States of Consciousness Unit Project

Due: November 30

Purpose: This project will allow you to demonstrate mastery of material from the States of Consciousness Unit. Particularly, you will show that you can use relevant psychological theory and research to analyze data that you gathered about your own sleep (or dreaming) habits.

Procedure:

*Step 1: Record EITHER your SLEEP HABITS OR your DREAMS for **5 or more consecutive nights**.*

	Low Tech Option	High Tech Option
SLEEP HABITS	Use this paper sleep log from the National Sleep Foundation. (Note: Will need to print more if recording more than 7 days.)	Download the (free) Sleepbot app for your smartphone and follow directions for use.
DREAMS	Use this paper prompt to record details (as much as possible) about your nightly dreaming.	Download the (free) Dreamboard app for your smartphone and follow directions for use.

Note: For ALL options, please be aware that you can choose what pieces of information you ultimately choose to share with me. These initial records are for your use only, and I respect your privacy.

*Step 2: In a single-page[1] response, **evaluate your results using relevant psychological research and theory**.*
How you accomplish this will depend to some degree on what you chose to monitor and on your results. For example, you might wish to consider:
- Are my results consistent with what researchers have found about typical sleep/dream patterns (i.e., normal)? Or, could you argue that they are unusual? Why?
- [Sleep habits] Are my sleep habits "good," given recommendations for optimal sleep hygiene? Are they poor? Why?
- [Dreams] Which dream theory (or theories) seem to best explain the patterns you observed? Why?

See an EXAMPLE (in progress) here!

Your response MUST include:
- A **thesis statement** (Claim) that organizes your ideas. Complex thesis statements > simple thesis statements.
- **Evidence** to support your claim. This includes:
  - Data and/or specific examples from your recordings/log entries.
  - Information from your textbook about sleep/dreams research and/or theory.
- **Reasoning** that shows a connection or relationship between your claim and the evidence you have provided.

Other notes:
- This is not an FRQ. So, an intro and conclusion are needed (as they are in most academic writing tasks).
- You *may* use first-person language for this writing assignment, even though that's usually a no-no in academic writing. You are writing about yourself, so it would be awkward to use third-person.
- You do NOT need to consult sources other than your text for this assignment. However, if you choose to use other sources of information, they must be credible research-based websites, like the website of the National Sleep Foundation (NSF), and you must provide citations for the information you include. CAUTION: THERE IS A LOT OF GARBAGE REGARDING SLEEP (AND ESPECIALLY DREAMS) ON THE INTERNET. That's why I am requiring that you stick to your text or the NSF website.
- **Submit on your project by Nov. 30 (at 11:59 PM) in Canvas.** It is NOT necessary to include copies of your sleep logs/journal entries. However, please save them until you receive your grade on the project. Although you will still be in charge of what you share, I may ask you to provide me with enough evidence to verify that you did complete the data collection step (if I have concerns about that after reading your paper).

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[1] Single-spaced? Double-spaced? One-sided page or two-sided? YOU decide how much is needed to defend your thesis.

ARGUMENT RUBRIC: CER (Claim, Evidence, Reasoning)

Trait and Definitions	Exemplary (4)	Proficient (3)	Progressing (2)	Beginning (1)
Ideas and Content (CER) **Claim** A statement or conclusion that answers the original question or problem. **Evidence** Psychological research/theory and collected data that support the claim. The data needs to be appropriate and sufficient to support the claim. **Reasoning** A justification that connects the evidence to the claim. It shows why and how the evidence supports the claim.	**Claim** is clear, specific, arguable, answers question or problem, and contains multiple or complex ideas. **Evidence** is accurate, appropriate, sufficient, supporting the claim, and smoothly integrated. **Reasoning** clearly connects evidence to claim in a compelling or original way.	**Claim** is clear, specific, arguable, and answers question or problem. **Evidence** is accurate, appropriate, and sufficient in supporting the claim. **Reasoning** clearly connects evidence to claim.	**Claim** may be present but is unclear and/or not arguable. **Evidence** is generally accurate and appropriate but may be insufficient or may include inappropriate evidence. **Reasoning** connects some evidence to claim but is not sufficient.	Needs to identify **claim**. Needs accurate, appropriate, and sufficient **evidence**. Needs **reasoning** that connects evidence to claim.
Organization	Sophisticated organizational structure creates unity and cohesion. Writing flows, making it easy to follow. Includes sophisticated transitions.	Clear beginning, middle, and end with reasoning/evidence that is presented in a logical way. Writing flows in a structured way. Includes appropriate transitions.	Missing a clear beginning, middle, and end **or** evidence/reasoning is presented in a disorganized way. Writing lacks a sense of flow. Includes few/no transitions.	Organizational structure is absent or confusing. Writing is disjointed and confusing to follow. Transitions are absent or confusing.
Word Choice/ Content Vocabulary	Content vocabulary is used correctly along with strong word choice.	Content vocabulary is used correctly.	Content vocabulary is used inconsistently with simplistic language or incorrectly.	Needs content vocabulary.
Conventions	Correct grammar, spelling, punctuation, and capitalization are used consistently.	Few errors in grammar, spelling, punctuation and capitalization which do not detract from the writer's argument.	Several errors in grammar, spelling, punctuation, and capitalization are present.	Many errors in grammar, spelling, punctuation, and capitalization are present and detract from the writer's argument.