Note Taking – Activity Sheet

Activity One

**BENEFITS OF NOTE TAKING**

Activity Two

**GOOD NOTES SHOULD INCLUDE....**
Activity Three

You are going to look at two pieces of information: A video and a passage from a journal article.

For each source:

- Absorb as much information as possible
- Using a technique from the information sheet, make notes
- You have 8 minutes per source

Source 1 (TEDEd Video):

- Watch the following video: https://www.youtube.com/watch?v=2W85Dwxx218
- Make as many notes as possible while watching the video
- Give yourself 3 minutes to consolidate your notes after watching the video

Source 2 (Siclari Article):

- Read the extract below
An ongoing stream of experiences accompanies every waking moment. Sleep is the only time in which consciousness fades under normal physiological conditions: subjects awakened from sleep, especially early in the night, report that they were not experiencing anything up to 30% of the time. At other times, subjects awakened from sleep report dreams—a stream of vivid experiences that occur despite being immobile, unresponsive and largely disconnected from the environment. Thus, unlike wakefulness, sleep can be associated with either the presence or absence of conscious experiences. In addition, experiences in dreams can assume many forms, ranging from pure perceptual experiences to pure thought and from simple images to temporally unfolding narratives, which are often similar to awake conscious states but at times can be different in interesting ways.

The discovery of rapid eye movement (REM) sleep—the 'third state of being' besides wake and non-REM (NREM) sleep—led initially to a straightforward view of the neural correlates of dreaming: the wake-like, high-frequency, activated electroencephalogram (EEG) of REM sleep was thought to be associated with the presence of dream experiences and the low-frequency activity of NREM sleep with the absence of dreaming. However, later studies showed that up to 70% of NREM sleep awakenings yield reports of dream experiences. Conversely, in a small but consistent minority of cases, subjects deny having had any experience when awakened from REM sleep. Thus, whether one experiences something or not during sleep cannot be determined simply by assessing one's behavioral state based on traditional EEG features or neuroimaging correlates. The paradoxical occurrence of both the presence and absence of experiences within the same behavioral state of sleep and across two very different kinds of sleep (NREM and REM) challenges our current understanding of the neural correlates of conscious experience in sleep.”