

# BEHAVIOR AND ENVIRONMENT

ENVIRON 360 / PSYCH 384 / SW 710 / NRE 560 / UP 560

## INSTRUCTORS

Raymond De Young

## RESOURCES

- [H] **Textbook** Required readings in *Humanscape: Environments for People*
- [R] **Reserve** Required readings on reserve at [www.lib.umich.edu/reserves](http://www.lib.umich.edu/reserves)
- [A] **Additional** Advanced readings (on reserve or in *Humanscape*, as noted)
- [W] **Website** CTools = [ctools.umich.edu](http://ctools.umich.edu)

## GRADING

Lab 1 – Attention	5%	September 26
Exam 1	20%	October 13
Lab 2 – Preference	5%	October 31
Individual exploratory (Oct 10 to Nov 10)	15%	November 10
Poster	20%	November 24
Final Exam	30%	December 11
Participation, tasks, attendance, etc.	5%	Throughout term

## SCHEDULE

	9/3	<b>ORIENTATION</b>	No Discussion
9/8		<b>EVOLUTION</b>	
9/8	9/10	<b>ATTENTION</b>	Discussion 1
9/15	9/17	<b>ATTENTION RESTORATION 1</b>	Discussion 2
9/22	9/24	<b>PERCEPTION 1</b>	Discussion 3
9/29	10/1	<b>KNOWING 1</b>	Discussion 4
10/6	10/8	<b>RATIONALITY</b>	Discussion 5
10/13	10/15	<b>EXAM 1</b>	Discussion 6
10/20	10/22	<b>NO CLASS</b>	No Discussion
10/27	10/29	<b>STRESS</b>	Discussion 7
11/3	11/5	<b>COPING: MINDFULNESS, ATTN &amp; AWARE</b>	Discussion 8
11/10	11/12	<b>COPING: ENGAGED &amp; ACTIVE LIVING</b>	Discussion 9
11/17	11/19	<b>COPING: COMMUNITY</b>	Discussion 10
11/24	11/26	<b>POSTER PRESENTATIONS</b>	Thanksgiving Break
12/1	12/3	<b>EXPERTS &amp; SHARING INFO</b>	Discussion 11
12/8		<b>SUSTAINABLE LIVING</b>	

## ADVICE

The purpose of the readings is not to accumulate lots of facts. It is not to memorize everything. Rather, it is to identify and grasp key mechanisms and principles about human nature and living sustainably on a finite planet.

- a) Approach the readings as an exploration, an active process of making sense of the piece, of finding nuggets of insight into human nature and sustainable living on a finite planet. One resource that aids this process is the article by Fu, Leeann (2006) *Active reading revisited* (available on CTools).
- b) Since the readings are extensive, it is essential to develop strategies to cover the material efficiently and with purpose. Collaboration through study groups is an excellent strategy and is highly encouraged. Such collaboration is especially useful in managing the advanced readings.
- c) The authors were not writing for this course. They likely would have framed their piece differently had you been their audience. You may sometimes find it helpful to reinterpret some of their work.
- d) As you read, note your own reactions, especially surprises or passages that contradict your previous understanding (or another reading). Share such reactions in discussion sessions and your study group.

**ORIENTATION****Wednesday, September 3**

- [R] Louv, R. (2007). Leave no child inside: The growing movement to reconnect children and nature. Orion. March/April
- [R] Herbert, B. (2008) Yes we can. New York Times, July 19. Retrieved from <http://www.nytimes.com/2008/07/19/opinion/19herbert.html> on August 29, 2008 on [W].
- [A] Kaplan, S. & Kaplan, R. (2003). Health, supportive environments, and the Reasonable Person Model. American Journal of Public Health. 93, 1484-1489

**EVOLUTION****Monday, September 8**

- [H] Introduction to Part 1 (pp. 5-6)
- [H] Chapter 1 – Evolution (pp. 7-21)  
Introduction  
Berrill, Life in the trees  
Campbell, Adaptation to the Forest Environment  
Napier, Man's Dual Heritage  
Washburn, Brain, Evolution and Human Survival  
Laughlin, Stalking
- [A] Kaplan, S. (1972). The challenge of environmental psychology: A proposal for a new functionalism. American Psychologist. 27, 140-143.

