Tutorial Letter 101/3/2018

Environmental Psychology

IOP1503

Semesters 1 & 2

Department of Industrial and Organisational Psychology

IMPORTANT INFORMATION
Please register on myUnisa, activate your myLife e-mail address and make sure that you have regular access to the myUnisa module website, IOP1503-2018-S1/S2, as well as your group website.

Note: This is an online module and therefore it is available on myUnisa. However, in order to support you in your learning process, you will also receive some study material in printed format.
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Dear Student

1 INTRODUCTION

Welcome to Environmental Psychology (IOP1503). We trust that you will find this module interesting, meaningful and enriching, and that it will also be of practical value to you in your personal life and work situation.

This tutorial letter contains important information on your study programme, irrespective of whether you are enrolled for the first or second semester. Read it carefully before you start with your studies and always keep it close by and available.

Remember that IOP1503 is a semester module. You will write your examination in May/June 2018 (first semester) or October/November 2018 (second semester), so do not waste any time. Start studying as soon as possible.

During the semester you will have to work hard, but with the necessary motivation and a regular programme of study, you should, at the end of the semester, be able to look back on another module successfully completed. Also read the booklet entitled Study @ Unisa – it contains important information that will not be repeated.

Because this is an online module, you will have to use myUnisa to study and complete the learning activities for this course. Visit the website for IOP1503 on myUnisa frequently. The website for your module is IOP1503/2018/S1 for semester 1, and IOP1503/2018/S2 for semester 2.

Getting started

You can read about this module and find your study material online. Go to the website at https://my.unisa.ac.za and log in using your student number and password. You will see IOP1503/2018/S1 or IOP1503/2018/S2 in the row of modules displayed in the orange blocks at the top of the webpage. Select the More tab if you cannot find the module you require in the orange blocks. Then click on the module you want to open.

You will receive a printed copy of this tutorial letter and the online study material for your module. While the printed material may appear different from the online study material, it is the same, as it has been copied from the myUnisa website.

We wish you much success in your studies!

2 OVERVIEW OF THE MODULE

2.1 Purpose

This module is intended for all people who are pursuing a career in the field of industrial and organisational psychology, including practitioners in the field of human resources. The purpose of this module is to enable you to develop a fundamental knowledge base of principles and theories related to environmental psychology in the organisational context, so that you can apply this knowledge in assisting individuals and organisations to evaluate, develop and engage in behaviour and decision-making that contributes to the performance of individuals and the organisation.

Tier 1: Person-environmental relations (covered in learning units 1 to 3)
Tier 2: Environmental psychology in the workplace (covered in learning units 4 to 6)
Tier 3: Applying environmental psychology (covered in learning units 7 to 8)
This module is delivered using myUnisa and the internet, as well as peer group interaction. Community engagement is also included in some of the activities. Your lecturers will interact with you on myUnisa and via e-mail.

2.2 Outcomes

After having mastered the study material, you should be able to

- explain the importance of the theoretical and scientific processes underlying person-environmental relations in the work context.
- describe the effects of environmental stressors as they manifest in the person-environment interaction
- justify the application of the principles of environmental psychology in improving the relationship between the environment, people and workplaces

3 LECTURER(S) AND CONTACT DETAILS

3.1 Lecturer(s)

Your lecturer(s) for this module are:

Ms Wendy Mvana-Dyosi (Primary lecturer)
Mr Michael Leary (Secondary lecturer)

Department: Industrial and Organisational Psychology
Telephone: 012 429 8033 or 012 429 8054
E-mail: DeptIOP@unisa.ac.za

3.2 Department

The Department of Industrial and Organisational Psychology is in the AJH van der Walt Building on the main campus (Muckleneuk, Pretoria), 3rd floor.

You can contact the Department at

Telephone number: 012 429 8033 or 012 429 8054
E-mail: DeptIOP@unisa.ac.za

3.3 University

To contact the University, follow the instructions in the brochure Study @ Unisa. Remember to have your student number available whenever you contact the University.

Whenever you write to a lecturer, please include your student number to enable the lecturer to help you more effectively.

4 RESOURCES

4.1 Joining myUnisa

If you have access to a computer that is linked to the internet, you can quickly access resources and information at the University. The myUnisa learning management system is the University's online campus that will help you communicate with your lecturers, with other students and with the administrative departments at Unisa – all through the computer and the internet.
You can start at the main Unisa website at http://www.unisa.ac.za and then click on the myUnisa orange block. This will take you to the myUnisa website. To go to the myUnisa website directly, go to https://my.unisa.ac.za. Click on the Claim UNISA Login on the right-hand side of the screen on the myUnisa website. You will then be prompted to give your student number in order to claim your initial myUnisa details, as well as your myLife e-mail login details.

For more information on myUnisa, consult the brochure Study @ Unisa, which you have received with your study material.

### 4.2 Other resources – printed support material

Because we want you to be successful in this online module, we also provide you with some of the study material in printed format. This will allow you to read the study material, even if you are not online. The printed study material will be sent to you at the beginning of the semester, but you do not have to wait for it before you start studying – you can go online as soon as you have registered and find all your study material there. The material we will send you is an offline copy of the formal content for the online module. Having an offline copy will enable you to study for this module WITHOUT having to use the internet or to go to an internet café. It will save you time and money, and you will be able to read and re-read the material and start doing the activities.

Still, it is very important that you log in to myUnisa regularly. We recommend that you log in at least once a week or every 10 days to do the following:

- **Check for new announcements.** You can also set your myLife e-mail account to receive the announcement e-mails on your cellphone.
- **Do the Discussion Forum activities.** When you do the activities for each unit, we want you to share your answers with the other people in your group. You can read the instructions and even prepare your answers offline, but you will need to go online to post your messages.
- **Do other online activities.** For some of the activities in your study units, you will have to post something on the Blog, take a quiz, or complete a survey under the Self-Assessment option. Do not skip these activities, because they will help you complete the assignments and the other activities in the module.

We hope that giving you extra ways to study the material and do all of the activities will help you succeed in this online module. To get the most out of the online course you MUST go online regularly, in order to complete the activities and assignments on time.

