

Good Evening  
Everyone 😊

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# Childhood Dream

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- Share a childhood dream and relate it to your present aspirations.

Or

- Talk about a recent dream you had, one which you felt needed explaining.

# Psych 2 Go



# True or False

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1. Lucid dreaming is when a person can control their dreams, only about 20% of people can lucid dream.
2. Scientists have proved that it isn't necessary to dream.
3. We have about 6 dreams that take 20 minutes or less.
4. Dreams get complex as you are in deep sleep.
5. Pets and different animals are unable to dream.
6. People who have had surgery in their brains have mixed dreams.

**Let's Discuss: Everybody dreams but some  
People remember their dream better than others**

**In groups:**

- 1. Did you dream last night? Can you remember anything about it?**
- 2. How often does that happen when you wake up from a dream and try to describe it to some?**
- 3. What do you think are common themes in dream?**





1.

### Fall guy

Many times, as I'm going to sleep, I dream that I am walking along the road and suddenly trip and fall towards the pavement. I always wake up before I hit the ground. Why do I dream this?

J.H., SEATTLE, WASHINGTON

2.

### Underneath it all

My dreams are often set in a small decaying cellar. I always wake up feeling bad about life when this happens. What does this dream mean?

D. J., WINNIPEG, CANADA

3.

### Hidden treasure

I am digging in the garden of my childhood home and uncover a box of treasure. My life has been pretty bad lately. Does my dream indicate a change for the better?

P.T., SWINDON, UK



**Divide into three pairs, each pair will take a dream  
Find clue words, to what the dream is mainly about  
And search online for its interpretation**



**a.** Buildings and houses are symbols of yourself. The upstairs represents your conscious mind and the lower floors and cellar your hidden self. The cramped feeling of the cellar indicates frustration and a need to expand your activities or thinking. Decayed or crumbling buildings indicate that your self-image has suffered. Treat yourself to a few activities that make you feel good about yourself.

**b.** This dream symbolizes rediscovering a part of yourself. There may be something that you have neglected or repressed. It could be that you had an ambition in life and only now have found the opportunity to try again.

The dream may also have a literal interpretation. If you're worried about finances, now may be the time to start a new venture.

**c.** This dream highlights a loss of self-control. It may represent your insecurity, a lack of self-confidence, a fear of failure, or an inability to cope with a situation. There could also be a literal interpretation. You may have noticed something unsafe—a loose stair rail, wobbly ladder, or insecure window. Check it out. The dream may be a warning.



# Let's listen to Paul ( CD 21) and answer the following T or F: correct the False statements

1. Paul describes himself as a sensible, rational person.
2. The dream took place in his hometown.
3. In the dream, he and his girlfriend had arranged to meet in front of the station.
4. His girlfriend had a similar dream.
5. His girlfriend had never visited his hometown.
6. He believes their dreams were the result of a TV program they'd been watching.

# Let's discuss... what do you think?

1. Why do we dream?

2. Why are some people left-handed?

3. Where do the oceans come from?

4. Is time travel possible?

5. What would happen if there was no dust?

6. What is the origin of the @ symbol?



# Why do we dream?

Two different schools of thought exist as to why we dream: the physiological school and the psychological school. Both, however, agree that we dream during the REM, or rapid eye movement, phase of sleep. During this phase of sleep, our closed eyes dart rapidly around and our brain activity peaks.

The physiological theory centers upon how our brains function during the REM phase. Those who believe this theory say that we dream to exercise the brain cells. When awake, our brains constantly transmit and receive messages and keep our bodies in perpetual motion. Dreams replace this function.

Psychological theorists of dreams focus on our thoughts and emotions and say that dreams deal with immediate concerns in our lives, such as unfinished business from the day. Dreams can in fact, (1) \_\_\_\_\_ connections between dreams and the human psyche

Have been made for thousands of years. The Greek philosopher Aristotle wrote in his *Prava Naturalia*, over 2,200 years ago, a connection between dreams and emotional needs. Sweet Dreams!

# Why are some people left-handed?

About 10% of the population is left-handed, and it seems to run in families. The cause, therefore, seems obvious: genetics. However, identical twins, who have identical genetic blueprints, aren't necessarily both left-handed or right-handed. This would appear to disprove the theory that being left-handed is inherited.

Even at birth most babies tend to move one arm, usually the right, more than the other. Some scientists believe that the use of the left hand or the right hand is a result of the baby's environment. Most children (2) \_\_\_\_\_ the right hand for any activity. However, the wisdom of this training is questionable.



# Where do the oceans come from?

While the world's seas and oceans have been home to life for over 3 billion years, the origin of the 1.4 billion tons of water that they contain remains a mystery. It seems to have condensed out of the earth's atmosphere, (3)\_\_\_\_\_. One possible theory is that it was dropped on our planet by comets. These gigantic chunks of frozen vapor and dust are rich in water. According to some scientists, satellite pictures have shown that tiny comets continue to hit the earth, filling up our oceans all the time.

# Is time travel possible?

Amazingly, there is nothing in the known laws of physics to prevent us from zooming off into the past or future. Exactly how one would build a time machine is anyone's guess, but many scientists have a bigger worry- paradoxes- such as killing your mother before she gave birth to you. Maybe Nature has a clever way (4) \_\_\_\_\_, but just think!

If at any time in the future time travel becomes possible, then time travelers are with us now ! And if this is the case, then they've always been with us!



# What would happen if there was no dust?

Most of us who have ever cleaned a house would be much happier if there was less dust. However, without dust there would be less rainfall, and sunsets would be less beautiful. Rain is formed when water molecules in the air collect around particles of dust. When the collected water becomes very heavy enough (5)\_\_\_\_\_ Thus water vapor would be much less likely to turn to rain without the dust particles.

The water vapor and dust particles also reflect the rays of the sun. At sunrise and sunset, when the sun is below the horizon, the dust and water vapor molecules reflect the longer, red rays of light in such a way that we can see them for more time. The more dust particles in the air, the more colorful the sunrise or sunset.

# What is the origin of the @ symbol?

The most common theory that the little @ in email addresses, commonly referred to as the “at sign” stemmed from the tired hands of medieval monks. During the Middle Ages, before the invention of printing presses, every letter of word had to be painstakingly transcribed by hand in Latin for each copy of a book. The monks that performed these tedious copying duties looked for ways to reduce the number of individual strokes for common words. Although ad, a Latin word for at is quite short, quicker and easier to shorten it even more. As a result, they looped the “d” around the “a” and eliminated two strokes of the pen.

With the introduction of email the popularity of the @ symbol grew (6) \_\_\_\_\_ for instance,

[Joe@uselessknowledge.com](mailto:Joe@uselessknowledge.com) there is no universal name for the sign, but countries have found different ways to describe it. Several languages use words that associate the shape with some type of animal.



# Look at the missing parts in each text...

## Let's complete them

**a. But how it got there in the place isn't known**

b. It separates a person's online username from their mail server address

c. Can be trained to use and prefer

d. The water droplets fall to the earth as rain

e. Teach us things about ourselves that we are unaware of

f. Of getting around these

# Answer the following questions

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1. What does REM stand for?
2. What kind of things do dreams deal with?
3. why could genetics explain left-handedness? What is the reason against that explanation?
4. What do comets consist of?
5. According to the laws of physics, is it possible to travel in time?
6. What worries many scientist have about time travel?
7. What would happen to rain and sunsets if there was no dust?
8. why did the monks invent the @ symbol?
9. what is the @ symbol called in different languages?

# Oral Quiz 2 😊

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Share with the class a topic you have once wondered about.