



INDIVIDUALS & ECOLOGY

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PSY 357: Community Psychology
2/23/2023

ANNOUNCEMENTS

- Assignment 2 available due 3/17! Questions?
- Details for assignment 3 coming soon (Due 3/31)

DISCUSSION TOPIC

Discuss how your relationships with the people and places in your life have influenced and shaped you.

KEY POINTS

Individuals
Matter

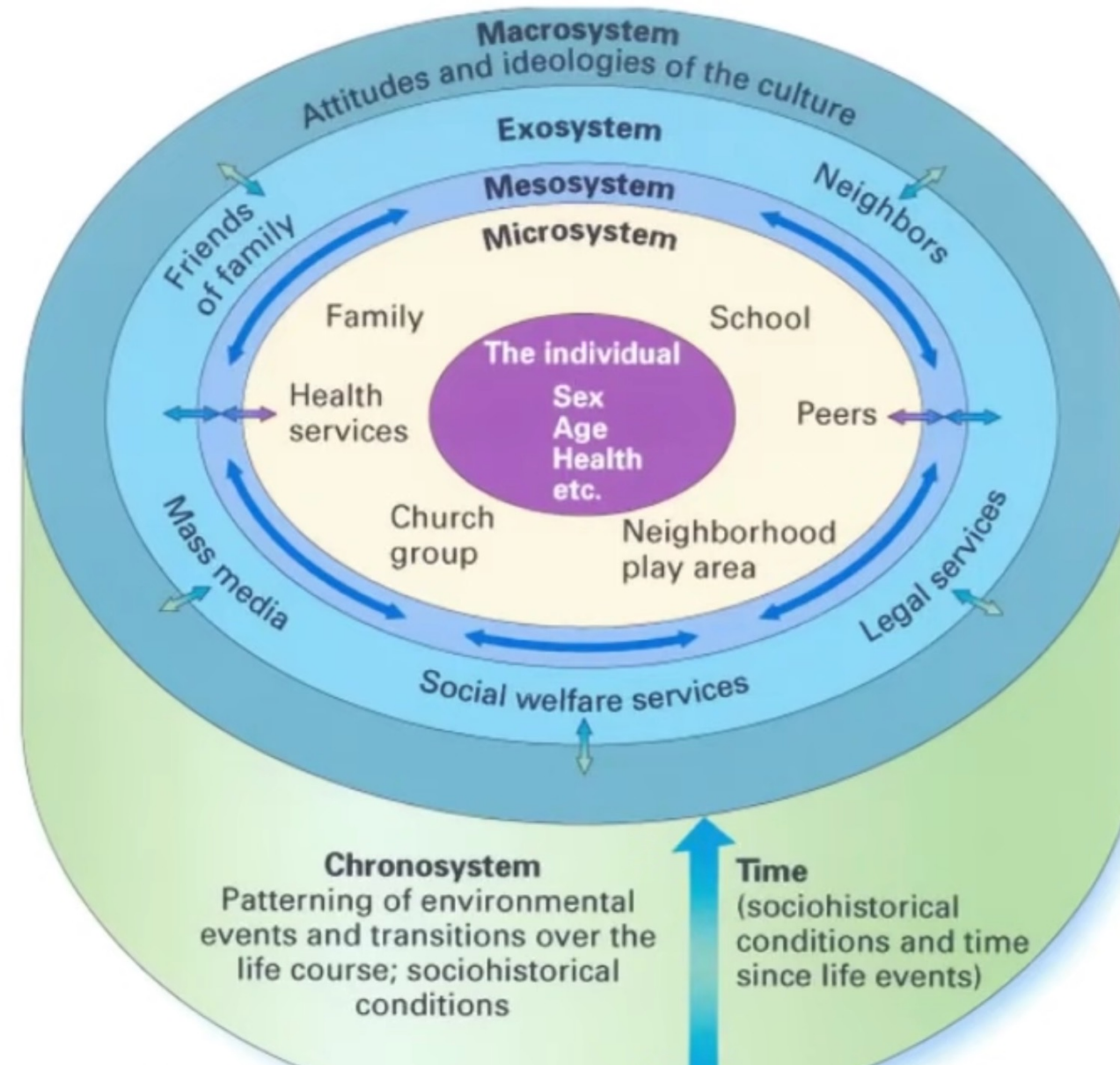
Relationships
Matter

Environments
Matter

Histories
Matter

BRONFENBRENNER ECOLOGICAL SYSTEMS RECAP

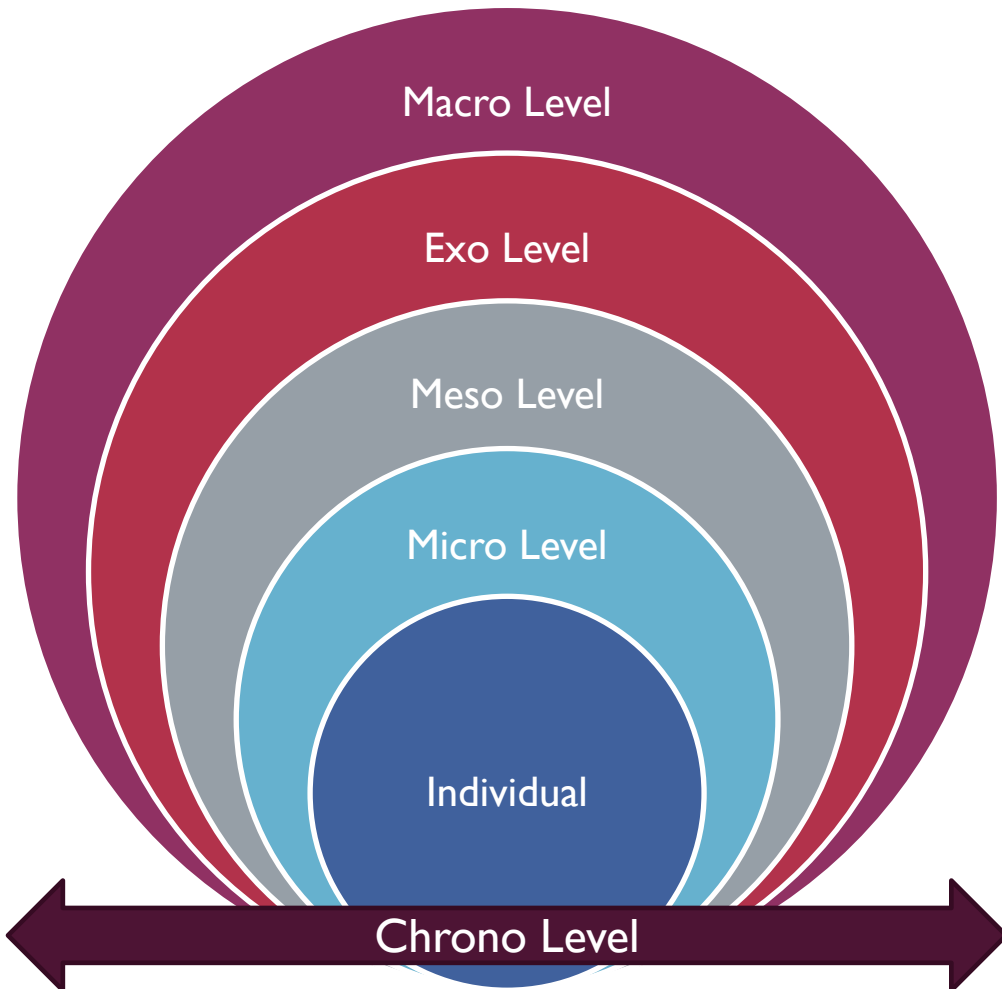
- Individual: All the things that make a single person. Age, health, Experiences
- Micro: All the individuals immediate everyday connections/relationships
- Meso: All the relationships/connections between the individuals immediate connections
- Exo: All the tangible institutions, people, services that influence a person but they have little influence on
- Macro: All of the attitudes ideologies, cultural norms that influence all levels.
- Chrono: The influence of time and changing sociocultural landscapes



WHAT IS AN INDIVIDUAL?

- Individuals are singular, complex, and full of contradictions/biases
- Individuals are made up of and moved by all their identities, histories (created and inherited), experiences, and ideologies
- When thinking about individual actions personality, experience, and trauma factors come into play
- Individuals are both shaped by and collectively create their social contexts

WHY DO INDIVIDUALS MATTER?



- Individuals are the smallest unit of measurement in Community Psychology
- Sometimes understanding individual difference and actions are how we can begin to understand larger systems, environments, & movements