Remember, the printed support material is back-up material for everything that is found online on myUnisa. It does not contain any extra information. **In other words, do NOT wait for the printed support material to arrive before you start studying.**

### 4.3 Library services and resource information

For brief information, go to www.unisa.ac.za/brochures/studies. For detailed information, go to http://www.unisa.ac.za/library. For research support and the services of personal librarians, click on "Research support".

The Library has compiled numerous library guides:

- finding recommended reading in the print collection and e-reserves – http://libguides.unisa.ac.za/request/undergrad
- requesting material – http://libguides.unisa.ac.za/request/request
- postgraduate information services – http://libguides.unisa.ac.za/request/postgrad
- finding, obtaining and using library resources and tools to assist in research – http://libguides.unisa.ac.za/Research_Skills
5 HOW TO STUDY ONLINE

5.1 What does it mean to study fully online?

Studying fully online differs completely from studying some of your other modules at Unisa.

- **All your study material and learning activities for online modules are designed to be delivered online on myUnisa.** Although we give you a printed copy to support your studies, the module is designed to be delivered online.

- **All of your assignments must be submitted online.** This means that you do all your activities and submit all your assignments on myUnisa. In other words, you may NOT post your assignments to Unisa using the South African Post Office. [This will depend on the module.]

- **All of the communication between you and the University happens online.** Lecturers will communicate with you by e-mail, and by using the Announcements, the Discussion Forums and the Questions and Answers options on myUnisa. You can also use all of these ways to ask questions and contact your lecturers.

5.2 The myUnisa options you will use

All of the information about myUnisa options/tools is located under Unit 0 on the myUnisa website for this module. However, we thought it important to highlight the options that will be used for your formal assignments.

In this module, there are three different types of assessment for which we will use different myUnisa menu options/tools:

- **Discussions:** This is the place where the online discussion forums take place and where you can share your ideas and insights with other students in your group. For many activities, the discussion forums are also used, and there are five activities that will count as assignments for this module. For these assignments to be submitted, the teaching assistant (TA) for the site needs to create a forum with a topic, for example Assignment 01 under Discussions. When you click on Discussions, you should find the topic Assignment 01: Language Diversity. Here you click on Reply and a message box is displayed in which you will do your assignment. Scroll down to Publish to finalise/submit the assignment. Never create a new topic by yourself, unless the TA requests you to do so. For the activities that need to be done under Discussions, the TA will create a forum called Unit 1 and then a topic for the activity. Again, do the activity as a reply under the topic created by the TA, and not as a separate topic.

- **Assignments:** The assignments that are not done under Discussions are called written assignments. Depending on the assignment, you may be asked to fill in a form or type a document. These typed assignments must be submitted as Word documents using the online Assignments tool on myUnisa. The instructions for submitting these assignments are given under Unit 0. The assignments will be routed to your TA, who will mark them.

Under Discussions, several other discussion forums are available where you can share ideas and post your opinions online. We have also provided the Social Indaba where you can socialise with the other students doing the course. (In several African languages, an indaba is a place where people gather to interact socially.)

You may also ask questions using the Questions and Answers option. If your question is of general importance, your TA may publish it for the whole group to see.
6 ASSESSMENT

6.1 Assessment plan

The following is a breakdown of the assignments as they become due during the respective semesters:

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<thead>
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<th>ASSIGNMENT NUMBER</th>
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<tr>
<td>Assignment 01:</td>
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<tr>
<td>Compulsory – for examination admission and 50% of year mark out of 20.</td>
<td>Semester 1: 16 March 2018</td>
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<td>Assignment 02:</td>
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<tr>
<td>Compulsory – for examination admission and the other 50% of year mark out of 20.</td>
<td>Semester 1: 6 April 2018</td>
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<tr>
<td>Assignment 03:</td>
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<tr>
<td>Not compulsory – complete it, but do not submit it. Feedback is provided in this tutorial letter.</td>
<td>Self-assessment</td>
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To enable you to benefit fully from our tuition and assessment, the management of Unisa has decided to introduce compulsory assignments for this module for 2018. You must submit the two compulsory assignments for the semester in which you are registered.

If Assignments 01 and 02 are submitted on time (that is, on or before the due date) you will gain examination admission. Your mark for these assignments will not influence your examination admission. However, your marks for each of these two compulsory assignments (Assignments 01 and 02) will contribute 50% to a year mark out of 20%, which will be added to your examination mark, which will contribute the other 80% to your final mark.

6.2 Year mark and final examination

Your year mark for this module will be calculated as follows:

- Weighting of the course: year mark (20) and examination (80)
Your year mark, based on the average mark obtained for the two compulsory assignments (each contributes 50%), contributes 20% toward your final mark, while your examination mark contributes 80% to your final mark.

The combined, weighted average of your year mark and examination mark must be 50% or higher for you to pass the module/subject. However, you must obtain a minimum of 40% in the examination, regardless of your year mark. If you obtain less than 40% in the examination, you will fail.

For example:

Assignment marks = 70% for Assignment 01 and 70% for Assignment 02 = 140/2 = 70%
20% of the final mark = 14%
Say, your examination mark = 50%
80% of the final mark = 40%
Final mark = (20% assignment marks) + (80% examination mark)
= 14 + 40%
= 54%

7 YOUR ASSIGNMENTS

SEMESTER 1 ASSIGNMENTS

COMPULSORY ASSIGNMENT 01 OF SEMESTER 1

(for examination admission and 50% of a year mark out of 20)

PLEASE SUBMIT TO THE ASSIGNMENT DEPARTMENT FOR MARKING

Closing date: 16 March 2018
Unique number: 700846
Learning units: 1 - 4

The assignment has to be answered on a MARK-READING SHEET. Consult your Study @ Unisa brochure on how to complete the mark-reading sheet.

PLEASE NOTE:

- Students who have access to myUnisa (http://my.unisa.ac.za) can submit their assignments via this medium. However, ALL myUnisa enquiries should be directed to myUnisahelp@unisa.ac.za and NOT to the lecturers responsible for this module.
- You may submit your assignment before the due date, but your assignment may not be marked before the closing date.

The submission dates are subject to change. It is your responsibility to check and confirm the due dates for assignments.