**ATTENTION****Wednesday, September 10**

- [R] Herbert, W. (2008). Is EF the new IQ? Newsweek, June 4. Retrieved from <http://www.newsweek.com/id/139885> on 29 August 2008.
- [R] James, W. (1892). *Psychology: The Briefer Course*. (Collier paperback, 1962), Chapter 13 - Attention (pp. 84-105).
- [H] Kaplan, S. (1978). Attention and Fascination: The Search for Cognitive Clarity. in S. Kaplan and R. Kaplan (Eds.) *Humanscape*. (pp. 84-90).
- [A] Foerde, K., Knowlton, B. J., & Poldrack, R. A. (2006). Modulation of competing memory systems by distraction. Proceedings of the National Academy of Sciences 103(31), 11778-11783 on [W].

**ATTENTION RESTORATION – 1****Monday, September 15**

- [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] Kaplan, R. (2001). The nature of the view from home: Psychological benefits. Environment and Behavior. 33, 507-542.
- [R] Ulrich, R. S. (1984). View through a window may influence recovery from surgery. Science. 224, 420-421.

**ATTENTION RESTORATION – 2****Wednesday, September 17**

- [R] Herzog, T., Black, A., Fountaine, K. & Knotts, D. (1997). Reflection and attentional recovery as distinctive benefits of restorative environments. Journal of Environmental Psychology. 17, 165-170.
- [R] Hartig, T, F. G. Kaiser & E. Strumse (2007). Psychological restoration in nature as a source of motivation for ecological behavior. Environmental conservation. 34(4), 291-299.
- [A] Raver, A. and Branam, J. (1995). Special prescription. Ann Arbor News. August 29, pp. D1-D2.

**PERCEPTION – 1****Monday, September 22**

- [H] Chapter 2 - Perceiving Introduction  
Campbell, Evolution and Information  
Kaplan, Perception of an Uncertain Environment  
Hilgard, The Goals of Perception

- [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).

**PERCEPTION – 2****Wednesday, September 24**

- [R] Miller, G. A. (1962). Chapter 12 - Recognizing and identifying. *Psychology: The Science of Mental Life*. NY: Harper (pp. 188-201).
- [R] Brown, T. (as told to W. Watkins) (1978). Ch. 1 - The ultimate track. *The Tracker*. NY: Berkley Books.
- [A] Wargo, E. (2006). Going the distance takes more than meets the eye. *Observer*. 19(6), 10.

**KNOWING – 1****Monday, September 29**

- [H] Chapter 3 - Knowing Introduction  
Stea, Environmental perception and cognition  
Kaplan, On knowing the environment

- [A] Lee, A theory of socio-spatial schemata, in [H]

- [A] Appleyard, Style and methods of structuring a city, in [H]

**KNOWING – 2****Wednesday, October 1**

- [R] Hunt, M. E. (1984). Environmental learning without being there. *Environment and Behavior*. 16, 307-334.

**RATIONALITY****Monday, October 6**

- [H] Chapter 5 - On Knowledge and Rationality  
Introduction  
Kates, The underlying view of man's rationality  
Simon, Satisficing and the One Right Way

- [R] Miller, A. (1985). Psychological biases in environmental judgments. *Journal of Environmental Management*. 20, 231-243.

- [R] Dreifus, C. (2007) Through analysis, gut reaction gains credibility. *New York Times*, August 28. Retrieved from <http://www.nytimes.com/2007/08/28/science/28conv.html> on 29 August 2008.

- [A] Gigerenzer, G. (2008) Why heuristics work. *Perspectives on Psychological Science*. 3(1), 20-29.

- [A] Foa, Interpersonal and Economic Resources, in [H]

- [A] Sigmund, K. and E. Fehr and M. Nowak (2002). The economics of fair play. *Scientific American*. January, 83-87.

**CARING and PREFERENCE – 1****Wednesday, October 8**

- [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).

**EXAM 1****Monday, October 13****PREFERENCE – 2****Wednesday, October 15**

- [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] Kaplan, R., S. Kaplan & R. L. Ryan (1998). Chapter 2 – Some human characteristics. With People in Mind. Washington, D.C.:Island Press. (Pp. 7-16).

**UNIVERSITY STUDY DAY (No Class)****Monday, October 20****PREFERENCE – 3****Wednesday, October 22**

- [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.
- [A] 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.

