SWEET Dreams

SENIORS IN PSYCHOLOGY PRACTICE WHAT THEY LEARN

Excitement began to spread as seniors in **MATTHEW SESTAK'S** psychology classes were told they were going to have a whole period to sleep in class.

"I was super excited to sleep in class because it's not normal," senior **OLIVIA DETTMAN** said. "Sleeping in class is frowned upon, so it was an interesting change."

The class had started a new lesson on sleep. It entailed topics including the stages of sleep, the theories as to why one sleeps, the benefits of sleep and how sleep can affect one's overall health later in their life.

"My main hope is that students walk away from this lesson learning something new about sleep," Sestak said. "Sleep is so important to our development and overall health. I hope students learn the importance of sleep and do their best to get the hours they need and deserve!"

Senior **ABIGAIL DICKINSON** remembered one of her favorite topics they covered.

"I enjoyed learning about the different sleep cycles," Dickinson said. "You circulate through all different types of sleep cycles, some causing you to dream vividly."

Senior **HUNTER RIESBERG** was another student who loved learning about dreaming.

"We forget most of our dreams once we wake up, but it's fun to see if there's anything I can remember once I wake up," Riesberg said.

Students in psychology emphasized how sleep affected their life. Students enjoyed learning the many functions of the brain and how people interact with each other.

Pinning her pieces of fabric together, freshman Milla Manuylo prepares to finish sewing her bag together. "My favorite project we've done in textiles class so far is making pumpkins," Manuylo said. "It only took me about a week to complete my pumpkin, so it wasn't a lengthy project." The textiles students were able to choose their own materials when making the pumpkins to individualize the project. Photo by K. Tran

Pouring the ingredients into the bowl, senior Rowan Boone measures the correct amount of flour she needs for her recipe. "I am making the dough for gingerbread," Boone said. "We are having a gingerbread house decorating contest, so I need to make sure my dough is perfect." Boone's favorite thing they made in culinary class was copycat Crumbl cookies. Photo by J. Spiegel

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