

BEHAVIOR AND ENVIRONMENT

ENVIRON 360 / PSYCH 384 and NRE / UP 560

INSTRUCTORS

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RESOURCES

[W] Websites	CTools = ctools.umich.edu and UM.Lessons = lessons.ummu.umich.edu (ENVIRON 360)
[H] Textbook	Kaplan & Kaplan <i>Humanscape: Environments for People</i> . Available from Ulrich's.
[R] Reserve	Required readings on reserve at www.lib.umich.edu/reserves
[A] Additional	Additional material on reserve at www.lib.umich.edu/reserves

COURSE GRADING

Exam 1	10%	Week of September 19
Exam 2	10%	Week of October 10
Exam 3	10%	Week of November 14
Individual exploratory	20%	See below
Team-based research project	35%	See below
Integrative presentation (undergrad)	5%	Week of November 28 or December 5
Environmental audit presentation (grad)	5%	November 30
Participation, pop-quizzes, tasks, etc.	10%	Throughout the term

DUE DATES

Individual exploratory:

Task 1 – Pre-exploratory survey	No later than October 3
Task 2 – Select and research technique	No later than October 12
Task 3 – Journaling	Daily during practice
Task 4 – Post-exploratory survey	No later than November 16
Task 5 – Term paper	November 30

Team-based research project:

Lab 1 report	5%	September 19
Lab 2 report	5%	September 28
Lab 3 report	5%	October 21
Lab 4 report	5%	November 21
Project press release	5%	December 7
Presentation:	10%	
Undergraduate poster presentation		December 5
Graduate presentation		December 7 or 12

SCHEDULE

Updated: Friday, December 16, 2005

		9/7	ORIENTATION	Discussion 1
9/12	ATTENTION	9/14	ATTENTION RESTORATION	Discussion 2
9/19	PERCEPTION	9/21	KNOWING-1	Discussion 3
9/26	KNOWING-2	9/28	CARING	Discussion 4
10/3	PREFERENCE	10/5	STRESS	Discussion 5
10/10	MIND-BODY MEDICINE (M/BM)	10/12	M/BM – Mindfulness	Discussion 6
10/17	<i>UM Study Days</i>	10/19	M/BM – Walking Meditation	Discussion 7
10/24	M/BM – Engaged Walking	10/26	M/BM – Nature as Medicine	Discussion 8
10/31	M/BM – Active Living	11/2	COPING	Discussion 9
11/7	COPING	11/9	COPING	Discussion 10
11/14	SHARING INFORMATION	11/16	PARTICIPATION	Discussion 11
11/21	URBAN LIVING	11/23	SIMPLE LIVING	<i>Thanksgiving Break</i>
11/28	SUSTAINABLE LIVING	11/30	560 and GSI Audit Presentation	Discussion 12
12/5	360/384 Team-based Posters	12/7	560 Team-based Presentations	Discussion 13
12/12	560 Team-based Presentations			

ATTENTION

- [H] Kaplan, S. (1978). Attention and Fascination: The Search for Cognitive Clarity. in S. Kaplan and R. Kaplan (Eds.) *Humanscape*. (pp. 84-90).
- [R] James, W. (1892). *Psychology: The Briefer Course*. (Collier paperback, 1962): Chapter 13 - Attention (pp. 84-105).
- [A] Viek, C. (2000). Essential psychology for environmental policy making. *International Journal of Psychology*, 35(2), 153-167.

ATTENTION RESTORATION

- [R] Kaplan, S. (1995). The restorative benefits of nature: Toward an integrative framework. *Journal of Environmental Psychology*, 15, 169-182.
- [R] Tennessen, C. M. and Cimprich, B. (1995). Views to nature: Effects of attention. *Journal of Environmental Psychology*, 15, 77-85.
- [R] Herzog, T., Black, A., Fountaine, K. and Knotts, D. (1997). Reflection and attentional recovery as distinctive benefits of restorative environments. *Journal of Environmental Psychology*, 17, 165-170.
- [A] Raver, A. and Branam, J. (1995). Special prescription. *Ann Arbor News*, August 29, pp. D1-D2.
- [A] Kaplan, R. (2001). The nature of the view from home: Psychological benefits. *Environment and Behavior*, 33, 507-542.
- [A] Ulrich, R. S. (1984). View through a window may influence recovery from surgery. *Science*, 224, 420-421.

