

# **STUDENT GUIDE**

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# **ENVIRONMENTAL PSYCHOLOGY**

**ACADEMIC YEAR:  
2013-2014**

**DEGREE: PSYCHOLOGY DEGREE**

**SCHOOL: PSYCHOLOGY FACULTY**

**YEAR: 2013-2014**

**STUDENT'S GUIDE**

**1. BASIC INFORMATION ABOUT THE COURSE**

**COURSE TITLE: Environmental Psychology**

CODE: 25069

YEAR: 2013-2014

TYPE OF COURSE= P

(D=Básica de Rama; S=Básica otras Ramas; Y=Proyecto fin de grado;  
O=Obligatoria o P=Optativa)

ECTS credits: 4,5

LEVEL: Any

FOUR-MONTH TERM: First

Prerequisites: -

Recommendations: -

**2. BASIC INFORMATION ABOUT THE TEACHING TEAM**

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### 3. SPECIFIC AND CROSS CURRICULAR COMPETENCIES OF THE COURSE

Number	Competency
1	Be capable of analysing the psychological and social dimension of the human being in relation to his/her behaviour setting
2	Be capable of distinguishing between the fields of application of Ecological Psychology and Architectural Psychology
3	Know the most efficient intervention strategies for promoting urban quality of life
4	Handle the techniques and instruments commonly used for the assessment, measurement and promotion of environmentally responsible behaviour
5	Know the instruments and indicators used in an Environmental Impact Assessment as well as the ethic responsibilities of such assessments
6	Know the documental sources commonly used in the discipline as well as be capable of successfully submitting a written report and defend it orally.
7	Be capable of working in multidisciplinary teams
8	Know the sources of scientific data commonly used in Environmental Psychology and show command of the necessary strategies for successfully accessing relevant information

### 4. PLANIFICATION

#### 4.1. EXTENDED TOPICS LIST

In this course, the theoretical content is structured in six topics. In the first one, we analyse the relations between the human being and the environment and introduce the most widely used methodologies in Environmental Psychology. In the second one, we study the perception of the environments and its meaning, as well as the emotional experience of the environments. In the third and fourth ones, we focus on the experience of the urban environments, and study the residential satisfaction before going deeper into the psychosocial aspects of the urban problems. In the fifth and sixth topics, we analyse the pro-environmental attitudes and beliefs and the ecologically responsible behaviours, thus considering psychosocial variables impacting on sustainable development at the individual level; and finally we study the role of institutions and enterprises in this matter.

*In theoretical lessons we work the competencies number 1, 2, 3 and 5.*

#### Extended topic list:

##### 1. Studying the human-environment relationship.

1.1.- Introduction to Environmental Psychology

1.2.- A brief review of the history of Environmental Psychology

- 1.2.1. 'Prehistory'
- 1.2.2. Period of institutionalisation
- 1.2.3. Period of consolidation and development
- 1.3.- Events that contributed to the development of EP
- 1.4.- Two branches in EP
- 1.4.- Definitions and professional opportunities

## **2. Environmental perception and meaning.**

- 2.1. Introduction to environmental perception
- 2.2. Environmental perception and meaning: the emotional experience of the environment
  - 2.2.1. Components of the environmental meaning
  - 2.2.2. Stages on the process of environmental perception
- 2.3. Special topics in environmental perception
  - 2.3.1. Landscape preferences
  - 2.3.2. Sound landscapes

## **3. The experience of the urban space.**

- 3.1. Cognitive maps & wayfinding
  - 3.1.1. Psychological functions of the cognitive maps
  - 3.1.2. Elements in Cognitive Maps
  - 3.1.3. Distortions and bias
  - 3.1.4. Wayfinding, orientation and maps
- 3.2. Residential satisfaction
  - 3.2.1. Levels of analysis
  - 3.2.2. Housing as a key element for social integration
  - 3.2.3. Definitions and theoretical perspectives in residential satisfaction
- 3.3. Post Occupancy Evaluation

## **Tema 4. Eco-pathologies and human behaviour.**

- 4.1. The city as a behaviour setting
- 4.2. Social problems from the eco -urban perspective
  - 4.2.1. Acoustic pollution and behaviour
  - 4.2.2. The ecology of crime
- 4.3. Urban quality of life

