you doze off, you are no longer conscious of what is going on around you. Sleep in one altered state of consciousness.

Night Terrors Even when we need sleep, we may have trouble getting to sleep or sleeping soundly. When these troubles last for long periods of time or become serious, they are considered to be sleep problems. One such problem is sleep night terrors, or by high arousal and an appearance of being terrified. **Your job is to teach us about night terrors, causes, types, daytime/nighttime symptoms and various treatments.**

Here’s the information you should include in your presentation. Use this as a check-off list for your presentation

• What is the difference between night terrors and nightmares?
• Who suffers from this problem?
• Why do people suffer from this problem?
• How many people suffer from this problem?
• What are its symptoms?
• How is it diagnosed?
• What are some treatments? - Drugs? Life changes?
• Are there any dangers regarding this problem?
• What is the latest research on this problem?
Use this rubric as a check list while developing your presentation and turn it into me before the presentation.

You will be graded on the following criteria:

**Presentation**
- **Introduction**
  - The introduction presents the overall topic & draws the audience into the presentation with questions or by relating to the audience’s interests

- **Content**
  - A thorough discussion of the topic including the subtopics from the outline
  - Defined & incorporated all of the concepts into the presentation
  - Enough information given to understand the topic

- **Oral presentation to class**
  - Organized and flowed smoothly
  - Did not read the entire presentation
  - Voice projection was appropriate
  - Each member participated equally

  **Oral Presentation Total** ____/30pts

**PowerPoint/Keynote/Google Presentations/Prezi**
- **Layout**
  - Layout is creative & adds to the theme of the presentation
  - There is a consistent visual theme.

- **Graphics**
  - Visual connections that enhance understanding of concept, ideas & relationships.
  - At least one picture, graph, or chart on each slide representing or illustrating your topic

- **Text**
  - Use of italics, bold, and indentations enhances readability.
  - Text is appropriate in length & to the point (No ‘wall of words’ from copy/pasting)

- **Slides**
  - At least 8 slides
  - Includes transitions and animation of objects for EACH slide

  **Presentation Total** ____/20pts

- **Utilized time in class efficiently**

  **Presentation Total** ____/60pts

Upon completion email the powerpoint using this process
- Name the file by period and group number. Example: Period 1, group 2.ppt
- Send the file to me by email. Email address is_________________
The word consciousness sometimes refers to the waking state in which a person is awake. Yet there are also several altered states of consciousness, in which a person’s sense of self or sense of the world changes. When you doze off, you are no longer conscious of what is going on around you. Sleep in one altered state of consciousness.

**Narcolepsy** Even when we need sleep, we may have trouble getting to sleep or sleeping soundly. When these troubles last for long periods of time or become serious, they are considered to be sleep problems. Sometimes people suddenly fall asleep no matter what time it is. This is called **narcolepsy**. Your job is to teach us about narcolepsy, causes, types, daytime/nighttime symptoms and various treatments.

Here’s the information you should include in your presentation. Use this as a check-off list for your presentation

- What types of this disorder?
- Who suffers from this problem?
- Why do people suffer from this problem?
- How many people suffer from this problem?
- What are its symptoms?
- How is it diagnosed?
- What are some treatments? - Drugs? Life changes?
- Are there any dangers regarding this problem?
- What is the latest research on this problem?
SLEEP AND DREAMS

Use this rubric as a check list while developing your presentation and turn it into me before the presentation.

You will be graded on the following criteria:

Presentation

- Introduction  / 2pts
  - The introduction presents the overall topic & draws the audience into the presentation with questions or by relating to the audience’s interests

- Content  / 15pts
  - A thorough discussion of the topic including the subtopics from the outline
  - defined & incorporated all of the concepts into the presentation
  - Enough information given to understand the topic

- Oral presentation to class  / 13pts
  - Organized and flowed smoothly
  - Did not read the entire presentation
  - Voice projection was appropriate
  - Each member participated equally

Oral Presentation Total  / 30pts

PowerPoint/Keynote/Google Presentations/Prezi

- Layout  / 5pts
  - layout is creative & adds to the theme of the presentation
  - There is a consistent visual theme.

- Graphics  / 5pts
  - visual connections that enhance understanding of concept, ideas & relationships.
  - At least one picture, graph, or chart on each slide representing or illustrating your topic

- Text  / 5pts
  - Use of italics, bold, and indentations enhances readability.
  - Text is appropriate in length & to the point(No ‘wall of words’ from copy/pasting)

- Slides  / 5pts
  - At least 8 slides
  - Includes transitions and animation of objects for EACH slide

Presentation Total  / 20pts

- Utilized time in class efficiently  / 10pts

Presentation Total  / 60pts

Upon Completion email the powerpoint using this process
- Name the file by period and group number. Example: Period 1, group 2.ppt
- Send the file to me by email. Email address is __________________________
The word consciousness sometimes refers to the waking state in which a person is awake. Yet there are also several altered states of consciousness, in which a person’s sense of self or sense of the world changes. When you doze off, you are no longer conscious of what is going on around you. Sleep in one altered state of consciousness.

