

New Bedford Public Schools
Division of Adult & Continuing Education

New Bedford High School Evening Extension

2019 – 2020 School Year
Trimester III

Learning Packet #2
for
Human Behavior

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Email Mr. Monty with questions/concerns regarding
this packet at the email address listed above.

Due date: May 5, 2020

Human Behavior Assignments

Consciousness and Altered States of Consciousness

Research and write extended (three paragraphs) responses to the following:

- 1) What is consciousness?
- 2) What is the subconscious mind and how can it be studied (Sigmund Freud)?
- 3) What is the importance of sleep and dreams?
- 4) Describe sleep problems; Insomnia, Nightmares and night terrors, Sleepwalking, Sleep Apnea, Narcolepsy.
- 5) Keep a sleep journal for one week: record 1- bedtime, 2- ease or difficulty going to sleep, 3- dream memories, 4- problems sleeping, 5- total hours slept, 6- physical or emotional feelings upon awakening. Draw conclusions or patterns of your sleep habits.
- 6) What are the myths and realities of Hypnosis?
- 7) How hypnosis be used to help people?
- 8) How are drugs used to create altered states of consciousness?
- 9) Research at least one depressant, stimulant, and hallucinogenic drug.
- 10) Explain how each from #9 are used, its intoxication effects, and its health consequences.