

PSY 150: Writing Assignment #3

This writing assignment is worth 100 points. To receive the full 100 points, you must complete the assignment by the due date, meet all the guidelines listed under “Paper Topic,” and communicate your ideas with clarity and accuracy.

Paper Topic:

Do you need to sleep? Why? Why is sleep useful to humans? How does sleep, particularly REM sleep, affect learning and memory?

In this paper, explain why you think sleep—especially REM sleep—is or is not necessary. How do drugs like alcohol, amphetamines, cocaine, or LSD affect REM sleep? What implications do you think the use of these substances has for individuals who are trying to acquire new information for school or work? Based on what you have learned about sleep, what advice might you give to students who very often “party” and study on the weekends and who often lose sleep for a variety of reasons?

Format:

Your paper must be:

- 1 to 3 pages long
- Typed
- Double-spaced
- Use 1-inch margins
- Font: use Times
- Font size: use 12-point
- Saved in Rich Text Format (RTF) and submitted as an email attachment
- Your name should appear at the top-right of each page

Evaluation and grading:

You will be graded on how well you address the questions presented in the writing guide under “Paper Topic.” You will also be graded on proper mechanics (grammar, syntax, spelling) used to communicate your ideas. Most likely, your word processing program has a grammar and spell checker. I encourage you to use that tool, before you submit your assignment.

Submitting Your Work:

Save your work in Rich Text Format (RTF). To do this in Microsoft Word, use your mouse pointer to select the “File” menu. Select the “Save As...” menu option. In the window that appears, find the “Format” drop-down menu. Click on this menu and select “Rich Text Format”. Now give your file a filename and select a location to save the file. Finally, click on the “Save” button. Email your document as an attachment to your instructor at: blw@csun.edu