PERCEPTION

- [H] Chapter 2 - Perceiving Introduction
Campbell, Evolution and Information
Kaplan, Perception of an Uncertain Environment
Hilgard, The Goals of Perception
- [R] Miller, G. A. (1962). Chapter 12 - Recognizing and identifying. *Psychology: The Science of Mental Life*. NY: Harper (pp. 188-201).
- [R] Bruner, J. S. (1964). On going beyond the information given. In R. J. Harper, C.C. Anderson, C. M. Christensen and S. M. Hunka (Eds.) *The Cognitive Processes*. (pp. 293-299).
- [A] Brown, T. (as told to Watkins, W. J.) (1978). Ch. 1 - The ultimate track. *The Tracker*. NY: Berkley Books.

KNOWING

- [H] Chapter 3 - Knowing Introduction
Stea, Environmental perception and cognition
Kaplan, On knowing the environment
Lee, A theory of socio-spatial schemata
Appleyard, Style and methods of structuring a city
- [R] Hunt, M. E. (1984). Environmental learning without being there. *Environment and Behavior*, 16, 307-334.
- [A] Fredrickson, B. L. (1998). What good are positive emotions? *Review of General Psychology*, 2, 300-319.

CARING

- [H] Chapter 4 - Caring (Read pp. 82-83, 91-120)
Introduction
Coles, A Domain of Sorts
Cantril, The Human Design
Hebb, The Causes of Fear
Houston, The last blue mountain
Farber, Quality of Living - Stress and Creativity
Hebb, Altruism and the Need for Excitement
- [R] Ardrey, R. (1970). Excerpt: Innate needs and Rousseau, *The Social Contract*. NY: Atheneum. (pp. 90-92 and 101).

[A] Seligman, M. (1999). Teaching positive psychology. *APA Monitor*, Jul/Aug, 42.

PREFERENCE

[H] Chapter 6 - Preferred Environments

Introduction

Lynch, The Image of the Environment

Carr, Some Criteria for Environmental Form

Watt, Man's Efficient Rush Toward Deadly Dullness

Eliovson, The Japanese Garden

[R] Herzog, T. R. (1988). Mystery: An imaginary stroll. *Grand Valley Review*, 4, 23-29.

[R] Herzog, T. and Leverich, O. L. (2003). Searching for legibility. *Environmental and Behavior*, 35, 459-477.

[R] Kaplan, R. (1985). The analysis of perception via preference: A strategy for studying how the environment is experienced. *Landscape Planning*, 12, 161-176.

[A] Kaplan, S. (1987). Aesthetics, affect and cognition: Environmental preference from an evolutionary perspective. *Environment and Behavior*, 19, 3-32.

[A] McAndrew, F. T. (1993). Excerpts from Chapter 11 - Environmental Preferences: In Search of the "Green Experience." In *Environmental Psychology*. (Read pp. 238-250, scan the rest). Pacific Grove, CA: Brooks/Cole.

STRESS

[H] Chapter 7 - Stress

Introduction

Wilson, Density and Aggressive Behavior

Napier, Violence and Overcrowding

McClelland, Crowding and Territoriality

Greenbie, Social Territory, Community Health and Urban Planning

Milgram, The Experience of Living in Cities

Appleyard and Lintell, The Environmental Quality of City Streets

Glass and Singer, Some Effects of Uncontrollable and Unpredictable Noise

[R] Hygge, S., G. W. Evans and M. Bullinger (2002). A prospective study of some effects of aircraft noise on cognitive performance in school children. *Psychological Science*, 13, 469-474.

MIND/BODY MEDICINE (M/BM) – INTRODUCTION

[R] Astin, J. A., S. L. Shapiro, et al. (2003). Mind-body medicine: State of the science, implications for practice. *J AM Board Fam Pract.* 16(2), 131-147.

[R] Rice, R. I. (2001). Mind-body interventions. *Diabetes Spectrum*. 14(4): 213-217.

[A] Cassidy, C. M. (2001). Social and cultural context of complementary and alternative medicine systems. *Fundamentals of Complementary and Alternative Medicine*. M. S. Micozzi [Ed.] NY: Churchill Livingstone: 18-41.

[A] Jacobs, G. D. (2001). The physiology of mind-body interactions: The stress response and the relaxation response. *J Altern Complement Med.* 7 Suppl 1, S83-92.