1. Psychologists deal with environmental problems such as ____________.
   1. pollution
   2. population density
   3. lighting conditions
   4. All of the above
Use the information below and answer questions 2 to 5:

Thando Madiba is an intern at Eskimo (Pty) Ltd. She is currently sharing an office with three other interns. The office is quite small, windowless and there is barely any space to move around. Thando’s chair is very uncomfortable to sit on and gives her backache. Her office mates are always talking, which makes it impossible for her to concentrate on her work. This depresses Thando, as she hardly gets any work done.

2. The effect of Thando’s cramped work environment on the execution of a specific task is an example of which one of the following?
   1. Multidisciplinary.
   2. Individual behaviour.
   3. Sustainable development.
   4. Systematic interrelationship.

3. It is the responsibility of an/a __________ to see to it that Thando’s office chair is up to standard.
   1. accountant
   2. human resource practitioner
   3. ergonomist
   4. architect

4. Thando’s reaction to the noise in her office is an example of __________.
   1. depression
   2. individual behaviour
   3. personality
   4. systematic interrelationship

5. Environmental psychologists have to think creatively and find ways of making the best of the small spaces they have at their disposal. Which one of the following would NOT improve Thando’s quality of living?
   1. Giving her a comfortable chair that supports her back.
   2. Referring her to a psychologist that will help her understand her work environment better.
   3. Putting up cubicles in her office to give her privacy.
   4. Installing windows in her office for better lighting.

6. The stimulus theory explains the environment as full of stimuli such as ________ that guide(s) our behaviour.
   1. an examination scenario
   2. light, colour, sound, heat and cold
   3. childhood experiences, people and buildings
   4. physical and psychological stressors

Read the scenario below and then answer questions 7 and 8.

Jack is a 24-year-old first-year student who works as a sales consultant. He lives with his wife, their three small children, his four siblings and both parents in a two-bedroom house. Jack is the breadwinner. He feels completely overwhelmed, as he has to study daily and submit assignments almost every week, in addition to his work obligations.
7. Jack’s burden describes which one of the following behavioural theories?

1. Stimulus theory.
2. Control theory.
3. Stress theory.
4. Overload theory.

8. Jack has been admitted to a local clinic and the doctor attending to him informs his family that his blood pressure is too high and his heart beats faster than normal. This describes the _______ reaction.

1. stress
2. arousal
3. physical
4. psychological

9. Dr Omotoso, an IOP lecturer, received a warning from her supervisor for painting her work office purple, as this is against the university policy. His action describes the _______.

1. stimulus theory
2. behaviour theory
3. arousal theory
4. control theory

10. Studying environmental psychology enables you to _______.

1. understand why some things happen
2. predict what will happen in the future
3. control the variables that may influence behaviour
4. all of the above

11. “Education is a personal characteristic that affects environmental perception.” Is this statement true or false?

1. True.
2. False.

12. Gifford (2007) emphasises that people seem to adopt a way of perception that is characterised by their chosen _______.

1. personality
2. culture
3. profession
4. environment

13. _______ research has proven that culture does not only affect the languages and customs of people, but that it also affects the way people experience the world.

1. Environmental
2. Brain
3. Cultural
4. Behavioural
Use the scenario below to answer question 14.

*Jason is a new intern at JMC construction. His office is always untidy and he is therefore often perceived as incompetent, disorganised and lacking in performance when compared to other interns with neat and uncluttered offices.*

14. The scenario describes the role of ________ in perception in the office environment.
   1. cultural differences
   2. personal influences
   3. physical influences
   4. cognitive differences

15. Maps, signs or landmarks used as navigation tools in an attempt to make the area more understandable are examples of ________.
   1. way-finding
   2. environmental attitudes
   3. coding
   4. spatial cognition

16. Joshua usually suffers from depression during the winter season. He lives in the Northern Hemisphere where there is barely any sunlight during winter. This is known as ________.
   1. light affective disorder
   2. seasonal affective disorder
   3. winter stressor syndrome
   4. light stressor syndrome

17. The state that occurs when an individual is faced with demands in the work environment that force him/her to change behaviour is called ________.
   1. an arousal reaction
   2. a psychological reaction
   3. stress
   4. affective syndrome

18. Sipho is a full-time employee and a student at Unisa. He is currently raising his five children alone. His parents are retired and in ill health, and are dependent on him for running errands. This is an example of ________.
   1. overload
   2. disorganisation
   3. unfair treatment
   4. vulnerability

19. Environmental stress is defined as the ________ and ________ of everyday life that we all experience.
   1. irritations, harm
   2. harm, frustrations
   3. thoughts, pains
   4. irritations, frustrations
20. Which one of the following is NOT a major aspect of the physical setting that affects employees?

   1. Sound.
   2. Air.
   3. Stress.
   4. Space.

21. “Stress results when one’s brain is faced with situations that are physically and mentally demanding.” Is this statement true or false?

   1. True.
   2. False.

22. The three bodily reactions to stress as identified by Hans Selye are________.

   1. alarm reaction; resistance; coping reaction
   2. alarm reaction; coping reaction; exhaustion
   3. alarm reaction; victimisation; exhaustion
   4. alarm reaction; resistance; exhaustion

23. Which one of the following does not represent coping?

   1. Preventing, avoiding or controlling emotional stress.
   2. Evaluating the success of coping mechanisms.
   4. Mobilising oneself to meet the demands of the environment.

24. Stress is an emotional and physical strain caused by our response to pressure from the outside world. Jonah’s child has been very sick, and this has kept him awake at night and negatively affected his work performance. This is an example of which type of stressor?

   1. Daily problems.
   2. Major life event.
   3. Cataclysmic event.
   4. Ambient stressor.

25. Matthew has a great personality and is physically fit. As a result he is never overwhelmed by stressful events. This is an example of which stress-relieving factor?

   1. Attitude.
   2. Relaxation.
   3. Hardiness.
   4. Control.

TOTAL: [25]

END OF COMPULSORY ASSIGNMENT 01 OF SEMESTER 1

Answers to and discussions on Assignment 01 of Semester 1 will be included in Tutorial Letter IOP1503/201/1/2018, which will be dispatched to you not later than six weeks prior to your examination date.
1. Working spaces can vary, including how people share that space. ______ involves a type of workspace with a full-sized cubicle with network, phone and power connections. It is likely to be used for a day or more at a time, and may be booked ahead of time.

