

Seminar Three

- Readings quiz – next week!
- Site analysis review
- Mental mapping
- Well-being resources



<http://kulturtava.tumblr.com/post/54819711362/benjamin-zank>

Readings on the quiz:

<https://blogs.ubc.ca/2017wufor200/2017>

- Steg, L. et al. (2013). Environmental Psychology – An introduction (Chapter 9). Baltimore: Wiley-Blackwell.
- Wolf, K. Outside our Doors: The Benefits of Cities Where People and Nature Thrive.
- Wolf, K. Nature's Riches: The Health and Financial Benefits of Nearby Nature.
- WHO 2016. Urban Green Spaces and Health – A Review of Evidence (Chapters 1-2). World Health Organization, European Regional Office, Copenhagen, Denmark.
- Annerstedt van den Bosch, Matilda and Michael Depledge. 2015. Healthy people with nature in mind. BMC Public Health 2015 15:1232

Quiz format:

- a mix of fill-in-the blank, multiple choice, and short answer (two to three sentences)
- Most questions will be retrieved from course blog – so please post some questions!

Example question:

How big of a role does perception play in relationship to the positive effects we get from green spaces?

Agronomy Rd
Vancouver, British Columbia

Street View - Aug 2015



Navigation controls including a compass, zoom in (+) and zoom out (-) buttons, and a "Hide imagery" dropdown menu.

Site Analysis Exercise:

Summary of responses



Wind direction:

difficult question with no wind, every possible answer given

Elevation:

Level / minimal change

Condition of trees:

Great / decent / dormant / no evidence of pathogens /
diseased / controlled / not many

Hear:

construction / traffic / skateboards / people chatting / food
truck (generator) / birds

Smell:

food truck / nothing / fresh air / cars / decomposition

Movement:

walkways / walking / biking / driving / skating / sit on benches

Site Analysis Exercise:

Summary of responses



How does it feel:

nice place to walk / cold / bare / sunny / not a place to linger /
open / far from a bus stop / peaceful view down Main Mall /
cozy and relaxing / happy, but cold / maintained and
manicured / exposed / calm / family-friendly / inactive and
boring

What should this space be?

Environmental Psychology: an introduction. Steg. Et al. 2013.

Aesthetic appraisals:
is this building beautiful?



VOTE: What do you think of the new design?

Totally love it. Just what this city needs.

29.15% (1,618 votes)

Not sure yet. This may take time.

19.59% (1,087 votes)

Not impressed, but I can live with it.

12.95% (719 votes)

Really can't stand it. It must be stopped

34.97% (1,941 votes)

I'm completely indifferent to the whole thing

3.33% (185 votes)

Total Votes: **5,550**



<http://www.cbc.ca/news/canada/british-columbia/vancouver-art-gallery-new-design-1.3248360> accessed: January 16, 2017

Aesthetic appraisals: can we dissect building qualities to find out why this building provokes such strong feelings?

Building Qualities:

Formal: complexity, order, enclosure

Symbolic: design styles

Schematic: represents a 'type'



“It is possible to design a building that both experts and everyday people like”

page. 89

Environmental Psychology: an introduction.
Steg. Et al. 2013.

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Class discussion: *formulating reading questions*

Step One: Working in small groups (3-4 students) please read the passage aloud. Work together to formulate one question based on this passage. Write the question on the cue card provided.

Step Two: Exchange question cards and passages with another group. Discuss and answer their question on the back of the card.