## **5. Pro-environmental attitudes and environmentally responsible behaviour.**

- 5.1. "Environmental concern" vs. consumption and development level
- 5.2. Measuring pro-environmental attitudes & beliefs
  - 5.2.1. Pro-environmental attitudes
  - 5.2.2. Environmental beliefs
  - 5.2.3. Models for predicting Environmentally Responsible Behaviours
- 5.3. Conclusions (challenges for the environmental psychologist)

## **6. Sustainable development and environmental management.**

- 6.1. Sustainable vs. development?
- 6.2. Environmental Management: concept and tools
- 6.3. Environmental impact assessment: the role of the environmental psychologist
- 6.4. The social and environmental psychologist in the face of the ecological and economic crisis: reflections

## 4.2. PRACTICAL PROGRAMME

**Development of the competencies 3 & 4.** Individual work, or in spontaneously formed groups. Independent sessions.

Classroom practices (7 sessions):

- Restorative environments.
- Identifying cognitive styles, elements and distortions in real cognitive maps
- Safety in the city: Communication of risks and safe design.
- Perception, management and communications of environmental hazards
- Proposing a predictive model for environmentally responsible behaviours
- Environmental education
- Intervention after disasters

Seminars (2 sessions):

- Public spaces and city models
- Smart Cities

Field practices (a two hours session):

- Urban desing and wayfinding.

**Development of the competencies 1, 2 & 8.** Individual work, or in spontaneously formed groups. Independent sessions.

Computer practice (2 sessions)

- Research scope of the EP
- Intervention scope of the EP

**Development of the competencies 6 & 7.** Continued work in an stable team and a final presentation in the classroom.

Computer practice (3 sessions)

- Choosing a paper and looking for additional information in databases.
- Working on the presentation.
- Final version of the presentation.

Workshops (5 sessions)

- Introduction to the work that will be done, first reading.
- Working on the state of the art, the scientific problem and the objectives and hypotheses. Structure of the script.
- Understanding the method, results and discussion. Final version of the script.
- Environmental Psychology Conference: presentations by the teams (2 hours).

## 5.- COURSE SCHEDULE

Week	DATES	Theoretical classes	Classroom practice	Computer practice	Workshop	Seminar	Field practice	Face-to-face hours	Autonomous work hours	Deliverable
1	10/09-14/09	2		1				3	1	
2	17/09-21/09	2		1				3	1	
3	24/09-28/09	2		1				3	1	
4	01/10-05/10	2	1					3	2	
5	08/10-12/10	2			1			3	1	
6	15/10-19/10	2				1		3	2	
7	22/10-26/10	2					1	3	1	
8	29/10-02/11	2					1	3	1	X
9	05/11-09/11	2	1					3	2	
10	12/11-16/11	2			1			3	3	X
11	19/11-23/11	2	1					3	3	
12	26/11-30/11	2	1					3	2	
13	03/12-07/12	0			1			1	3	
14	10/12-14/12	0	1	2		1		4	2	X
15	17/12-21/12	0	2		2			4	0	
		<b>24</b>	<b>7</b>	<b>5</b>	<b>5</b>	<b>2</b>	<b>2</b>	<b>45</b>	<b>25</b>	

## 6. EVALUATION SYSTEM (Theoretical and practical contents)

### A option – Regular assistance to classes

Grade (Up to 10 points)	Grading system	Requirements
Up to 5 points	Written reports about reading materials	Hand in all the reports
Up to 2,5 points	Exercises that will be done in seminar, field practice, classroom practice and computer practice sessions	Attendance – at least to 70% of these sessions, hand in the exercises
Up to 2,5 points	Teamwork that will be developed in workshops and some computer practice sessions, and presented in class	Attendance to 100% of these sessions Presentation in the final seminar

**Please note:** Students must pass each part independently in order to pass the course

### B option – Final exam

Grade (Up to 10 points)	Grading system – Final exam (January)
Up to 5 points	First section: 10 short questions exam about the most important topics covered in theoretical lectures
Up to 5 points	Second section: Written exam about the activities developed in the field practice, classroom practice, computer practice, workshop and seminar sessions

**Please note:** Students must pass each section independently in order to pass the course

## 7. BIBLIOGRAPHY

### CORE BIBLIOGRAPHY:

- Bechtel, R.B. y Churchman, A. (Eds.) (2002). *Handbook of Environmental Psychology*. New York: John Wiley & Sons.
- Aragonés, J.I. y Américo, M. (2010). *Psicología Ambiental*. Madrid: Pirámide. 3ª edición
- Jiménez Burillo, F. y Aragonés, J.I. (1986). *Introducción a la Psicología Ambiental*. Madrid: Alianza Editorial.

