



EXTRA CREDIT PROJECT

Psych Students have the option of compiling a Dream Diary as one of three extra credit project opportunities.

Successful completion of the diary will consist of the following:

1. A minimum of 7 dreams – any less will not be accepted for lowest grade replacement.
2. The dreams are not required to be consecutive, just the most significant 7 dreams during this period.
3. Shortly after waking, write down your dream or dreams using the template. You may recreate this template in a composition book or print one for each day.
4. Each dream should be categorized into one of the three theories of dreaming discussed in class, namely:
 - a. **Activation-Synthesis** – dreams as random neuronal firings our cerebral cortex does its best to place into a coherent narrative,
 - b. **Neurocognitive** – dreams as a special type of consciousness that largely mirrors our current concerns, or
 - c. **Freudian** – dreams as the crucial means to uncover the state and content of our mysterious and elusive subconscious.
5. A brief description of current and past events, concerns, and goals relative to a particular dream will often be necessary, as appropriate under the circumstances.
6. At the diary's conclusion, a brief analysis of which theory, in the student's opinion, best explains the majority of the dreams.
7. The diaries will be kept **confidential**.
8. The diary must be **legible**.
9. Diaries are due on _____
10. The diary will constitute successful criteria to drop the students lowest test grade from the student's final grade.

RECORD

WHAT HAPPENED?

TITLE:

DATE:

- Nightmare Fantasy Symbolic Mundane Just plain bizarre

WHAT WAS THE PREVAILING EMOTION?

- | | | | |
|--------------------------------------|--------------------------------------|--|----------------------------------|
| <input type="checkbox"/> Fear | <input type="checkbox"/> Frustration | <input type="checkbox"/> Loss of self | <input type="checkbox"/> Arousal |
| <input type="checkbox"/> Humiliation | <input type="checkbox"/> Grief | <input type="checkbox"/> Love | <input type="checkbox"/> Anger |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Paralysis | <input type="checkbox"/> Confusion | <input type="checkbox"/> Panic |
| <input type="checkbox"/> Joy | <input type="checkbox"/> Surprise | <input type="checkbox"/> Vulnerability | <input type="checkbox"/> _____ |

HAVE YOU DREAMED THIS DREAM BEFORE?

- Yes No Maybe so I wish Once was enough, thanks