



Lynch School of Education Boston College
SMART English & History Curriculum Development Team 2011

Lesson/Resource Overview

Title:

States of Consciousness Jeopardy!

Instructional Objectives:

For students to review key terms from the unit about drugs, sleep, and hypnosis.

Description:

Students review using the ever-popular answers-and-questions format of the Jeopardy! game show.

Grade Levels:

11-12

Content Area(s): States of Consciousness

Directions/Procedure for Implementation:

Divide the students into teams. If needed, ask for a student volunteer to assist with keeping score and judging. Write the categories and point values on the board.

Every teacher has a different way of running Jeopardy!-style games. I have mini-whiteboards that I distribute to teams. Depending on the size of the teams, they may have more than one mini-whiteboard. Each team receives a whiteboard eraser and one marker per mini-whiteboard. The first student with the correct answer written down legibly and raised into the air earns the points for their team. Students may use their notes. After each question, the board(s) rotate to a different teammate; this way, one quick-writing student cannot dominate a game.

Lesson Supplements (e.g., homework, extended learning activities, etc.): N/A

Assessment: N/A, as this is a review for a test

Keywords: AP Psychology; States of Consciousness

Accompanying Resources (e.g., homework, test, etc.): See attached

Submitted by: Michael Sandler

States of Consciousness Jeopardy! REVIEW

*asterisks denote material not on test

Sleep:

- 100 A condition in which a person regularly experiences the inability to fall asleep and stay asleep. (insomnia)
- 200 A sleep disorder characterized by temporary cessations of breathing during sleep. (sleep apnea)
- 300 These brain waves are associated with relaxed wakefulness. (alpha waves)
- 400 Stage of sleep with consistent delta waves, and when night terrors might occur. (Stage 4)
- 500* Of 7.2, 6.9 or 6.7, the number of hours the average American sleeps per night. (6.7)

Dreams:

- 100 Type of sleep during which dreams occur. (REM or paradoxical sleep)
- 200 According to Freud, the underlying symbolic meaning of a dream. (latent content)
- 300* An image from a dream you had last night. (....)
- 400* T or F: birds dream (T)
- 500 The theory that dreams are your brain's attempt to make sense of random neural firing. (activation synthesis)

Drugs:

- 100 A stimulant found in tobacco. (nicotine)
- 200 A condition in which increasing amounts of a drug are required to produce the desired effect. (tolerance)
- 300 unpleasant reaction when a person abstains from a drug on which he or she is dependent. (withdrawal)
- 400 Class of drugs that arouses the sympathetic nervous system and suppresses appetite. (stimulants)
- 500 Schizophrenia-like symptoms may result from prolonged use of these drugs (amphetamines)

Sleepier and Sleepier:

- 200: Dwight Howard knows that this phenomenon in which a person who is deprived of REM sleep greatly increases the amount of time spent in REM sleep at the first opportunity to sleep uninterrupted. (REM rebound.)
- 400:* Besides consecutive hours awake, another record the Guinness Book no longer accepts. (heaviest cat; eating, drinking)
- 600: The sleep cycle repeats itself every _____ minutes. (90)
- 800: Hormone released by the pineal gland that regulates sleep cycles. (Melatonin)
- 1000: _____ hallucinations: Vivid sensory phenomena that occur at the onset of sleep. (Hypnagogic.)

Hypnosis

- 200: T or F: Some people are more easily hypnotized than others. (T)
- 400: Hypnosis has been shown to alleviate this viral skin condition, also known as verruca. (Warts)
- 600: A split in consciousness which allows some thoughts and behaviors to occur simultaneously with others. (dissociation)
- 800: Term describing a hypnotized subject's awareness of experiences that aren't verbalized while under hypnosis. (hidden observer)
- 1000: If a subject is caught up in the "role" of being hypnotized, this theory explains why she can ignore pain. (Social influence theory)

Pot, Coke or Meth:

- 200: Its active ingredient is THC. (Pot)
- 400: Dopamine reuptake is blocked by this drug. (Coke.)
- 600: Causes mental alertness and increases energy, but has toxic effects on the brain. (Meth)
- 800: Not considered a stimulant. (Pot)
- 1000:* The most addictive. (Meth)

Miscellaneous:

- 200: regular bodily rhythms (like temperature and wakefulness) that occur on 24-hour cycles (circadian rhythms.)
- 400:* California University where a hypnotic susceptibility scale was designed. (Stanford)
- 600: A directive made during hypnosis to be carried out after the subject is no longer hypnotized. (posthypnotic suggestion)
- 800: Ecstasy is the street name for this hallucinogen. (MDMA)

FJ! Category: 8 Hours is a dream.

Two reasons why we sleep. (1. repair the body; 2. process memories; 3. protect self)