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Prof. Daniel Stokols
Winter 2008
SSPA 1100
Tu & Th, 2:00 – 3:20
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Office Hrs: Tues 4-5:30
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PPD151/P109

ENVIRONMENTAL PSYCHOLOGY

(https://eee.uci.edu/08w/53400)

Overview

How are people affected by overcrowding, traffic congestion, and noise? Why do people litter or vandalize their environments? How do buildings affect their occupants? Does the architectural design of apartment buildings influence patterns of neighboring and friendship formation? Why do people consume scarce environmental resources? Can residential, work, and neighborhood settings be designed to reduce stress, increase productivity, and promote physical activity? These are some of the questions that have concerned environmental psychologists.

Environmental psychology is the study of human behavior and well-being in relation to the large-scale, sociophysical environment. The term, *large-scale environment*, refers to places such as homes, offices, neighborhoods, and whole communities. These places can be described in terms of several physical and social dimensions, including their geographical location, architectural design, membership and social organization. The term, *sociophysical environment*, reflects the assumption that the physical and social dimensions of places are closely intertwined. The architectural design of a housing complex, for example, can exert a subtle but substantial impact on the friendship patterns that develop among residents. This course emphasizes the interdependence between physical and social aspects of places, rather than viewing these dimensions as separate and isolated.

Organization

In the initial portion of the course, we consider certain organizing principles that environmental psychology shares with other areas of Social Ecology. We then focus on the basic psychological processes by which people interact with their surroundings: *interpretation, evaluation, action, and response*. After considering existing theory and research relating to these processes, we examine some of the practical applications of this research in areas such as architecture, health promotion, facilities management, education, and urban design.

Course Requirements

The required texts for this course are:

1. Hall, *The Hidden Dimension* (HD)
2. Lynch, *The Image of the City* (TIC)
2. Whyte, *The Social Life of Small Urban Spaces* (TSL)

These texts have been placed on reserve at the library. You are also responsible for reading the required supplemental articles listed in the attached course calendar. These additional required readings are included in the course reader for this class. The reader is available for purchase from *University Readers* online at http://www.universityreaders.com. Class attendance and participation are essential as the lectures will provide information on various topics not covered in the texts.

Exams and Course Assignments

There will be two exams in this course:

Midterm Exam on Thursday, February 14, covering the material discussed between Tuesday, January 8 and Tuesday, February 12; and

Final Exam on Thursday, March 20, covering the material discussed between Tuesday, February 19 and Thursday, March 13.

The exams will be "mixed format" and will include multiple choice and short answer questions. Each exam will constitute **40%** of your course grade.

In addition to the exams, four take-home assignments involving applications and observations of environment-behavior principles are accessible from the course web site; each will be explained in class and should be handed in at the beginning of the following class meeting. These assignments are short exercises designed to increase your awareness of the topics covered in class. The four take-home assignments will count for **10%** of your course grade. Be sure to check the course web site for the due dates of these assignments.

You are expected to carefully review all assigned readings listed in the attached course calendar prior to discussion of those readings in class; and to attend and participate actively in class discussions each week. Attendance and class participation are very important in this class. You will be encouraged to join in class discussions and participate in in-class activities and demonstrations. Your active participation in class sessions will count for **10%** of your grade in the course.

Grading

Your scores on the two exams, take home assignments, and course participation will be added and a grading curve will be derived from the distribution of total scores. Your grade will be determined as follows:

Midterm Exam	40%
Final Exam	40%
Take-Home Assignments	10%
Class Participation	10%

Extra Credit

Throughout the quarter, you will have opportunities to earn extra credit points. These extra points are added to your total score for the exams, take home assignments, and class participation (after the curve has been established). Earning extra credit points may enable you to earn a higher grade than you would have received had the extra assignments not been completed. If you would like to propose one or more extra credit projects, please e-mail a brief description (no more than a short paragraph) of your project ideas to Erit Maor, course assistant, who will direct them to the teaching assistants (Miryha Gould and Shalini Misra) and the instructor for approval.

Some suggested extra credit assignments include the following (see the course web site for examples of extra credit projects submitted during earlier quarters): (1) Take *photographic slides* of an object or place that illustrate a principle covered in class and write a brief (approximately one-page) description of how the object or setting shown in the slides illustrate that principle. (2) Prepare a *poster board* that displays photographs depicting one or more principles covered in class, and include brief annotations explaining how each photo illustrates a specific course concept. (3) Develop a video (e.g., on YouTube or your own web site) or a BLOG that explains and illustrates a particular course concept. (4) Identify a *piece of music*, a *painting* or *cartoon*, a *printed or televised advertisement*, and explain how that item (e.g., the lyrics of a song or the messages conveyed by an ad) illustrates a particular course concept. Your written analysis of the course concept should be approximately one page in length and should be submitted along with a copy of the music or video CD, and/or printed copy of the cartoon or advertisement that illustrates the course concept. You can earn up to 10 extra credit points for the quarter. Point allocations will depend on the quality and depth of descriptions and illustrations provided for one or more course concepts.