[A] Oken, B.S., S. Kishiyama, et al. (2004). Randomized controlled trial of yoga and exercise in [A] Caspi, O., L. Sechrest, et al. (2003). On the definition of complementary, alternative, and integrative medicine: Societal mega-stereotypes vs. the patients' perspectives. *Altern Ther Health Med.* 9(6): 58-62.

[A] Ausubel, K. (2001). The coming age of ecological medicine: Our health depends on a healthy planet. *Utne Reader*.

M/BM – MINDFULNESS

[R] Bishop, Lau, et al. (2004). Mindfulness, A proposed operational definition. *Clinical Psychology: Science and Practice.* 11(3), 230-241.

[R] Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present and future. *Clinical Psychology: Science and Practice.* 10(2), 144-156.

- [R] Gunaratana, B. H. (2002) *Mindfulness in plain english*. Somerville, MA: Wisdom Publications..
- [R] Grossman, P., L. Niemann, et al. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *J Psychosom Res* 57(1), 35-43.
- [A] Brown, K. W. and R. M. Ryan (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *J Pers Soc Psychol*. 84(4): 822-848.
- [A] Brown, K. and R. M. Ryan (2004). Perils and promise in defining and measuring mindfulness: Observations from experience. *Clinical Psychology: Science & Practice*. 11(3).
- [A] Davidson, R.J., J. Kabat-Zinn (2003). Alteration in brain and immune function produced by mindfulness meditation. *Psychosom Med*. 65(4), 564-570.

M/BM – WALKING MEDITATION

- [R] Kabat-Zinn, J. (2005). *Walking meditations. Coming to Our Senses: Healing Ourselves and the World Through Mindfulness*. NY: Hyperion. (Pp. 268-272).
- [R] Kabat-Zinn, J. (1994). *Walking meditation. Wherever you go, there you are: Mindfulness meditation in everyday life*. NY: Hyperion. (Pp. 145-148).
- [R] Nhat Han, T. (1996). *The long road turns to joy: A guide to walking meditation*. Berkeley, CA: Parallax.
- [R] Nhat Han, T. (1991). *Walking meditation. Peace is every step: The path of mindfulness in everyday life*. NY: Bantam (Pp. 27-29).

M/BM – ENGAGED WALKING

- [R] Kaplan, S. (2001). Meditation, restoration and the management of mental fatigue. *Environment and Behavior*, 33, 480-506.
- [A] Segerstrom, S.C. and G. E. Miller (2004). Psychological stress and the human immune system: A meta-analytic study of 30 years of inquiry. *Psychol Bull*. 130(4): 601-630.

M/BM – NATURE AS MEDICINE

- [R] Frumkin, H. (2001). Beyond toxicity: Human health and the natural environment. *American Journal of Preventive Medicine*, 20, 234-240.
- [R] Irvine, K. N. and Warber, S. L. (2002). Greening healthcare: Practicing as if the natural environment really mattered. *Altern Ther Health Med, Sep-Oct* 8(5), 76-83.
- [R] Taylor, A. F., Kuo, F. and Sullivan, W. (2001). Coping with ADD: The surprising connection to green play settings. *Environmental and Behavior*, 33, 54-77.
- [A] Clay, R. A. (2001). Green is good for you. *Monitor on Psychology*, 32(4), 40-42.
- [A] Malakoff, D. (1995). What good is community greening? *Community Greening Review*, 5, 4-11.

M/BM – ACTIVE LIVING

- [R] McAuley, E. (1994). Enhancing psychological health through physical activity. *Toward Active Living*. H. A. Quinney, L. Gauvin and A. E. T. Wall [Eds.] Champaign IL: Human Kinetics Publishers.
- [R] Jackson, R. J. (2003). The impact of the built environment on health: An emerging field. *American Journal of Public Health*. 93(9): 1382-1384.
- [A] Endredy, J. (2002). *Earthwalks for Body and Spirit: Exercises to Restore Our Sacred Bond with the Earth*. Rochester, VT: Bear & Company.
- [A] Frank, L. D, P. O. Engelke and T. L. Schmid (2003). *Health and Community Design: The Impact of the Built Environment on Physical Activity*. Washington, D.C.: Island Press.
- [A] Burton, T. L. (1994). Issues in policy development for active living and sustainable living in Canada. I *Toward Active Living*. H. A. Quinney, L. Gauvin and A. E. T. Wall [Eds.] Champaign IL: Human Kinetics Publishers.

