Consciousness Journal and Analysis

**Part One: Waking Consciousness Journal and Response**

Track your waking consciousness for one day. Choose ten chronological events from a day to briefly describe them. Assign a consciousness rating from 1 to 10 with 10 meaning hyper conscious and 1 meaning barely awake. Provide a brief explanation of why you assigned it the rating you did.

**Part Two: Sleep/Dream Journal** **and Response**

Track your sleep for 2 nights. Describe the quality and length of your sleep on each of the nights. Provide a detailed description of any dreams you have.

Suggestions for remembering dreams:

Before falling asleep, **DECIDE** you are going to remember your dreams. Be patient; it may take a night or 2 for your unconscious to get the message. The most important thing to remember is that EVERYONE dreams and that once you believe you will remember them, you will!

Keep the journal and a pen close to your bed and write down dreams you recall **immediately,** without interpretation. You may have more than one entry per night (everyone dreams between 4 and 6 times) of varying lengths (REM sleep gets longer, therefore, your dreams get longer later on in the night).

What should you record? Basically everything, uncensored, as you remember them... do not worry about proper English for this part. Draw a sketch if you have to. To be more specific write down any or all of the following:

* dialogue or any words
* the number and types of people (friends, strangers, relatives)
* objects
* the mood of the dream (happy, sad, scary, etc.)
* settings
* themes
* events
* timing in the dream
* relations to the dream and you (are you an observer, participant, seeing yourself as player?)

Analysis

Try to analyze your dreams using the following questions as guides (but feel to create your own "questions" also). Use someone else’s dreams if you were not successful in remembering your own.

1. How might have your sleep quality affect your ability to remember the dreams?
2. Are your dreams bizarre? Mundane?
3. Were you able to control your dreams as you remembered more and more of them?
4. Which dreams if any are most disturbing? Why? What do they mean to you?
5. What was the **manifest content**, what was the **latent content** of each dream?
6. Was the content of dreams identical on multiple days? What does this tell you?
7. What common symbols or objects did you record? What do you think these symbols mean?
8. What were the common threads, common ideas, common emotions running through the dreams?
9. How are your dreams relevant to your waking life?
10. What seems to be the main function of your dreams?
11. What did you learn about yourself after remembering your dream(s)?.
12. How does your dream relate to evolutionary theory of dreams?
13. How does your dream relate to the information and memory processing model of dreaming?
14. How does your dream relate to the psychoanalytic theory of dreams?

Assessment

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| **CONCLUDE: Forms accurate conclusions or claims based on evidence** |  | Student synthesizes evidence from multiple texts in order to draw accurate text-based conclusions  *\_\_ applies sound psychological conclusions of given situations* | Student synthesizes an understanding of prior knowledge, many perspectives, and a collection of evidence from numerous sources in order to draw multiple conclusions or deepen/enhance original conclusion    *\_\_\_ applies multiple and varied psychological conclusions to given situations* |