

In Your Dreams!

For this activity, you will spend seven days analyzing your dreams. You may print out the Dream Log or record your dreams in a notebook of your own.

Keep a record of each dream in the Dream Log. Include any emotions and events that you remember from your dreams. After completing the Dream Log, you will write a two- to three-page analysis of your dreams.

Use the information found at these links to help you with your Dream Project Analysis.

- <http://dreaminterpretationsguide.com/>
- <http://www.dreammoods.com/>

Be sure to address each of the following topics in your dream-analysis paper.

1. Specifically address at least three dreams in your paper. For each dream, include themes, events, and emotions experienced. Include a possible interpretation of the dream based on the dream interpretation websites provided. Discuss whether you agree or disagree with the interpretation and why.

2. Describe how the dream themes are different or consistent. For example, do you experience similar emotions or behaviors across dreams, or are they different? Do some of the dreams have similar themes? Do your dreams appear to relate to your daily experiences, or are they irrational and incoherent?

3. Based on the content of your dreams, determine which theory from the lesson appears most accurate in representing the purpose of your dreams. Based on the events and emotions occurring in your dreams, does Sigmund Freud's claim or Rosalind Cartwright's claim for the purpose of dreams make the most sense?

Student Guide (continued)

Support your reasoning based on information provided in the lessons.

You must present your two- to three-page typed paper along with your completed Dream Log to your instructor no later than four days after your week of dream recording is complete.

Remember that you must:

- ✓ develop a multi-paragraph response that clearly addresses the three topics.
- ✓ organize your essay in a clear and logical manner, with an introduction, a body, and a conclusion.
- ✓ use well-structured sentences and language that is appropriate for your audience.
- ✓ edit your work to conform to the conventions of standard American English.

You will be graded on both your Dream Log completion and your analysis paper.