Bemidji State University
Bemidji, Minnesota

Psychology 3378 — Louise Jackson
Living in Isolated and Confined Environments — HS 211
Email: louisej@vax1.bemidji.msus.edu

Required Text:

Harrison, A.A. (2002). Spacefaring: The human dimension. Berkeley/University of California Press.

Recommended Readings:

Stuster, Jack (1996). Bold endeavors: Lessons from polar and space exploration. Annapolis, Maryland: Naval Press

Harrison, A.A. Clearwater, Y.A., & McKay, C.P. (1991). From Antarctica to Outer Space: Life in Isolation and Confinement.New York: Springer-Verlag.

Bell, P.A., Fisher, J.D., Baum, A, & Greene, T.E. (2001). Environmental Psychology: 5th Ed. Fort Worth: Holt, Rinehart & Winston. Chs.1-5 & 8.

Content: The study of the psychological and environmental factors involved in long duration manned space missions of at least two years without crew rotation. Space settlements include harsh, potentially lethal natural environments with an absence of indigenous populations. They have habitats whose size, design, and provisioning have been severely limited by engineering and economic considerations. The citizens are pre selected work-oriented inhabitants who have been brought in from the "outside" to conduct research into astro sciences, geo sciences, atmospheric sciences, and life sciences. The inhabitants are subjected to prolonged social isolation from the home community, forced confinement with a limited number of other people, and accountability to authorities who are far removed from the actual site. Through the study of environmental psychology theories and applications, students will understand the necessary interrelationships and reciprocal effects unique to this specific environment.

Requirements: 1. 3 Essay exams (50 pts.ea.) 150 pts.

2. 2 Recent Research articles 40 pts.

3. Project 50 pts.

Total Pts. 240

Grading:

216-240 = A
192-215 = B
168-191 = C

Project:

Option 1: Each student, or group of students will engage in a project, to be designed in collaboration with your instructor, which utilizes psychological information in the planning of the space habitat for the journey to Mars. The project may take one of the following forms:

1. A paper about some aspect of psychological research into manned space mission/habitats which is presented to the rest of the class as a lecture, e.g. who should go, psychological effects of extreme environments, sex in space, etc.

2. A model or drawing with an accompanying presentation describing how psychological issues or concerns are addressed by the physical/built environment in earth-bound environments.

Option 2: Each student or group of students will engage in a project that furthers our knowledge of extreme environments e.g. maximum security prisons, Antarctica, undersea habitats etc.

Article reviews must be from recent journals e.g. Aviation, Space, and Environmental Medicine, Behavioral Science, Journal of Social Behavior and Personality, American Psychologist, Annual Review of Psychology. See attached References page for appropriate citation format. Use PsychINFO as a resource. I have placed on reserve in the library a very good Annual Review of Psychology article "The Environmental Psychology of Capsule Habitats" for one article. You may use this as one of the two required for the course. And I have included the most recent article from the American Psychologist in your packet for the course. Reviews should include the following:

Final projects must be written as papers, following APA format attached to this syllabus, and approximately 6 pages in length. References will be from scholarly journals and books. One reference from a popular magazine e.g. Discover is permitted. You may work as a team on this project or individually. Topics must be discussed with Dr. Jackson.

Each semester there is a field trip. Past trips have included: Mall of American to see the Space Station MIR, Oak Park Maximum Security Prison. This semester we are traveling to the Soudan Underground Iron Mine in Tower, MN. There we will tour the extreme environment and discuss working in such a setting. We will provide transportation and a small honorarium for lunch. The date is yet to be determined.

Readings:

Week	Topic	Readings
1-4	Introduction to Environmental Psychology	Bell, Ch. 1
	Film: Antarctica	
	Environmental Perception	Bell, Ch. 2
	Environmental Cognition	Bell, Ch. 3
	Theories of Environment/Behavior Relationships	Bell, Ch. 4
	Noise	Bell, Ch. 5
	Personal Space and Territoriality	Bell, Ch. 8
:5	**Exam 1 October 6 – Ch 1,2,3,5,& 8**	
	Film	
6-10	Why Space?	Harrison Ch1
	Spaceflight Human Factors	Ch. 2
	Hazards and Countermeasures	Ch. 3
	**Research Article I due – October 13	
	Life Support	Ch 4
	Habitability	Ch 5

	Selection and Training	Ch 6
	Stress and Coping	Ch. 7
	Exam 2 November 17 – ch.1-7	
11-14	Group Dynamics	Ch. 8
	At Work	Ch 9
	Mishaps	Ch 10
	Off Duty	Ch 11
12	**Research Article 2 Due November 24	
	Space Tourism	Ch 12
	Space Settlements	Ch. 13
	Interstellar Migration	Ch 14
	Restoring the Dream	Ch 15
14	**Exam 3 December 8 Ch 8-15**	
15	**Final Exam Presentations – Tuesday December 16 8:00 – 10:00am**	

Special Note to Students:

1. Please be advised that this course is offered with the highest academic integrity standards. Plagiarism in papers and cheating on exams will not be tolerated. Students are advised to be on their best honor standards or risk expulsion from class with a failing grade.

2 Students requiring special services from the Educational Development Center are welcome in class. I will endeavor to create a hospitable environment for students with special needs.