

**Syllabus**

**SCHOOL OF HEALTH AND SOCIAL SCIENCES**  
**PSY 419: Ecological Psychology**

5 Credits  
Effective: Fall 2012/2013

*Access to the Internet is required.*  
*All written assignments must be in Microsoft-Word-compatible formats.*  
*See the library's APA Style Guide tutorial for a list of resources that can help you use APA style.*

## **FACULTY**

Faculty Name: FACULTY NAME

Contact Information: CONTACT INFORMATION

[INSTRUCTOR MAY INSERT PERSONAL MESSAGE IF DESIRED]

## **COURSE DESCRIPTION**

What is the relationship of human experience to the natural world? Why should we care about the environment? Ecological psychology attempts to answer these questions. Students will explore the relationship of humans to nature in multiple cultural settings and historical contexts. This course also discusses the impact of human culture on the natural world, and the ways in which individuals and societies can harm or help the environment.

## **COURSE RESOURCES**

Required and recommended resources to complete coursework and assignments are found on the course [Reading List](#). The reading list can be found under Course Information in Blackboard as well as from the library homepage.

Note: Required resources that must be purchased by the student are tagged “Purchase from a vendor of your choosing.” Required resources with a direct link, “Available through CityU Library”, are available at no cost to students.

Students in Canada will see required resources they need to purchase tagged “Purchase from the Canadian Bookstore.” Students outside the U.S. and Canada should contact their advisor or textbook coordinator for additional information.

## **COURSE OUTCOMES**

In this course, learners:

- Articulate basic concepts of ecology and systems thinking as relevant to ecopsychology
- Discuss how the natural world is an integral aspect of human child development and adult mental health
- Compare, contrast, and connect the perspectives of a variety of schools of psychological thought toward the environment and how ecopsychology may be applied in a therapeutic setting
- Evaluate psychological strategies to create environmentally responsible behavior and help to alleviate current social and environmental problems
- Discuss the role that religions and spiritual beliefs play in a healing process that involves humans and nature
- Articulate essential features of the field of ecological psychology, or ecopsychology and its application in ecotherapy
- Discuss the role of the Western cultural, intellectual tradition and historical antecedents in creating a dualistic world view that contributes to consumerism, addiction, and psychological and environmental disease

## CORE CONCEPTS, KNOWLEDGE, AND SKILLS

- Communication, communion and community
- Cultural constructs
- Ecotherapy
- Embodiment
- Environmental racism
- Holism and systems thinking, and the web of life
- Human nature
- Justice (distributive, environmental, procedural, scope of)
- Mind/body, spirit/body and human/nature dualism
- Radical praxis and the boundaries in traditional therapy
- Ritual, celebration, symbol and mythology
- Shamanism and indigenous world views
- Voluntary simplicity

## OVERVIEW OF COURSE GRADING

The grades earned for the course will be derived using City University of Seattle's decimal grading system, based on the following:

<i>Overview of Required Assignments</i>	<i>% of Final Grade</i>
Course activities	20%
Reflection papers (two equally weighted)	40%
Book review	20%
Course Journal	20%
<b>TOTAL</b>	<b>100%</b>

## SPECIFICS OF COURSE ASSIGNMENTS

The instructor will provide grading rubrics that will provide more detail as to how this assignment will be graded.

### Course activities

Class participation through discussion is an integral part of this online course, although it is typically less formal than other work submitted throughout the course. Participation is defined as active engagement in a discussion or other online activity. To provide a structure for balanced participation and allow you to maximize the benefit of the discussion boards, it is recommended that you follow these guidelines: 1) Post your responses to discussion questions in the first three days of the school week (Monday through Wednesday). 2) Post three or more thoughtful and topic-relevant comments to responses made by classmates during the last four days of the school week (Thursday through Sunday). 3) Respond to any questions that your instructor or peers have regarding your original post by the end of the school week.