   1. Hotelling
   2. Touchdown
   3. Desk sharing
   4. Huddle space

2. Which is NOT a characteristic of territoriality?

   1. Its boundaries are invisible.
   2. Its focal point can be the home.
   3. Defence is the characteristic response to intrusion.
   4. It is a relatively stationary area.

3. A fruit farmer in Mpumalanga putting up “no trespassing” signs and electric fencing around her property to keep the local community from taking the fruit without permission in order to protect his harvest is an example of ______ behaviour.

   1. occupancy
   2. possessive
   3. ownership
   4. territorial

4. ______ occurs in situations of high population density where personal space is at a premium and is a source of environmental stress.

   1. Territoriality
   2. Crowding
   3. Population density
   4. Lack of privacy
5. As an environmental psychology practitioner, you may be asked to assist organisations in tackling and managing the issue of employee privacy. ______ is what happens when a person is publicly misrepresented and is extremely offended.

1. Intrusion
2. Appropriation
3. Public disclosure of private facts
4. False light

6. When designing workspaces, several factors must be taken into account. These might not relate to the physical design, but might have a psychological impact on the workers. ______ is often facilitated by an open-plan office where people are able to look at one another, hear when others talk, and are reminded that they are never alone.

1. Stimulation
2. Socialisation
3. Identity
4. Control

7. ______ is a room or space assigned to a team. It includes permanent project elements such as work preparation tables, competitive data and timelines on walls.

1. Hotelling
2. A cave
3. A war room
4. Huddle space

8. ______ is a term used to describe practices that facilitate the progress of a place towards the goal of sustainable living.

1. Urban renewal
2. Urban sustainability
3. Urban regeneration
4. Urban augmentation

9. The goal of workplace design is to provide spaces that allow people to do their jobs with maximum effectiveness and comfort. Which of the following DOES NOT support the work of groups?

1. Reaction of a community.
2. Open proximity.
3. Linked communities.
4. Collaborative design.

10. ______ is a type of privacy that involves the creation of a psychological barrier against intrusion, where a person limits communication about him/herself with others when in public or in private.

1. Solitude
2. Intimacy
3. Anonymity
4. Reserve
11. In guiding environmentally responsible actions, there are two ways of dealing with environmental problems – either through technological solutions or through behavioural changes. Which of the following is NOT an example of behavioural change?

1. Conservation of resources.
2. Decrease of littering which contaminates the environment.
3. Workplace design issues.
4. Decreased dumping of industrial waste into rivers and lakes.

12. When comparing rural living to urban living, which of the following is NOT an issue of the urban environment which affects the physical, social and psychological functioning of people?

1. Noise pollution.
2. People avoiding eye contact with strangers.
3. The incidence of crime.
4. The slow pace of living.

13. How workspace is designed and occupied affects not only how people feel, but also their work performance, their commitment to their employer, and the creation of ______ in the organisation.

1. new knowledge
2. employment opportunities
3. interaction
4. dependency

14. What does the term "environmental degradation" mean?

1. The impact of cities on the natural environment.
2. Unsustainable practices.
3. The depletion or destruction of potentially renewable resources.
4. The effect of humans on the natural environment.

15. Which one of the following is NOT a current trend influencing environmental psychology?

2. Human behaviour.
3. Resource depletion.
4. Environmental upgrading.

16. There is a study that found that people of a Western culture (e.g. North American culture) think of themselves as highly independent entities. And when looking at scenes, Westerners tend to focus on central objects more than on their surroundings (Hedden & Gabrieli 2008). This is an example of how ______ influence(s) environmental perception.

1. cultural environment
2. the perception of culture
3. cultural inaccuracy
4. cultural differences
17. According to Garvare and Isaksson (2001), which one of the following reasons does NOT indicate why businesses should pursue sustainability?

1. The objective is to satisfy the needs of humans while keeping a balance with organisational profitability.
2. Our morality (our ethical values and principles) and our respect for the next generation; this implies that we live only on what is available today without borrowing from future generations.
3. In terms of survival, the stress that we are placing on ecosystems is far too large for the continued wellbeing of the planet. Therefore, sustainability is in fact a prerequisite for the long-term survival of the planet and its resources.
4. There are several organisational benefits and by embracing sustainability, an organisation positions itself to face the future.

18. The types of distances associated with personal space have close and far dimensions/phases, which represent the distance zones between two people. ______ is a zone used by speakers and their audiences, such as a lecturer speaking to a group of 30 or 40 people.

1. Personal space
2. Public space
3. Intimate space
4. Social space

19. Environmental health comprises those aspects of human health, disease, and injury that are determined or influenced by factors in the environment which include ______.

1. those aspects of human health that are influenced by environmental factors
2. the usage of chemical, physical and biological agents
3. housing, urban development, land use and transportation
4. the impact of industry on agricultural economy and health

20. Stimulus theories explain the environment as ______.

1. having too little or too much stimuli
2. full of sensory overload that guides our behaviour
3. involving the role of the body, emotions and thinking in person-environment interaction
4. the assumption that how we act or behave depends on how stirred up we are

21. Which one of the following is NOT part of the definition of environmental psychology?

1. A multidisciplinary field that includes many disciplines involved in human interaction.
2. The behavioural science that focuses on the effect of the environment on people’s behaviour and vice versa.
3. The issue of unpredictable relationships that exist between independent elements.
4. The issue of the environment, which is the setting in which the behaviour takes place.

22. An architect designing an office and an ergonomist seeing to it that the equipment and the lighting in the offices are up to standard, is an example of ______.

