

CONSCIOUSNESS



a student workbook

All workbooks come with a cover page

What is consciousness?

What are you thinking about right now?

What were you thinking about a few moments ago?

How long will you sustain your thoughts on one topic?

What is your earliest memory?

What environments are the most familiar to you and the ones in which you feel most comfortable?

How comfortable is the chair you are sitting in?



The answers to these questions, and more, make up your conscious world.

The Oxford English Dictionary defines consciousness as:-

The faculty or capacity from which awareness of thought, feeling, and volition and of the external world arises; the exercise of this. In Psychol. also: spec. the aspect of the mind made up of operations which are known to the subject.

Basically, your individual awareness of the thoughts, feelings, memories and the sensate world around you make up your consciousness.



Let's see how aware you are of the immediate world. For this exercise you will need a piece of paper and several coloured pens.

In thirty seconds, write down as much of the world around you of which you believe you are consciously aware.

Now close your eyes. Spend thirty seconds in silence. Add to your list those things about which you became aware that were not on your original list. Do this in another colour.

Close your eyes again. Over the next thirty seconds, recount your memories of the day no matter how trivial. Add these to your list in another colour.

Once that is done, spend the next thirty seconds on those thoughts where you are planning for the future. Write these down in a fourth colour.

Compare your recollections and the different colours. Which was the most extensive list? What might be the reason for that?

Now compare your list of recollections with another member of the class. How do the lists compare?

The emphasis, wherever possible, in the workbooks is on practical, relevant and engaging challenges linked to the focus topic.

The material here is a case in point.

- There are opportunities for reflection.
- Colour coding is a simple strategy that may help students identify concerns more clearly but it is indicative of the tactile engagement in the workbooks.
- Group work is encouraged enabling students to discuss and review the work of others and their own work leading to critical self evaluation.
- More often than not, the tasks are simple but pertinent to the matter in hand.
- Graphics add dimension.
- Notes can be printed off as needed utilizing the most ubiquitous technology in schools – the photo copier.
- There are occasionally links to web sites where further information can be found and research undertaken.
- The notes will link to an associated page on the PowerPoint presentation.
- Attempts are made to recognize different learning styles and learning intelligences.