Icecube Addiction Project

A project conducted in an Advanced Placement Psychology class.

This project is introduced during the unit on States of Consciousness. Students will keep a journal detailing their addiction to ice. Any time a student wants a drink, they have to find ice to put in it. This applies to any type of drink. Students are required to keep a journal detailing how they obtained their ice and when and where it was consumed. Students are also required to write about where they will get their next “ice fix” and how they plan to keep their addiction hidden from others. Students will also have to write about any type of “symptoms” that they experience due to their inability to obtain ice. The project lasts two to three days and at the end of the simulation, the class conducts an “ice addicts anonymous” session to discuss the results. If possible, a recovering addict or drug counselor is invited to the class to discuss real world situations.