2.06 Altered States Rubric

Rubric for grading:

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| 1. Compare states of consciousness | 1 point each = 5 points |
| 2. a. List the stages of sleep | 1 point each = 5 points |
| 2.b Describe the stages of sleep | 2 points each = 10 points |
| 3. Describe the circadian rhythm | 2 points |
| 4. Evaluate the importance of good sleep | 4 points |
| 5. Evaluate hypnosis and its uses | 4 points |