COPING VIA TERRITORY

- [H] Chapter 8 - Coping Strategies Introduction
Sommer, Territory
Jackson, Fences and Hedges
- [R] Edney, J. J. (1976). The psychological role of property rights in human behavior. *Environment and Planning A*, 8, 811-822.

COPING VIA COMMUNITY

- [H] Chapter 8 - Coping Strategies Denman, Small Towns are the Future of America
Coles, The Edge of the Hollow
Jacobs, Contrasting Perceptions of a Community
Porteous, The Pathology of Forced Relocation
Yancey, Architecture, Interaction and Social Control
Alternatives to Fear – Review of Newman's Defensible Space
Sherrod and Cohen, Density, Personal Control and Design

COPING VIA INTERPRETATION

- [H] Chapter 9 - Coping Strategies Interpretation
Introduction
Cole, Names Written in a Bible
Fox, The Cultural Animal
Jackson, After the Forest Came the Pasture
Parr, The Child in the City: Urbanity and the Urban Scene
Wigginton, FoxFire 3: Introduction
Halle, Interpersonal Behavior and Prospects of Human Survival
Jacobs, The Valuable Inefficiencies and Impracticalities of Cities
Alexander, A City is Not a Tree

SHARING INFORMATION

- [R] Kearney, A. (1994). Understanding global change: A cognitive perspective on communicating through stories. *Climatic Change* 27, 419-441.
- [R] Bardwell, L. (1999). Success stories: Imagery by example. *Journal of Environmental Education*, 23(1), 5-10.
- [A] Kearney, A. R., Bradley, G., Kaplan, R., Kaplan, S. (1999). Stakeholder perspectives on appropriate forest management in the Pacific Northwest. *Forest Science*, 45(1), 62-73.

PARTICIPATION

- [H] Chapter 10 - Making Participation Possible
Introduction
Gump and Barker, Big School, Small School: Overview and Prospects
Wade, Karl Hess: Technology with a Human Face
Kaplan, Participation in Environmental Design
Carr and Lynch, Where Learning Happens
- [R] Irvine, K. and Kaplan, S. 2001. Coping with change: The small experiment as a strategic approach to environmental sustainability. *Environmental Management*. 28(6), 713-725.
- [A] Kaplan, S. (2000) Human nature and environmentally responsible behavior. *Journal of Social Issues*. 56, 491-508.

URBAN LIVING

- [H] Chapter 10 - Making Participation Possible
Bazell, Urban Health and Environment: A New Approach
The Invisible City
Ladd, City Kids in the Absence of Legitimate Adventure
Lewis, Nature City

[R] Devlin, A. S. (2001). Chapter 5 – Cognition and urban design: Trapped in a tree. In *Mind and Maze: Spatial Cognition and Environmental Behavior*. Westport, CT: Praeger.

[A] Kirp, D. L. (1999). Pleasantville. *The New York Times*, 09/19/99, p. 22.

[A] Marling, K. A. (1999). Nice front porches: Along with the ‘Porch Police.’ *The New York Times*, p. 9.

SIMPLE LIVING

[R] Lastovicka, J., Bettencourt, L., Hughner, R. and Kuntze, R. (1999). Lifestyle of the tight and frugal: Theory and measurement. *Journal of Consumer Research*, 26, 85-98.

[R] Sachs, W. (1999). Rich in things, poor in time. *Resurgence*, 196, 14-16.

[R] Durning, A. (1991). Asking How Much is Enough. In Brown, L. R. [Ed.] *State of the World 1991*. NY: Norton.

[A] Maniates, M. (2002). In search of consumptive resistance: The voluntary simplicity movement. In Princen, T., Maniates, M. and Conca, K. [Eds.] *Confronting Consumption*. Cambridge, MA: The MIT Press (pp.199-235).

SUSTAINABLE LIVING

[H] Afterwords (pp 454-457)

[R] Kaplan, S. & Kaplan, R. (2003). Health, supportive environments, and the Reasonable Person Model. *American Journal of Public Health*, 93, 1484-1489.

[A] Gifford, R. (2002). Making a difference: Some ways environmental psychology has improved the world. In Bechtel, R. and Churchman, A. [Eds.] *Handbook of Environmental Psychology*. New York: John Wiley and Sons, Inc. (pp. 323-334).