1. behavioural science
2. multidisciplinary science
3. systematic interrelationship
4. environmental design
23. Raising awareness through environmental psychology awareness programmes aimed at all levels of education, from schools to universities, and at the general public, is an example of ________.
   1. increased awareness
   2. sustainable practices
   3. best business practice
   4. training and education

24. Lighting, sound, floor space, and the openness of the layout and architectural design are all examples of ________.
   1. elements in the physical workspace that can be identified as affecting fit or misfit between the person and the environment
   2. characteristics of the physical environment of work affecting personality
   3. prevailing models of stress at work
   4. psychological aspects that affect performance

25. For purposes of environmental psychology, how is noise defined?
   1. Unwanted sound.
   2. Sound above 100 db.
   3. Unnatural frequency.
   4. Sound over which one has no control.

TOTAL: [25]
SEMESTER 2 ASSIGNMENTS

You are required to submit the two compulsory assignments. If Assignments 01 and 02 are submitted on time (that is, on or before the due date) you will gain examination admission. Your mark for these assignments will not influence your examination admission. However, your marks for each of these two compulsory assignments (Assignments 01 and 02) will contribute 50% to a year mark out of 20%, which will be added to your examination mark, which makes up the other 80% of your final mark.

COMPULSORY ASSIGNMENT 01 OF SEMESTER 2

(for examination admission and 50% of a year mark out of 20)

PLEASE SUBMIT TO THE ASSIGNMENT DEPARTMENT FOR MARKING

Closing date: 24 August 2018
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Learning units: 1 – 4

The assignment has to be answered on a MARK-READING SHEET. Consult your Study @ Unisa brochure on how to complete the mark-reading sheet.

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- You may submit your assignment before the due date but your assignment may not be marked before the closing date.

The submission dates are subject to change. It is your responsibility to check and confirm the due dates for assignments.

1. According to Gifford (2007), environmental psychology is committed to research that subscribes to ________.
   1. best employer practices
   2. seasonal affective disorder
   3. consideration of the person and setting as a holistic entity
   4. winter depression disorder

2. “An environment can influence a person’s behaviour, however its factors DO NOT play a central role in human development, health, and disease.” Is this statement true or false?
   1. True.
   2. False.

3. Which one of the following issues is NOT a business practice that contributes to the sustainability of the natural environment?
   1. Environmental awareness initiatives.
   2. The use of research and development to come up with new technologies.
   3. The promotion of environmentally friendly products.
   4. Psychological aspects that affect performance.
4. As an environmental psychologist you need to consider the impact of human behaviour on the environment and how it affects business and people’s daily lives. Which one of the following is more likely to increase overcrowding on earth?

1. Sound.
2. Population.
3. Policy.
4. Resources.

5. Environmentally responsible behaviour can be encouraged through _________.

1. raising awareness and educating people through educational campaigns
2. improving the stewardship of natural resources
3. providing knowledge of business practices
4. maintaining privacy with territorial markers

6. Which of the following research methods used in gathering information focuses on the relationship between variables associated with natural events?

1. Questionnaires.
2. Rating scales.
3. Field experimentation.
4. Field correlation.

Read the scenario below and then answer questions 7 and 8.

Zoe and her friends have been chatting about the party they went to last night, but as soon as they enter the library they start to whisper. They are completely quiet by the time they reach their tables to study for their upcoming exams.

7. Which behavioural theory relates to the scenario above?

1. Control theory.
2. Behavioural setting theory.
3. Arousal theory.
4. Stimulus theory.

8. Zoe cannot concentrate and is frustrated because the lady sitting across her table is chatting on her phone. This describes the _________ theory.

1. control
2. environmental
3. stimulus
5. arousal

9. According to ________ model, a person enters an environment with a background context of politics, economics and his/her own history.

1. an environmental interaction
2. the behavioural-person interaction
3. the person-evaluation
4. an environment-person interaction
10. Which one of the following is NOT a physical variable that influences the interaction between a person and the environment?

1. Noise.
2. Personality.
3. Lighting.
4. Space.

11. The degree to which a measurement measures what it claims to measure is __________.

1. reliability
2. validity
3. mapping
4. the specimen

12. Which of the following describes research?

1. Re-evaluating the role of a person.
2. Systematic investigation.
4. Empowering employees with environmental knowledge.

13. It is impossible to overcome cultural differences by merely listening to the point of view of other races. Is this true or false?

1. True.
2. False.

14. The way we acquire, store, organise and recall information about locations, differences and arrangements in buildings and streets is called ________.

1. physical cognition
2. environmental influences
3. environmental cognition
4. environmental perception

15. Zakes, an environmental psychologist, is very much concerned about the physical environment. He views it as worthy of protection, understanding and enhancement. This describes ________.

1. environmental attitudes
2. environmental conation
3. environmental reaction
4. human perception

16. Which one of the following is NOT a common stress reaction or a physical symptom thereof?

1. Tension.
2. Irritability.
4. Fast heartbeat.
Read the following scenario to answer question 17:

*Bongi has been absent from work due to itchy eyes, skin rashes, a nasal allergy, fatigue, and aches and pains, and is sensitive to odours. Her doctor suspects that these symptoms are linked to substances generated in her office environment.*

17. Bongi might be suffering from ________.
   1. density syndrome
   2. sick-air syndrome
   3. sick-building syndrome
   4. heat and stress reaction

18. It is when stress gets out of control that it becomes harmful to your health, relationships and your enjoyment of life. Which one of the following is NOT an example of a stressful situation?
   1. You are a single parent and your boss informs you that the company you work for will be closing down in a few months.
   2. Amanda is a 40-year-old administrator whose salary is not rising at the rate of inflation.
   3. You work in a new office building with ventilation equipment that allows fresh air in.
   4. Derick is a full-time househusband who looks after his four kids. He has been told by a family friend that his wife is considering divorce.

19. “Chaos and disorganisation in your office may cause environmental stress.” Is this true or false?
   1. True.
   2. False.

