



Lesson 10: Sleep and dreams 2.3 Hobson & McCarley's activation-synthesis theory of dreaming

Learning objective	To gain knowledge and understanding of sleep and dreams
Lesson objectives	<p>By the end of the lesson, learners will be able to:</p> <ul style="list-style-type: none"> Describe the results and conclusion of the named study (bizarreness of dream content: Williams et al) Explain the argument for the activation-synthesis theory of dreaming Explain the argument against the activation-synthesis theory of dreaming
Vocabulary	n/a
Previous learning	Learners have studied the activation-synthesis theory of dreaming in the previous lesson.

Plan

Activities	Resources
Beginning (5 mins)	
Learners can apply their knowledge of the activation-synthesis theory dreaming to a novel scenario.	
Middle (50 mins)	
<ul style="list-style-type: none"> Share ideas about how to apply the theory to the scenario. Explain that learners will be looking at the named study in support of the argument for the activation-synthesis theory. Ask them to make notes and prepare a question or comment for a whole class discussion. Share the named study summary and ask learners to make notes. Discuss as a class. Learners can work individually to summarise how the results/conclusions of the study support the theory. In small groups, ask learners to consider each point in the grid to evidence for and against the theory. Encourage them to think about supporting evidence, the meaning and 'storylines' or narrative nature of dreams. 	

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End (5 mins)

Ask learners to generate a 'bizarre' dream which shows the synthesis of random neural activation. This can be used in the next topic to explore the psychodynamic theory of dreaming.

Reflection and evaluation

Reflection:

Summary evaluation:

What two things went really well? (Consider both teaching and learning.)

- 1.
- 2.

What two things would have improved the lesson? (Consider both teaching and learning.)

- 1.
- 2.

What have I learned from this lesson about the class or individuals that will inform my next lesson?

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