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Schedule of Discussion Topics and Reading Assignments

Note: Powerpoint slides for each class session can be downloaded from:

https://webfiles.uci.edu/dstokols/EnvPsy

Section I. Introduction and Overview

Tuesday
January 8

Overview of the Course

Assignment:

Christakis, N. A., & Fowler, J. H. (2007). The spread of obesity in a large social network over 32 years. The New England Journal of Medicine, *357*(4), 370-379.

http://ucsdnews.ucsd.edu/newsrel/soc/07-07ObesityIK-.asp

http://content.nejm.org/content/vol357/issue4/images/data/370/DC2/NEJM_Christakis_370v1.swf

Rashad, I., & Grossman, M. (2004, Summer). The economics of obesity. Available online at:
https://wfs.gc.cuny.edu/PAnderson1/www/Papers/public interest published version 6-04.pdf?uniq=-vxuadc

Sommer, R. (1974). Preface and Chapter 8, Academic anomie. Tight spaces: Hard architecture and how to humanize it. Englewood Cliffs, NJ: v-vii, 120-128.

Ulrich, R.S. (1984). View through a window may influence recovery from surgery. Science, 224, 420-421.

Thursday
January 10

Origins, Orientation, and Scope of Environmental Psychology

Assignment:

Bell, P.A., Fisher, J.D., Baum, A., & Greene, T.E. (1990). Why study environmental psychology? What is environmental psychology? Environmental psychology, 3rd Edition. NY: Holt, Rinehart, and Winston, pp. 2-9.

Stokols, D. (1981). The environmental context of behavior and well-being. In D. Perlman & C. Cozby (Eds.), Social psychology. NY: Holt, Rinehart, and Winston, 442-472.

The Internet sites listed below provide additional information about the field of environmental psychology:

Division of Population and Environmental Psychology, American Psychological Association
http://www.apa34.org

Environmental Design Research Association (EDRA)
http://www.edra.org

Environmental Psychology Division of the International Association for Applied Psychology

http://www.psy.gu.se/iaap/envpsych.htm

Environmental Psychology Online
http://www3.sympatico.ca/skrepostman

Section II. Organizing Principles

Tuesday
January 15

Systems Theory, Ecology, and Multiple Levels of Analysis

Assignment:

Firey, W. (1945). Sentiment and symbolism as ecological variables. American Sociological Review, 10, 140-148.

Katz, D., & Kahn, R.L. (1966). Organizations and the system concept. The social psychology of organizations. NY: John Wiley & Sons, 14-29.

Michelson, W. (1970). What human ecology left behind in the dust (Chap. 1). Man and his urban environment: A sociological approach. Reading, MA: Addison-Wesley, 3-32.

Thursday
January 17

Systems Theory (cont.)

Assignment:

Argyle, M., & Dean, J. (1975). Eye-contact, distance and affiliation. Sociometry, 28, 289-304.

Milgram, S. (1970). The experience of living in cities. Science, 167, 1461-1468.

Wicker, A.W. (1979). Introduction; Behavior settings (Chap. 1). An introduction to ecological psychology. Monterey, CA: Brooks/Cole, 1-25.

Wynne-Edwards, V.C. (1962). Self-regulating systems in populations of animals. Science, 147, 1543-1548.

Section III. Processes of Person-Environment Transaction

Tuesday
January 22

Interpreting the Environment: Environmental Cognition

Assignment:

Gosling, S.D., Ko, S.J., Mannarelli, T., & Morris, M.E. (2002). A room with a cue: Personality judgments based on offices and bedrooms. Journal of Personality and Social Psychology, 82, 379-382.

Lynch, TIC, Chapters 1 & 3, Appendix B (1-13, 46-90, 140-159).

Schweickert, R.L. (1985). Space-age and planetary awareness: A personal experience. Revision, 8, 69-74.

First Take-Home Assignment *on Cognitive Maps; Due Thursday January 24*

Thursday
January 24

Interpreting the Environment: Personality and Sociocultural Factors

Assignment:

Maddi, S.R., & Kahn, S., and Maddi, K. (1998). The effectiveness of hardiness training. Consulting Psychology Journal: Practice and Research, 50, 78-86.

Milgram, S., & Jodelet, D. (1976). Psychological maps of Paris. In H.M. Proshansky, W.H. Ittelson, & L.G. Rivlin (Eds.), Environmental psychology. Second edition. New York: Holt, Rinehart, & Winston, 104-124.

