TITLES	EXPLANATIONS
Title of Course	States of Consciousness
Code of Course	PSK 423
Type of Course	Elective
Level of Course	Undergraduate
Year of Study	4
Semester/Trimester	7 or 8
Number of ECTS	4
Name of Lecturer(s)	STAFF
Course Learning Outcomes	After taking this course the students will be able expected to; LO1. Become acquainted with the different states of consciousness in more detail. LO2. Learn how scientific research is conducted in this area and how the different states of consciousness are measured. LO3. Get an idea about the neurobiological basis of different states of consciousness. LO4. Learn about the results of the recent scientific studies conducted on different types of meditation and its effects on the body and the mind.
Mode of Delivery	The style of teaching is face-to-face interaction.
Prerequisites and Co-requisites	There is no prerequisite or co-requisite for this course.
Recommended Optional Programme Component	None
Course Contents	1. Introduction to States of Consciousness 2. Research and Assessment Methods in Studying Consciousness 3. Disorders of Consciousness 4. Neurological Characteristics of Ordinary and Pathological States of Consciousness 5. Dream Consciousness and Sleep Physiology 6. Dream Threapy 7. Neurobiological Theories of Dreaming 8. Sleep Onset Process 9. Brain Rate as an Indicator of the Level of Consciousness 10. Physiological Bases of States of Expanded Consciousness 11. Perspectives from Research on Meditation Experience 12. Perspectives from Research on Meditation Experience (continued) 13. Ethnotherapy, Music and Trance 14. Phenomenal Properties of States of Consciousness
Recommended or Required Reading	(Primary Textbook) Cvetkovic, E. D., & Cosic, I. (2011). *States of consciousness: Experimental insights into meditation, waking, sleep and dreams.* Heidelberg: Springer Science. * The primary textbook for this course is renewed every year.
Planned Learning Activities and Teaching Methods	This course is conducted through discussions on the material presented in class and over the compulsory reading material. With this aim in mind, (a) regular lectures supported by visual presentations and (b) class discussions are used. These class discussions are designed in such a way to help students develop critical thinking skills and apply the different psychological perspectives to the material being presented.
Assessment Methods and Criteria	1 Midterm, 4 Quizzes, 1 Final Exam
Language of Instruction	Turkish
Practicum	None

Course Learning Outcomes / Program Outcomes	LO1	LO2	LO3	LO4
Analyze problems with the scientific method and appropriate scientific tools.	X		X	
Think critically and creatively, ask questions, make comments using the knowledge and skills they have acquired.	X	X	X	X
Develop a positive attitude toward life-long education.	X	X	X	X
Use the library, scientific databases, internet and other sources effectively.	X	X		X
Have the skills to find out, analyze, evaluate, decide about, and apply the alternative solutions to problems.	X			X
Be open-minded to use knowledge stemming from different disciplines and/or areas of psychology.	X			X
Develop a positive attitude toward critical thinking.				X
Have advanced theoretical and applied knowledge of psychology supported by contemporary course material.	X	X	X	X
Have the necessary knowledge and skills to analyze and synthesize the main areas of psychology.	X	X	X	X
Be competent in English and Turkish.	X	X		X
Use effective methods to present, share and discuss scientific information.				
Be able to write scientific papers by using international manuals such as APA.				
Show courage and use the necessary skills to propose solutions to the problems of the world they live in.				
Show courage and have necessary skills to propose solutions to the problems of their own life.				
Have a positive attitude to statistics and be able to use common statistical software packages.				
Be able to plan and conduct research independently.				
Apply qualitative and/or quantitative methods depending on the nature and the scope of a given problem.				
Know the research methods and statistical procedures used in behavioral sciences.				
Use tools such as questionnaires, inventories, scales, and tests.				
Apply psychological knowledge to other problem areas for community welfare.				
Use theoretical and applied knowledge in accordance with ethical standards.				