20. According to Veitch and Arkkelin (1995), the psychological process of stress refers to your ental and ______ reaction.
    1. alarm
    2. coping
    3. emotional
    4. exhaustion

21. With regard to stress, the environmental psychologist is interested in ________.
    1. short-term responses to stress
    2. the level a potential stressor must reach before the worker experiences stress
    3. the growing awareness of people’s response to stress
    4. various stressors and stress variables

22. Which one of the following groups of factors plays a significant role in stress alleviation?
    1. Attitude; control; action.
    2. Action; control; relaxation.
    3. Action; attitude; social support.
    4. Attitude; social support; control.
22. Lighting, sound, floor space and the openness of the layout and architectural design are examples of ________.
   1. elements in the physical workspace that can be identified as affecting fit or misfit between the person and the environment
   2. characteristics of the physical work environment which affect personality
   3. prevailing models of stress at work
   4. psychological aspects that affect performance

23. Linda is an industrial psychology intern at Maslow CC. She is very diligent, copes well under pressure, and is able to predict events and determine the consequences before they actually take place. Her behaviour describes which one of the following stress-relieving factors?
   1. A hardy personality.
   2. Attitude.
   3. Control.
   4. Relaxation.

24. To cope with stress, Mohamed resorts to social behaviour by connecting with friends, family and colleagues. His response relates to ______ events.
   1. cataclysmic
   2. major life
   3. daily
   4. ambient

25. Badly designed chairs, bad use of properly designed chairs, and monitors and keyboards that are not comfortably placed, are all examples of poor ________.
   1. office equipment
   2. office management
   3. ergonomics
   4. office space

TOTAL: [25]

END OF COMPULSORY ASSIGNMENT 01 OF SEMESTER 2
Answers to and discussions on Assignment 01 of Semester 2 will be included in Tutorial Letter IOP1503/201/2/2018, which will be dispatched to you not later than six weeks prior to your examination date.
COMPULSORY ASSIGNMENT 02 OF ASSIGNMENT 2

COMPULSORY ASSIGNMENT 02 FOR SEMESTER 2
(for examination admission and 50% of a year mark out of 20)

PLEASE SUBMIT TO THE ASSIGNMENT DEPARTMENT FOR MARKING

Closing date: 7 September 2018
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The assignment has to be answered on a MARK-READING SHEET. Consult your Study @ Unisa brochure on how to complete the mark-reading sheet.

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1. Which one of the following is NOT an issue with open-plan offices?
   1. The overall perceptions of employees in open-plan offices tend to be positive.
   2. The overall perceptions of employees in open-plan offices tend to be negative.
   3. Open-plan offices are supposed to improve communication and supervisory control.
   4. Open-plan offices are supposed to facilitate positive work-related behaviour.

2. Coping involves the ability to ___________.
   1. prevent, avoid or control emotional stress
   2. engage in action-orientated behaviour
   3. consider social, psychological and constitutional resources
   4. all of the above

3. Which one of the following is NOT a characteristic of a sustainable city?
   1. The rights and property of the individual are respected.
   2. The consumer culture prevails.
   3. Local renewable energy sources are used.
   4. Pollution is avoided to a large extent.

4. The organisation’s commitment to the environment is reflected by ___________.
   1. encouraging staff to participate in research and development
   2. creating a culture where behaviour translates into action
   3. coming up with their own solutions to environmental problems
   4. making more informed decisions regarding recycling
5. Using tiles instead of bricks to pave the entrance outside a hospital is an example of _______ because a brick floor is uncomfortable and painful for patients when they are transported over it.
   
   1. social design
   2. green design
   3. communal design
   4. a beneficial design

6. These three factors influence the ways humans position themselves in comparison with others in the social and physical environment, also known as person-environmental spatial relationships.

   1. Territoriality, privacy and personal space.
   2. Territoriality, isolation and personal space.
   3. Territoriality, solitude and personal space.
   4. Territoriality, privacy and private space.

7. _______ is a process by which we regulate our contact with others when we choose to be open to, or closed from others.

   1. Privacy
   2. Solitude
   3. Isolation
   4. Closure

8. Designing spaces to have natural ventilation, thereby decreasing the need for air-conditioning which uses electricity, is an example of _______.

   1. social design
   2. green design
   3. communal design
   4. beneficial design

9. Which one of the following is NOT an appropriate environmental psychology value that is important for environmental best practices?

   1. Protecting the environment.
   2. Unity with nature.
   3. Awareness of a world of beauty.
   4. Disregard for tradition.

10. Which of the following is NOT a way in which we can conserve energy?

   1. Re-using discarded products.
   2. Developing an energy-saving attitude.
   3. Throwing away used goods.

11. Resources that will in all probability never run out, such as solar energy (from the sun), are called _______.

   1. continuous resources
   2. renewable resources
   3. extrinsic resources
   4. non-renewable resources
12. In environmental psychology, the term “environment” is defined by Veitch and Arkkelin (1995) as any natural setting, man-made setting or work setting. Which one of the following cannot be included in this definition?

1. The beach.
2. An airplane cockpit.
3. A restaurant.

13. Primary, secondary and public human territories are categorised as such by what factor?

1. The centrality of the territory to one’s personal life.
2. The degree of ownership and access.
3. The permanence of the territory.
4. The value of the property to the individual.

14. “The region surrounding a person which they regard as psychologically theirs” is a definition of _______.

1. personal space
2. psychological space
3. territoriality
4. space allocation

15. Gifford (2007) defines environmental attitudes broadly as the individual’s concern for the physical environment. Which of the following is NOT a component of an attitude?

1. The cognitive.
2. The appreciative.
3. The affective.
4. The conative.

16. The goal of workplace design is to provide spaces that allow people to do their jobs with maximum effectiveness and comfort. Which of the following DOES NOT support the work of groups?

1. The creation of a community.
2. Open proximity.
3. Linked communities.
4. Collaborative design.

17. ______ occurs in situations of high population density where personal space is at a premium and is a source of environmental stress.

1. Territoriality
2. Crowding
3. Population density
4. Lack of privacy

18. A ______ refers to what occurs when the way we view or perceive a situation is completely incorrect, often as a result of our previous experience, culture, gender or background.

1. perceptual reaction
2. perceptual inaccuracy
3. perceptual error
4. perceptual miscalculation
19. Which one of the following is NOT a type of behavioural theory that relates to the existing person-environment relationship?

1. Overload theories.
2. Stimulus theories.
3. Arousal theories.

20. Behavioural science studies the interaction between the ______ and the ______.

1. human; environment
2. crowd; environment
3. human; science
4. human; setting

21. In Kurt Lewin's formula for understanding environmental psychology, what does the "B" stand for?

1. Bridging.
2. Biology.
4. Bona fide.

22. The General Adaptation Model developed by Hans Selye is a very handy way of understanding the ______ reaction to stress.