<i>Components</i>	<i>% of Grade</i>
Timeliness of responses	15%
Quality of responses	70%
Quantity of responses	15%
<b>TOTAL</b>	<b>100%</b>

Reflection papers (two equally weighted)

Paper 1 - This paper should be a four- to five-page, formal written reflection on the course readings. As an introduction do an inventory of the themes you see so far in the course materials and discussions, then choose one or two of them and discuss your thoughts, feelings, and ideas about them in depth. You can also make comparisons with texts from other courses. Keep in mind that this is not just a summary paper, but an opportunity for you to voice your feelings and opinions about the reading material. Be sure to reflect on the origin of and reasons for your opinions. Use APA citations for sources you mention and include an APA format reference list.

Paper 2 - Imagine that you have been asked to present a brief paper introducing the concepts of ecopsychology and ecotherapy at a conference for beginning psychology students. Since the paper will be published in the conference proceedings, it must be a professional paper in APA format. You may focus on a particular issue or psychological approach that you see as relevant or interesting. Include a statement of how you plan to use ecotherapy in your practice and why, or if you do not, then why not. If you are not planning to practice psychology, discuss how the ideas of ecopsychology and ecotherapy can be used to support your personal growth and mental health. You can think of the paper as having two sections: an introduction to ecopsychology and ecotherapy with explanatory examples, and a statement of your position in regard to using these concepts in therapeutic practice. Check with the instructor to confirm you are on the right track. Use examples from the texts, your life and other reading, and include three sources in addition to the texts. The paper must be between four and five pages in length to fill your allotted speaking time. Submit this paper via the assignment link and post it to the discussion forum. The class will serve as your audience and will respond and ask questions in the following week's discussion forum.

<i>Components</i>	<i>% of Grade</i>
Evidence and support	30%
Analysis and use of course concepts	30%
Organization and coherence	20%
Style and mechanics	20%
<b>TOTAL</b>	<b>100%</b>

Book review

Students are expected to complete a five- to seven-page book review that will allow them to go into more depth about an author or topic related to the course. Students may select a book from the bibliography of either text and confirm with the instructor that their selection is appropriate.

<b><i>Components</i></b>	<b><i>% of Grade</i></b>
Evidence and support	30%
Analysis and use of course concepts	30%
Organization and coherence	20%
Style and mechanics	20%
<b>TOTAL</b>	<b>100%</b>

### Course Journal

Students are expected to complete a weekly journal that reflects on ecopsychology, ecotherapy, the personal impact of the environmental crises in their life, their career plans, and how course ideas do or do not fit with their mission and vision. Students' reflections might take them into the past or the future. They could document students' understanding of the six approaches to psychology and ecotherapy and if and how they plan to integrate them into their practice of psychology or life practice for personal growth.

<b><i>Components</i></b>	<b><i>% of Grade</i></b>
Evidence and support	30%
Analysis and use of course concepts	30%
Organization and coherence	20%
Style and mechanics	20%
<b>TOTAL</b>	<b>100%</b>

## **COURSE POLICIES**

### **Late Assignments**

LATE ASSIGNMENT

### **Participation**

PARTICIPATION

### **Professional Writing**

Assignments require error-free writing that uses standard English conventions and logical flow of organization to address topics clearly, completely, and concisely. CityU requires the use of APA style.

## **UNIVERSITY POLICIES**

You are responsible for understanding and adhering to all of City University of Seattle's academic policies. The most current versions of these policies can be found in the [University Catalog](#) that is linked from the CityU Web site.

### **Antidiscrimination**

City University of Seattle and its staff and faculty are committed to supporting our students. We value equity, diversity, and inclusion as a way of life as well as the educational opportunities it provides. City U will not tolerate any form of discrimination based on race, color, ethnicity, sexual orientation, gender identification, socioeconomic status, or religious values. If you have experienced any discrimination based on any of the above, we encourage you to report this to the University. Please report this to your

instructor. If you do not feel safe reporting this to your instructor, please report to Dr. Scott Carnz, Provost or to the Vice President of Student Affairs, Melissa Mecham.

### **Non-Discrimination & Prohibition of Sexual Misconduct**

City University of Seattle adheres to all federal, state, and local civil rights laws prohibiting discrimination in employment and education. The University is committed to ensuring that the education environment is bounded by standards of mutual respect and safety and is free from discriminatory practices.