### ADDITIONAL:

- Américo, M. (1995). *Satisfacción residencial. Un análisis psicológico de la vivienda y su entorno*. Madrid: Alianza Universidad
- Bechtel, R. B. (1996, Nov). The paradigm of environmental psychology. *American Psychologist*, 51, 1187-1188.
- Bechtel, R.B. y Churchman, A. (Eds.) (2002). *Handbook of Environmental Psychology*. New York: John Wiley & Sons.
- Canter, D. (1974). *Psychology for architects*. New York: Wiley
- Corraliza, J.A. (1987). *La experiencia del ambiente. Percepción y significado del medio construido*. Madrid: Tecnos.
- Gifford, R. (2007). *Environmental psychology: Principles and practice (4th ed.)*. Colville, WA: Optimal Books.
- Proshansky, H. M. (1976). Environmental psychology and the real world. *American psychologist*, 31, 303-310.
- Ross, L. y Nisbett, R.E. (1991). *The person and the situation*. New York: McGraw Hill.
- San Juan, C. et al. (2003): *Medio Ambiente y Participación*. Bilbao: Servicio de Publicaciones de la UPV/EHU.
- Stokols, D. y I. Altman [Eds.] (1987). *Handbook of Environmental Psychology*. New York: Wiley.
- Vozmediano, L. y San Juan, C. (2010). *Criminología Ambiental: Ecología del delito y de la seguridad*. Barcelona: UOC.

### INTERNET RESOURCES:

#### Scientific journals:

- ✓ [Journal of Environmental Psychology](#)
- ✓ [Environment and Behaviour](#)
- ✓ [Psycology](#) (Antes: [Medio Ambiente y Comportamiento Humano](#))

#### Other online resources:

International Association People-Environment Studies: <http://www.iaps-association.org/>

Laboratorio de Evaluación del Diseño Ambiental: <http://www.ual.es/~bfernand/index.html>

The International Society for Ecological Psychology:

<http://www.trincoll.edu/depts/ecopsyc/isep/index.html>

MSc Environmental Psychology (University of Surrey):

<http://www.surrey.ac.uk/postgraduate/taught/environmentalpsychology/>

European Commission - Directorate-General for Climate Action:

[http://ec.europa.eu/dgs/clima/mission/index\\_en.htm](http://ec.europa.eu/dgs/clima/mission/index_en.htm)

United Nations - Division for Sustainable Development - Publications (English & Spanish):

[http://www.un.org/esa/dsd/resources/res\\_publicorepubli.shtml](http://www.un.org/esa/dsd/resources/res_publicorepubli.shtml)

The United Nations Human Settlements Programme, UN-HABITAT: <http://www.unhabitat.org/>



## **8. OFFICE HOURS**

You can access the office hours of Laura Vozmediano here:

[http://www.ehu.es/p200-content/es/pls/entrada/plew0040.htm\\_tutorias?p\\_sesion=&p\\_cod\\_idioma=CAS&p\\_en\\_portal=S&p\\_cod\\_centro=231&p\\_cod\\_plan=GPSICO20&p\\_anyoAcad=act&p\\_pestanya=3&p\\_idp\\_prof=267018&p\\_dpto\\_prof=109&p\\_cod\\_area=0740&p\\_vengo\\_de=profes](http://www.ehu.es/p200-content/es/pls/entrada/plew0040.htm_tutorias?p_sesion=&p_cod_idioma=CAS&p_en_portal=S&p_cod_centro=231&p_cod_plan=GPSICO20&p_anyoAcad=act&p_pestanya=3&p_idp_prof=267018&p_dpto_prof=109&p_cod_area=0740&p_vengo_de=profes)