

HP0301 PSYCHOLOGY FOR SUSTAINABILITY

AY2017-18 Semester 1

Lecture: 3 hour weekly lecture Time: 1.30-4.30pm Every Wednesday Venue: LHS-LT (01-04) HIVE

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COURSE OUTLINE

The harsh reality of our threatened existence on planet Earth, stemming from a large array of environmentally unfriendly human activities, has led to an increased interest in how psychology can provide answers about why people behave in environmentally irresponsible ways. Additionally, psychology, as a science of human behavior can be applied to find answers to how human behavior may be changed/alterd to promote balance and sustainability on this planet. This course will focus on some key approaches in psychology and how these can be applied to create a more sustainable society.

COURSE OBJECTIVES

- Develop an understanding of the different ways in which humans are living in unsustainable ways
- Get a unique insight on how various psychological perspectives are used to understand environmental problems
- Realize that the onus for social and behavioral change is on human beings by reflecting on their lifestyle choices
- Learn the application of psychological theories to initiate sustainable behaviors

LEARNING OUTCOMES

By the end of this course students should be able to:

- Assess the potential for psychology to solve environmental problems
- Compile ideas about the relationship between humans and nature
- Discuss which aspects of human psyche act as obstacles for carrying out sustainability related behaviors
- Critically analyze their own behavioral patterns and decipher whether they are supporting sustainability

TEXTBOOK

Britain A. Scott, Elise L. Amel, Susan M. Koger & Christie M. Manning. (2016) *Psychology for Sustainability* (4th ed.). Taylor & Francis. ISBN: 978-1-84872-580-5. (HSS library Reserve: Call Number: GE195.7.S425)

Method of assessment

CA-1-Mid Term Quiz (20%): There will be a midterm quiz administered in the lecture week BEFORE recess break, covering all material lectured on before the recess. The midterm quiz will consist of multiple choice questions, fill-in-the-blank questions, and short answer questions.

CA-2-Individual Self-change project (30%): This assessment component entails writing up a 500-800 words reflection entitled "Self-change project". The students may choose any unsustainable behavior that they engage in and outline steps taken to modify that behavior. Guidelines for the self-change project are available in the textbook appendix (page 319-322).

Due date: 8th Oct 2017. Marking rubric/criteria for the project work will be posted on NTUlearn.

CA-3- Campus or community project (30%): For the *campus* or *community project*, you will *work in small groups* to address an environmentally relevant practice or problem within the Willamette campus or the larger Salem community. Your team will:

- a) Assess the situation and identify target behavior(s); and
- b) Develop a research-based strategy to help solve the problem for the long term, such as creating and producing a video-taped public service announcement, a poster, sculpture, or other product which you will share in a public presentation. More details on this project will be posted in due course on NTULearn.

CA-4-Semester end quiz (20%): The semester end quiz is cumulative and will consist of multiple-choice questions, fill-in-the-blank questions, true or false questions and short answer questions.

Calendar of events

Week	Lecture/Tutorial	Topics	Readings
1	LECTURE 1 (16 th Aug 2017)	Introduction: Overview of environmental psychology	Textbook Chapter 1
2	LECTURE 2 (23 rd Aug 2017)	Nature of Western thought	Textbook Chapter 2
3	LECTURE 3 (30 th Jan 2017)	Ecological Worldview	Textbook Chapter 3
4	LECTURE 4 (6 th Sep 2017)	How is research in Environmental Psychology done?	Textbook Chapter 4
5	LECTURE 5 (13 th Sep 2017)	Basics of behavior modification and social influence	Textbook Chapter 5
6	LECTURE 6 (20 th Sep 2017)	Its not easy thinking Green- how and what we think about the environment	Textbook Chapter 6
7	Mid Term Quiz (27 th Sep 2017)	Mid term Quiz	Mid Term Quiz
	SEMESTER RECESS	SEMESTER RECESS (2nd-6th Oct 2017)	SEMESTER RECESS (2nd-6th Oct 2017)
8	LECTURE 7 (11 th Oct 2017)	Environment and I- identity personality, attitudes and values	Textbook Chapter 7
9	LECTURE 8 (25 th Oct 2017)	Environmental Motivation	Textbook Chapter 8
10	LECTURE 9 (1 st Nov 2017)	Health Costs of Unsustainable living	Textbook Chapter 9
11	LECTURE 10 (8 th Nov 2017)	Healing the distance between the Planet and Self	Textbook Chapter 10 and 11

12	LECTURE 11 (15 th Nov 2017)	Semester end quiz	Semester end quiz
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