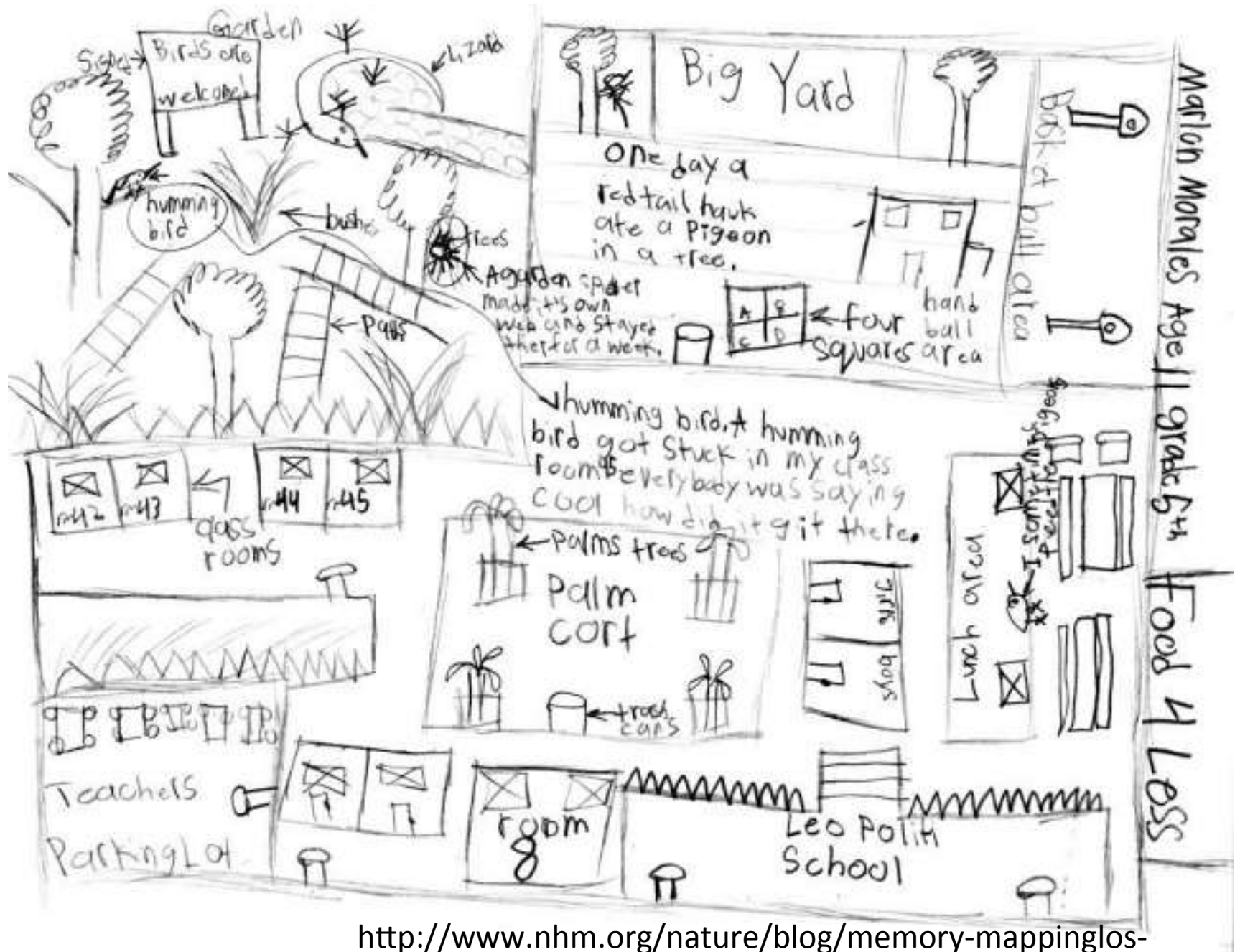
MENTAL MAPPING EXERCISE

Adapted from: Professor Lisa Krissoff Boehm

All individuals have their own understandings of particular places. We carry individual maps in our heads, based around the particular landmarks that are important to our understanding of place. These impressions of place are referred to as “mental maps” by geographers and other social scientists.



<http://www.theatlantic.com/technology/archive/2014/11/could-you-hand-draw-a-map-of-yourhometown/383219/>



On the sheet of paper provided, draw a mental map of your chosen site. Make sure to indicate landmarks that were relevant for you. Label the general location of the map clearly. Take some time and care in preparing your mental map.

Do not worry if the map does not coincide with a “real” cartographic map

Arbutus corridor



Image: Kenneth Chan / Daily Hive

Northeast False Creek



Image: Google Street View

UBC Hospital garden



(CC) Phillip Jeffrey.

<https://www.flickr.com/photos/tyfn/9364050/>

Pacific Spirit Park



Image: Justin Norris, Flickr

Wellbeing at UBC

<http://www.wellbeing.ubc.ca>



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Wellbeing at UBC

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Built and Natural Environments



From outdoor public spaces that support social interaction and informal learning, to buildings that are designed as healthy learning and research spaces to accessible pedestrian and cyclist friendly pathways, UBC's campus environments—both built and natural—play an important role in facilitating physical, mental, social and ecological wellbeing for all of our community members.

Wellbeing Priority Areas

Built and Natural >
Environments

Food and >
Nutrition

Increasing >
Physical Activity
and Reducing
Sedentary
Behaviour

Mental Health >
and Resilience

Social Inclusion >
and Connectivity

Wellbeing at UBC

<https://students.ubc.ca/health-wellness>



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Vancouver Campus



Student Services

New to UBC

Academic success

Health & wellness

Campus life

Career + experience

Courses, money & enrolment

Logins

Student Services » Health & wellness



Health & wellness

Mental health and wellness are an important part of your academic success and everything you do. When you take care of yourself, it's easier to get better grades and feel good in life.

Self-help resources

I'm looking for info about sex and sexual health

Sexual health is an important part of your physical and emotional health. Learning more about sex and sexuality can...

I'm having trouble in my classes

Resources and information to help you work smarter, not harder.

I feel stressed & overwhelmed

Stress is a part of everyday life that sometimes leads to feelings of anxiety. You can learn to manage stress and...

One Minute Essay

What do you hope to learn this term?