In the U.S., the University is required by Title IX of the Education Amendments of 1972 to ensure that all of its education programs and activities do not discriminate on the basis of sex/gender. Sex include sex, sex stereotypes, gender identity, gender expression, sexual orientation, and pregnancy or parenting status. Sexual harassment, sexual assault, dating and domestic violence, and stalking are forms of sex discrimination, which are prohibited under Title IX and by City University of Seattle policy. City University of Seattle also prohibits retaliation against any person opposing discrimination or participating in any discrimination investigation or complaint process internal or external to the institution. Questions regarding Title IX, including its application and/or concerns about noncompliance, should be directed to the Title IX Coordinator. For a complete copy of the policy or for more information, visit <https://my.cityu.edu/titleix> or contact the Title IX Coordinator.

In Canada, in compliance with the British Columbia Human Rights Code, the Alberta Human Rights Act, WorksafeBC, and the Workers' Compensation Board of Alberta, the University believes that its environment should at all times be supportive and respectful of the dignity and self-esteem of individuals. Discrimination, harassment and bullying conduct, whether through person to person behaviour or via electronic communications such as email or social media is not acceptable and will not be tolerated. As an educational institution, it is our responsibility to cultivate an environment of excellence, equity, mutual respect and to recognize the value and potential of every individual. The University will take all necessary steps to meet or exceed the requirements of the law to prevent discrimination, harassment and bullying. The Respectful Workplace Policy for the prevention of discrimination, harassment and bullying policy and procedure can be found at <https://www.cityu.edu/discover-cityu/about-cityu/> under the Policies section or at <https://www.cityuniversity.ca/about/>.

### **Religious Accommodations**

City University of Seattle has a policy for accommodation of student absences or significant hardship due to reasons of faith or conscience, or for organized religious activities. The University's policy, including more information about how to request an accommodation, is available in the University Catalog and on the my.cityu.edu student portal. Accommodations must be requested by the 20% mark of this course (e.g. day 14 of a ten-week course, day 7 of a 5-week course) using the Religious Accommodations Request Form found on the student dashboard in the my.cityu.edu student portal.

### **Academic Integrity**

Academic integrity in students requires the pursuit of scholarly activity that is free from fraud, deception and unauthorized collaboration with other individuals. Students are responsible for understanding CityU's policy on academic integrity and adhering to its standards in meeting all

course requirements. A complete copy of this policy can be found in the University Catalog in the section titled [Academic Integrity Policy](#) under Student Rights & Responsibilities.

### **Attendance**

Students taking courses in any format at the University are expected to be diligent in their studies and to attend class regularly. Regular class attendance is important in achieving learning outcomes in the course and may be a valid consideration in determining the final grade. For classes where a physical presence is required, a student has attended if they are present at any time during the class session. For online classes, a student has attended if they have posted or submitted an assignment. A complete copy of this policy can be found in the [University Catalog](#) in the section titled Attendance under Student Rights & Responsibilities.

### **Final Assignments Due Date**

Final assignments for each class at CityU must be due on or before the final date of the course as indicated in the university's course information system. Due dates that extend beyond the final date of the course may negatively impact tuition funding for students.

## **SUPPORT SERVICES**

### **Disability Services Accommodations Statement**

Students with documented disability who wish to request academic accommodations are encouraged to contact Disability Support Services to discuss accommodation requests and eligibility requirements. Please contact Disability Support Services at [disability@cityu.edu](mailto:disability@cityu.edu) or 206.2369.4752 or visit the [Disability Support Services](#) page in the my.cityu.edu portal. Confidentiality will be observed in all inquiries. Once approved, information about academic accommodations will be shared with your course instructors.

### **Library Services**

CityU librarians are available to help students find the resources and information they need to succeed in this course. Contact a CityU librarian through the [Ask a Librarian](#) service, or access [library resources and services](#) online, 24 hours a day, seven days a week.

**Smarthinking Tutoring** CityU students have 24/7 access to free online tutoring offered through Smarthinking, including writing support, from certified tutors. Contact CityU's Student Support Center at [mycityusupport@cityu.edu](mailto:mycityusupport@cityu.edu) to request a username and password.