**Sleep Walking** Even when we need sleep, we may have trouble getting to sleep or sleeping soundly. When these troubles last for long periods of time or become serious, they are considered to be sleep problems. One such problem is **sleep walking**. Your job is to teach us about sleep walking, causes, types, daytime/nighttime symptoms and various treatments.

**Here’s the information you should include in your presentation. Use this as a check-off list for your presentation**

- What is the clinical name for this disorder?
- Who suffers from this problem?
- Why do people suffer from this problem?
- How many people suffer from this problem?
- What are its symptoms?
- How is it diagnosed?
- What are some treatments? - Drugs? Life changes?
- Are there any dangers regarding this problem?
- What is the latest research on this problem?
Use this rubric as a check list while developing your presentation and turn it into me before the presentation. You will be graded on the following criteria:

### Presentation

- **Introduction**
  - The introduction presents the overall topic & draws the audience into the presentation with questions or by relating to the audience’s interests

- **Content**
  - A thorough discussion of the topic including the subtopics from the outline
  - Defined & incorporated all of the concepts into the presentation
  - Enough information given to understand the topic

- **Oral presentation to class**
  - Organized and flowed smoothly
  - Did not read the entire presentation
  - Voice projection was appropriate
  - Each member participated equally

### Oral Presentation Total _____/30pts

### PowerPoint/Keynote/Google Presentations/Prezi

- **Layout**
  - Layout is creative & adds to the theme of the presentation
  - There is a consistent visual theme.

- **Graphics**
  - Visual connections that enhance understanding of concept, ideas & relationships.
  - At least one picture, graph, or chart on each slide representing or illustrating your topic

- **Text**
  - Use of italics, bold, and indentations enhances readability.
  - Text is appropriate in length & to the point (No ‘wall of words’ from copy/pasting)

- **Slides**
  - At least 8 slides
  - Includes transitions and animation of objects for EACH slide

### Presentation Total _____/20pts

### • Utilized time in class efficiently

### Presentation Total _____/10pts

### Presentation Total _____/60pts

Upon Completion email the powerpoint using this process
- Name the file by period and group number. Example: Period 1, group 2.ppt
- Send the file to me by email. Email address is________________________
The word consciousness sometimes refers to the waking state in which a person is awake. Yet there are also several altered states of consciousness, in which a person's sense of self or sense of the world changes. When you doze off, you are no longer conscious of what is going on around you. Sleep in one altered state of consciousness.

Sleep Paralysis Even when we need sleep, we may have trouble getting to sleep or sleeping soundly. When these troubles last for long periods of time or become serious, they are considered to be sleep problems. One such problem is sleep paralysis, or the experience of waking from sleep experiencing paralysis of the body. Your job is to teach us about sleep paralysis, causes, types, daytime/nighttime symptoms and various treatments.

Here’s the information you should include in your presentation. Use this as a check-off list for your presentation

- Common misconceptions about this disorder
- Who suffers from this problem?
- Why do people suffer from this problem?
- How many people suffer from this problem?
- What are its symptoms?
- How is it diagnosed?
- What are some treatments? - Drugs? Life changes?
- Are there any dangers regarding this problem?
- What is the latest research on this problem?
SLEEP AND DREAMS

Use this rubric as a check list while developing your presentation and turn it into me before the presentation.

You will be graded on the following criteria:

**Presentation**
- **Introduction**
  - The introduction presents the overall topic & draws the audience into the presentation with questions or by relating to the audience’s interests
  
  ___/2pts

- **Content**
  - A thorough discussion of the topic including the subtopics from the outline
  - defined & incorporated all of the concepts into the presentation
  - Enough information given to understand the topic

  ___/15pts

- **Oral presentation to class**
  - Organized and flowed smoothly
  - Did not read the entire presentation
  - Voice projection was appropriate
  - Each member participated equally

  ___/13pts

  **Oral Presentation Total** ___/30pts

**PowerPoint/Keynote/Google Presentations/Prezi**
- **Layout**
  - layout is creative & adds to the theme of the presentation
  - There is a consistent visual theme.

  ___5/pts

- **Graphics**
  - visual connections that enhance understanding of concept, ideas & relationships.
  - At least one picture, graph, or chart on each slide representing or illustrating your topic

  ___/5pts

- **Text**
  - Use of italics, bold, and indentations enhances readability.
  - Text is appropriate in length & to the point(No ‘wall of words’ from copy/pasting)

  ___/5pts

- **Slides**
  - At least 8 slides
  - Includes transitions and animation of objects for EACH slide

  ___/5pts

  **Presentation Total** ___/20pts

- **Utilized time in class efficiently**

  ___10pts

  **Presentation Total** ___/60pts

Upon completion email the powerpoint using this process
- Name the file by period and group number. Example: Period 1, group 2.ppt
- Send the file to me by email. Email address is_________________________