Smith, R.E., Johnson, J.H, & Sarason, I.G. (1978). Life change, the sensation-seeking motive, and psychological distress. Journal of Consulting and Clinical Psychology, 46, 348-349.

*****Take-Home Assignment 1 Due**

Tuesday
January 29

Evaluating the Environment: Environmental Attitudes and Assessment

Assignment:

Applyeyard, D., & Craik, K. (1978). The Berkeley Environmental Simulation Laboratory and its research programme. International Review of Applied Psychology, 27, 53-55.

Brill, M., Margulis, S., & Konar, E. (1985). Environmental evaluation, pp. 217-234. Using office design to increase productivity, Volume 2. Buffalo, NY: Workplace Design and Productivity, Inc.

Laboratory of Architectural Experimentation Newsletter, January, 1978. Department of Architecture, Federal Institute of Technology, Lausanne, Switzerland, pp. 1-4.

Zeisel, J. (1981). Observing physical traces, pp. 89-110. In Inquiry by design: Tools for environment-behavior research. NY: Cambridge University Press.

Second Take-Home Assignment *on Physical Traces; Due Thursday Jan. 31*

Thursday
January 31

Taking Action in the Environment: Territoriality and Personal Space

Assignment:

Altman, I. (1975). Introduction (pp. 1-9) and Chapter 7, Territorial behavior: Conceptual issues (pp. 103-125). The environment and social behavior. Monterey, CA: Brooks/Cole Publishing Company.

Hall, HD, Chapters 1-2, 8-10 (pp. 1-22, 99-129).

Stokols, D. (1972). On the distinction between density and crowding: Some implications for future research. Psychological Review, 79, 275-277.

*****Take-Home Assignment 2 Due**

Tuesday
February 5

Taking Action in the Environment: Determinants of Pro-Environmental Behavior

Assignment:

Everett, P.B., Hayward, S.C., & Meyers, A.W. (1974). The effects of a token reinforcement procedure on bus ridership. Journal of Applied Behavior Analysis, 7, 1-9.

Gardner, G.T., & Stern, P.C. (1996). The earth's environmental problems and the role of human behavior. Environmental problems and human behavior. Boston, MA: Allyn & Bacon, 1-19.

Geller, E.S., Brasted, W.S., & Mann, M.F. (1979). Waste receptacle designs as interventions for litter control. Journal of Environmental Systems, 9, 145-159.

Film: *"An Inconvenient Truth"* by Al Gore

Third Take-Home Assignment *on Density and Crowding; due Thursday Feb. 7*

Thursday
February 7

Responding to the Environment: Behavioral, Social, and Health Effects of Environmental Stressors

Assignment: Baum, A., Fleming, R., & Davidson, L.M. (1983). Natural disaster and technological catastrophe. Environment and Behavior, 15, 333-354.

Mathew, K.E., & Canon, L.K. (1975). Environmental noise levels as a determinant of helping behavior. Journal of Personality and Social Psychology, 32, 571-577.

Selye, H. (1973). The evolution of the stress concept. American Scientist, 61, 692-699.

*****Take-Home Assignment 3 Due**

Tuesday
February 12

Responding to the Environment: The Physical Environment and Social Interaction

Assignment: Appleyard, D. (1981). Three streets in San Francisco. Livable streets. Berkeley, CA: University of California Press. Chapter 1 (pp. 15-28).

Michelson, W. (1970). Determinism by the urban environment (Chap. 8). Man and his urban environment: A sociological approach. Reading, MA: Addison-Wesley, 168-190.

Newman, O. (1973). Defensible Space. New York: Macmillan Publishing Co., 1-19.

Wilcox, B.L., & Holahan, C.J. (1976). Social ecology of the megadorm in university student housing. Journal of Educational Psychology, 68, 453-458.

Film: *"Livable Streets"* by Donald Appleyard

Thursday
February 14

*****Midterm Exam (2:00-3:20 PM)*****
(covering material discussed through Feb. 12)

Section IV. Applications of Behavioral Research to Community Planning and Environmental Design

Tuesday
February 19

Creating Livable Cities

Assignment: Hall, HD, 174-180.

Jacobs, J. (1969). The death and life of great American cities. NY: Random House, 17-25, 143-151.

Katz, P. (1998). New urbanism. In W. van Vliet--(Ed.), The encyclopedia of housing. Thousand Oaks, CA: Sage, 397-400.

Wright, F.L. (1958). The living city. NY: Horizon, 31-32, 54-73.

See also the following web site on the new urbanism and smart growth:
http://www.cnu.org/
http://www.smartgrowth.org/

Thursday
February 21

Designing Effective Public Spaces

Assignment:

Gehl, J., & Gemzoe, L. (1996). The scale of the city center: Small units and many doors. Public spaces, public life. Copenhagen: The Danish Architectural Press, 32-33.