1. psychological
2. biophysical
3. physiological
4. psychosocial

23. The ______ is a type of workspace with a rectangular table for two or four people with high partitions on three sides. The open side makes it easily accessible, while the other, high sides give a degree of privacy and intimacy.

1. war room
2. meeting room
3. storage
4. booth

24. Resources related to humans, such as their skills and abilities, are referred to as ______ resources.

1. continuous
2. renewable
3. extrinsic
4. non-renewable
25. At the World Summit on Sustainable Development held in Johannesburg in 2002, five areas of sustainable development were identified. Which one of the following is NOT one of those areas?

1. Increased housing possibilities.
2. Increased use of renewable energy sources.
3. The reduction of land degradation.
4. The reduction of hazardous waste materials.

TOTAL: [25]

END OF COMPULSORY ASSIGNMENT 02 OF SEMESTER 2

Answers to and discussions on Assignment 02 of Semester 2 will be included in Tutorial Letter IOP1503/201/2/2018, which will be dispatched to you not later than six weeks prior to your examination date.

ASSIGNMENT 03 – SELF-ASSESSMENT

NON-COMPULSORY ASSIGNMENT 03 FOR BOTH SEMESTERS
(Complete but do not submit – use feedback to self-assess.)

BASED ON STUDY UNITS 1 TO 8 IN YOUR STUDY GUIDE.

1. Kurt Lewin's formula for understanding environmental psychology states that behaviour is a function of the person and his/her environment. What does the "P" stand for?

   1. Place.
   2. Personality.
   3. Person.
   4. Psychology.

THE CORRECT ANSWER IS 3 (see study unit 1). Kurt Lewin devised an equation or formula, which states that behaviour is a function of the person and his/her environment. The formula \( B = f(P, E) \) is a behavioural formula used to understand environmental psychology. It means that an environment can influence a person's behaviour and a person can also influence his/her environment. Each of these symbols has a particular meaning and forms part of a general behaviour-environmental approach. The person (P) must be seen as imagining an environment (E) where certain behaviour (B) could be expected.

2. Lighting, sound, floor space and the openness of the layout and architectural design are examples of _______.

   1. elements in the physical workspace that affect the fit or misfit between person and environment
   2. characteristics of the physical work environment that affect personality
   3. prevailing models of environmental stress at work
   4. psychological factors that affect performance

THE CORRECT ANSWER IS 1 (see study unit 4). Elements in the physical workspace that can be identified as affecting the fit or misfit between the person and the environment at work can include lighting, sound, floor space, the openness of the layout, and architectural design such as colour and artwork.

3. The term "environment" as used in environmental psychology refers to ________.

   1. the setting in which behaviour takes place
   2. the individual's reaction to certain environmental stimuli
   3. orderly, predictable relationships between dependent systems
   4. human-environment interaction

THE CORRECT ANSWER IS 4 (see study unit 4).

TOTAL: [25]
4. The stimulus theory as used in environmental psychology refers to ________.
   1. the fact that how we act or behave in an environment depends on how stirred up we are
   2. stimulation received during childhood experiences
   3. the behaviour of a person within that environment
   4. the environment as full of sensory information that guides our behaviour

5. Environmental psychology examines ________.
   1. physical and social dimensions of the environment
   2. human behaviour and wellbeing in relation to the environment
   3. overcrowding, traffic congestion and noise
   4. reduced stress and increased productivity

6. Personal, cultural and physical ________ will have an effect on how we perceive the environment.
   1. personalities
   2. activities
   3. reactions
   4. influences

7. Which of the following is NOT a stress-relieving factor?
   1. Attitude.
   2. Relaxation.
   3. Action.
   4. Control.

THE CORRECT ANSWER IS 3 (see study unit 4). Each of the following stress-relieving factors may assist in stress reduction: attitude, control, a hardy personality, social support and relaxation.
8. At the World Summit on Sustainable Development held in Johannesburg in 2002, five areas of sustainable development were identified. Which of the following is NOT one of those areas?

1. Increased use of alternative and renewable energy sources.
2. The reduction of land degradation.
3. The reduction of hazardous waste materials and various types of pollution.
4. The building of high-rise buildings to increase housing possibilities.

THE CORRECT ANSWER IS 4 (see study unit 8). At this summit the following five areas of sustainable development were identified: access to clean drinking water and sanitation; greater access to modern energy sources, increased use of alternative and renewable energy sources and the reduction of over-consumption; agricultural productivity and the reduction of land degradation; health, with specific emphasis on the reduction of hazardous waste materials and various types of pollution such as air pollution and diseases caused by water pollution and poor sanitation facilities; and, lastly, biodiversity (management of plant and animal life) and ecosystem management (sustaining all life in a particular area).

9. What is environmental perception?

1. The ways and means by which we collect information through all our senses.
2. The way we acquire, store, organise and recall information about our environment.
3. How individuals respond to everyday scenes.
4. How we think about or remember a place, with no particular reference to its relative location.

THE CORRECT ANSWER IS 1 (see study unit 3). Environmental perception may be described as the initial gathering of information. We are primarily visual beings, but environmental perception can also include the ways and means by which we collect information through all our senses. Perception is therefore a very complicated process.

10. “The region surrounding a person which they regard as psychologically theirs” is a definition of ________.

1. personal space
2. psychological space
3. territoriality
4. space allocation

THE CORRECT ANSWER IS 1 (see study unit 6). Personal space is the area surrounding an individual into which other people should not physically enter in order for the individual to feel comfortable and secure. The amount of personal space required depends on each person. For example, someone who is accustomed to busy city life, especially riding in crowded taxis, may be more tolerant of others standing very close to them than someone who lives in a more rural area. In fact, someone who is used to having their personal space respected may become extremely anxious and claustrophobic when placed in a situation where people stand too close to them and crowd them.