**STRESS: THE FAILURE OF PREFERENCE****Monday, October 27**

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

**COPING: MIND/BODY MEDICINE****Wednesday, October 29**

- [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] 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.
- [R] Harris et al. (2005). Using acupuncture to modify alertness in the classroom: A single-blinded, randomized, cross-over trial, The Journal of Alternative and Complementary Medicine. 11(4), 673-679.
- [A] Ausubel, K. (2001). The coming age of ecological medicine: Our health depends on a healthy planet. Utne Reader.
- [A] Rice, R. I. (2001). Mind-body interventions. Diabetes Spectrum. 14(4), 213-217.
- [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.

**COPING: MINDFULNESS, ATTENTION and AWARENESS****Monday, November 3**

- [R] Bishop, Lau, et al. (2004). Mindfulness, A proposed operational definition. *Clinical Psychology: Science and Practice*. 11(3), 230-241.
- [R] Kaplan, S. (2001). Meditation, restoration and the management of mental fatigue. *Environment and Behavior*. 33, 480-506.
- [R] Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present and future. *Clinical Psychology: Science and Practice*. 10(2), 144-156.
- [A] 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] Davidson, R.J., J. Kabat-Zinn (2003). Alteration in brain and immune function produced by mindfulness meditation. *Psychosom Med*. 65(4), 564-570.

**COPING: NATURE AS MEDICINE****Wednesday, November 5**

- [R] Frumkin, H. (2001). Beyond toxicity: Human health and the natural environment. *American Journal of Preventive Medicine*. 20, 234-240.
- [R] Pretty, J. (2004). How nature contributes to mental and physical health. *Spirituality and Health International*. 5(2), 68-78.
- [R] Taylor, A. F., Kuo, F. and Sullivan, W. (2001). Coping with ADD: The surprising connection to green play settings. *Environment and Behavior*. 33(1), 54-77.
- [A] Kuo, F. (2001). Coping with poverty: Impacts of environment and attention in the inner city. *Environment and Behavior*. 33(1), 5-34.
- [A] Millett, K. (2007). People: Nature & nurture, *Chicago Wilderness Magazine*, special Issue.
- [A] Clay, R. A. (2001). Green is good for you. *Monitor on Psychology*. 32(4), 40-42.

**COPING: ENGAGED and ACTIVE LIVING****Monday, November 10**

- [R] Pretty, J. (2006). Physical activity in modern society: Is there also an environmental benefit? *Environmental Conservation*, 33(2), 87-88.
- [R] Pollan, M. (2008). Why bother? *New York Times Magazine*, April 20. Retrieved from <http://www.michaelpollan.com/article.php?id=92> on 29 August 2008.
- [A] Pretty, J. (2005). The mental and physical health outcomes of green exercise. *International Journal of Environmental Health research*, 15(5), 319-337.
- [A] 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] Kabat-Zinn, J. (2005). Walking meditations. *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness*. NY: Hyperion. (Pp. 268-272).
- [A] Nhat Han, T. (1991). *Walking meditation. Peace is every step: The path of mindfulness in everyday life*. NY: Bantam (Pp. 27-29).
- [A] Endredy, J. (2002). *Earthwalks for body and spirit: Exercises to restore our sacred bond with the earth*. Rochester, VT: Bear & Company.

**COPING: TERRITORY****Wednesday, November 12**

- [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: COMMUNITY****Monday, November 17**

- [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: INTERPRETATION****Wednesday, November 19**

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

**POSTER PRESENTATIONS****Monday, November 24****EXPERTS and SHARING INFORMATION****Monday, December 1**

- [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] Brand, R. and A. Karvonen (2007). The ecosystem of expertise: Complementary knowledges for sustainable development. *Sustainability: Science, Practice, & Policy*, 3(1), 21-31.
- [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.

**PEOPLE and PARTICIPATION****Wednesday, December 3**

- [H] Chapter 10 - Making Participation Possible  
Introduction  
Gump and Barker, Big School, Small School: Overview and Prospects  
Kaplan, Participation in Environmental Design  
Carr and Lynch, Where Learning Happens  
Ladd, City Kids in the Absence of Legitimate Adventure  
Lewis, Nature City
- [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] Wade, Karl Hess: Technology with a human face, in [H]  
[A] Bazell, Urban Health and Environment: A new approach, in [H]  
[A] Wurman, The invisible city, in [H]

**SUSTAINABLE LIVING****Monday, December 8**

- [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