Oldenburg, R. (1999). The problem of place in America (Chapter 1). In The great good place. NY: Marlowe & Company, 3-19.

Whyte, TSL, Chapters 1-5 & 11 (pp. 16-59, 94-101)

Film:

"The Social Life of Small Urban Spaces" by William Whyte

Tuesday
February 26

Design Guidelines for Homes, Offices, Classrooms, and Hospitals

Assignment:

Alexander, C., Ishikawa, S., Silverstein, M., Jacobson, M., Fiksdahl-King, I, & Angel, S. (1977). A Pattern Language. New York: Oxford University Press, 610-613; 889-892.

Florida, R. (2002). Preface, pp. ix-xii; The power of place (Chapter 12), pp. 215-234. In The rise of the creative class. NY: Basic Books.

Heerwagen, J.H., & Orians, G.H. (1986). Adaptations to windowlessness: A study of the use of visual decor in windowed and windowless offices. Environment and Behavior, 18, 623-639.

Reizenstein Carpman, J., Grant, M.A. & Simmons, D.A. (1986). Design that cares: Planning health facilities for patients and visitors. Chicago: American Hospital Association, 11-20; 197-218.

Sommer, R. & Olson, H. (1980). The soft classroom. Environment and Behavior, 12, 3-16.

Thursday
February 28

Environmental Psychology and Neighborhood Design

Assignment:

Altman, I., & Chemers, M. (1980). Communities and cities of the future. Culture and environment. Monterey, CA: Brooks/Cole, 270-306.

Brown, B. (1985). Residential burglaries: Cues to burglary vulnerability. Journal of Architectural and Planning Research, 2, 231-243.

Dannenbrink, R.F. (1978). The city of Irvine: Urban design implementation plan. Urban Design Review, 3, 3-13.

Tuesday
March 4

Natural Environments and Restorative Settings

Assignment:

Kaplan, R., & Kaplan, S. (1989). The preference for nature (9-11); The restorative environment (177-200). The experience of nature: A psychological perspective. NY: Cambridge University Press.

Lewis, C.A. (1979). Comment: Healing in the urban environment: A person/plant viewpoint. American Planning Association Journal, 45, 330-338.

Wells, N.M., & Evans, G.W. (2003). Nearby nature: A buffer of life stress among rural children. Environment and Behavior, 35, 311-330.

Fourth Take-Home Assignment *on Favorite Places; Due on Thursday March 6*

Thursday
March 6

Virtual Environments: Environmental Psychology of the Internet

Assignment:

Blanchard, A., & Horan, T. (1998). Virtual communities and social capital. Social Science Computer Review, 16, 293-307.

Negroponte, N.P. (1995). The post-information age. In Being Digital. NY: Vintage Books, 163-171.

Noam, E.M. (1995). Electronics and the dim future of the university. Science, 270, 247-249.

Stokols, D., & Montero, M. (2002). Toward an environmental psychology of the internet. In R. Bechtel & A. Churchman (Eds.), Handbook of Environmental Psychology (661-675). New York: John Wiley & Sons.

*****Take-Home Assignment 4 Due**

See also the following web sites for additional information on psychology and cyberspace:

The Digital Divide: A resource list
http://www.gseis.ucla.edu/faculty/chu/digdiv/
Americans in the Information Age: Falling Through the Net
http://www.ntia.doc.gov/ntiahome/fttn99/contents.html
The Psychology of Cyberspace
http://www-usr.rider.edu/~suler/psycyber/psycyber.html
Resource Center for Cyberculture Studies
http://rccs.usfca.edu/default.asp

Tuesday
March 11

Social-Structural Approaches to Environmental Change

Assignment:

Putnam, P.D. (1995). Bowling alone: America's declining social capital. Journal of Democracy, 6, 65-78.

Sarbin, T.R. (1970). The culture of poverty, social identity, and cognitive outcomes. In Allen, V.L. (Ed.), Psychological Factors in Poverty. Chicago: Markham Publishing Company, 29-47.

Schulz, R., & Hanusa, B.H. (1976). Long-term effects of control and predictability-enhancing interventions: Findings and ethical issues. Journal of Personality and Social Psychology, 36, 1194-1202.

Thursday
March 13

Evaluating Environmental Interventions

Assignment:

Bell, P.A., Fisher, J.D., Baum, A., & Greene, T.E. (1990). How is research in environmental psychology done? Environmental psychology, 3rd Edition. NY: Holt, Rinehart, and Winston, pp. 11-23.

Campbell, D.T. (1969). Reforms as experiments. American Psychologist, 24, 209-219

Thursday
March 20

Final Exam (1:30 – 3:30 PM)
(covering material discussed between February 19 - March 13)