11. The term “urbanisation” used in environmental psychology refers to ________.

1. the movement of people from rural to urban areas and the growth of urban areas
2. high population volumes
3. practices that facilitate a place or region’s progress towards the goal of sustainable living
4. a high population density

THE CORRECT ANSWER IS 1 (see study unit 5). Urbanisation is the physical growth of urban areas because of global change. Urbanisation is also defined by the United Nations as the movement of people from rural to urban areas, with population growth equating urban migration. The flood of people into the urban environment is a cause for concern, as it places a heavy demand on essential services.
12. Anonymity refers to when a person wishes to be among others, but does not want to be personally identified, and is a form of _______.

1. solitude
2. privacy
3. reservation
4. intrusion

THE CORRECT ANSWER IS 2 (see study unit 6). Anonymity is a form of privacy desired when a person wishes to be among others, but does not want to be personally identified or to interact on a personal basis, such as when famous celebrities like actors or singers occasionally desire to walk among people as ordinary individuals, to see what normal life is like. Ordinary individuals also desire anonymity sometimes. Do you ever go to the shopping mall simply to absorb the hustle and bustle, without wanting to interact with anyone else?

13. Rating scales can be used when doing research in environmental psychology. They can be defined as _______.

1. instruments used when people are asked to provide information regarding their opinions, beliefs, behaviours and attitudes
2. carefully controlled conditions designed to eliminate the influence of non-related variables
3. an instrument that requires the one who is doing the rating to assign the number which is considered to reflect their perceived value
4. the relationship or association between two or more variables associated with a natural event or real-world situation

THE CORRECT ANSWER IS 3 (see study unit 2). Once you have decided what kind of research you want to do, you need to select an appropriate measurement technique or instrument. As a researcher, you will have to be familiar with the various measurement techniques and whether they will be applicable in view of the client’s needs, behaviour constraints, advantages and disadvantages, and so on. Rating scales are instruments that require the person who is doing the rating to assign the number which is considered to reflect their perceived value.

14. Privacy is an interpersonal boundary-control process by means of which we regulate contact with others. Within this context, “selective control” refers to _______.

1. particular forces that cause us to approach some people for interaction, and to avoid others so as to be alone
2. acquiring a balance between too much and too little privacy
3. whether others will be permitted to join in, and on the type of interaction we want to exhibit
4. a dialectic process of opening and closing the self to others, thereby regulating contact

THE CORRECT ANSWER IS 1 (see study unit 6). Selective control occurs when we experience particular forces that cause us to approach some people for interaction, yet avoid others to be alone (depending on the time and situation). For example, as I sit here writing this study guide, I would rather not have family members or colleagues interrupt me in order to sit down and chat. On the other hand, when I go to the local gym at 17:00, I would be very disappointed if these same people were not there to greet me.

15. Attitudes are known to have three components, namely cognitive, affective and conative components. What is an example of a conative component?

1. Emotion.
2. Thought.
4. Situation.
IOP1503/101/3/2018

THE CORRECT ANSWER IS 3 (see study unit 3). Attitudes are known to have three components, namely cognitive, affective and conative components. In terms of the environment, the cognitive component refers to what an individual knows or thinks about a place, including facts and opinions about it. The affective component refers to the emotional aspects of attitudes towards a place, and the conative component relates to an individual's behaviour and intentions with regard to the place.

16. Raising awareness through environmental psychology awareness programmes aimed at all levels of education, from schools to universities, and at the general public, is an example of ________.

1. increased awareness
2. sustainable practices
3. best business practice
4. training and education

THE CORRECT ANSWER IS 3 (see study unit 8). Best business practice in respect of sustainability keeps the public broadly informed of the dangers threatening it, as well as of activities carried out in their pursuance. Environmental psychology awareness programmes should be aimed at all levels of education, from schools to universities, and should also target the general public through the development of information programmes. This should strengthen popular appreciation and respect for the environment.

17. Several psychological factors must be taken into account when designing workspaces for their psychological impact on the workers. Which of the options below is not a psychological factor?

1. Stimulation.
2. Socialisation.
3. Identity.
4. Relaxation.

THE CORRECT ANSWER IS 4 (see study unit 7). Several factors not related to physical design must be taken into account when designing workspaces with a view to their psychological impact on the workers. These psychological factors are stimulation, socialisation, identity and control.

18. Which of the following options is NOT a benefit that a person experiences when territoriality has been achieved?

1. A sense of wellbeing.
2. Feelings of control.
3. Regulated usage.
4. The perception of a pleasant setting.

THE CORRECT ANSWER IS 3 (see study unit 6). There are some psychological benefits that a person experiences when territoriality has been achieved, including a sense of wellbeing, a greater feeling of control, and the perception of a pleasant setting. Territoriality is important, because the presence of a territory gives us a sense of control over our lives. It enables us to regulate with whom and where we interact with others.

19. ________ involves a full-sized cubicle with network, phone and power connections. It is likely to be used for a day or more at a time and may be booked ahead of time.

1. Hotelling
2. A cave
3. A war room
4. Huddle space

THE CORRECT ANSWER IS 1 (see study unit 7). Working spaces can vary, including how we share the space. Some examples of the spaces that we use (Becker & Steele 1995; Marmot & Eley 2000) include hotelling, touchdown and desk sharing.
20. _______ is/are an example of the physiological processes that take place in a stressful situation.

1. The cognitive process
2. Emotional outbursts
3. The alarm reaction
4. The secondary appraisal procedure

THE CORRECT ANSWER IS 3 (see study unit 4). The alarm reaction is a physiological process that takes place to help the body deal with a stimulus. Your brain is constantly on the lookout for anything that threatens to upset its balance. If there are serious stressors around, it triggers off an alarm reaction. The alarm reaction prepares your body for action. This is sometimes known simply as the “fight or flight reaction”.

TOTAL: [20]

8 IN CONCLUSION

Do not hesitate to contact us by e-mail if you are experiencing problems with the content of this tutorial letter or with any academic aspect of the module.

We wish you a fascinating and satisfying learning journey and trust that you will complete the module successfully.

Your lecturers for IOP1503
Prof Maloa (Course leader)
Ms Wendy Mvana-Dyosi (Primary lecturer)
Mr Michael Leary (Secondary lecturer)

DEPARTMENT OF INDUSTRIAL AND ORGANISATIONAL PSYCHOLOGY

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