- Individuals are not only influenced by larger systems, communities, and environments they also have the power to influence/direct them

WHAT ARE RELATIONSHIPS?

Ex: Project looking at how familial acceptance reduces LGBTQ youth suicidality

Individual

Chrono

Ex: Project exploring how racist ideologies change over time

Micro

Project exploring relationship dynamics amongst peers

Meso

Macro

Exo

Ex: Project looking at conflict and solidarity between Black and Latine populations in prison.

- Relationships are the connections and overlaps between and within these levels of analysis

They represent all of the dynamics that are formed when these levels of analysis mesh or don't mesh well

- Can you think of an example relationship that might exist in one of these overlaps?

WHY DO RELATIONSHIPS MATTER?

- Sometimes relationships are the foundation of a community research project and they're always the foundation of ecology.
- Understanding relationships allows researchers to account for interactions, influences, and behaviors that may seem irrational or out of place
- Learning about relationships allows researchers to integrate more contextual variables that may influence a research project
- Thinking critically about relationships allows a researcher to facilitate connections between & within communities as well as allows them to address conflict more effectively

WHAT ARE ENVIRONMENTS

- Environments are all the built and/or non-human factors present in an individual's context.
- Environments are essentially the stage on which all of humanity acts and reacts.
- Environments can be built and as such are sometimes subject to human influence. However, environments can also react on their own because of human influence.



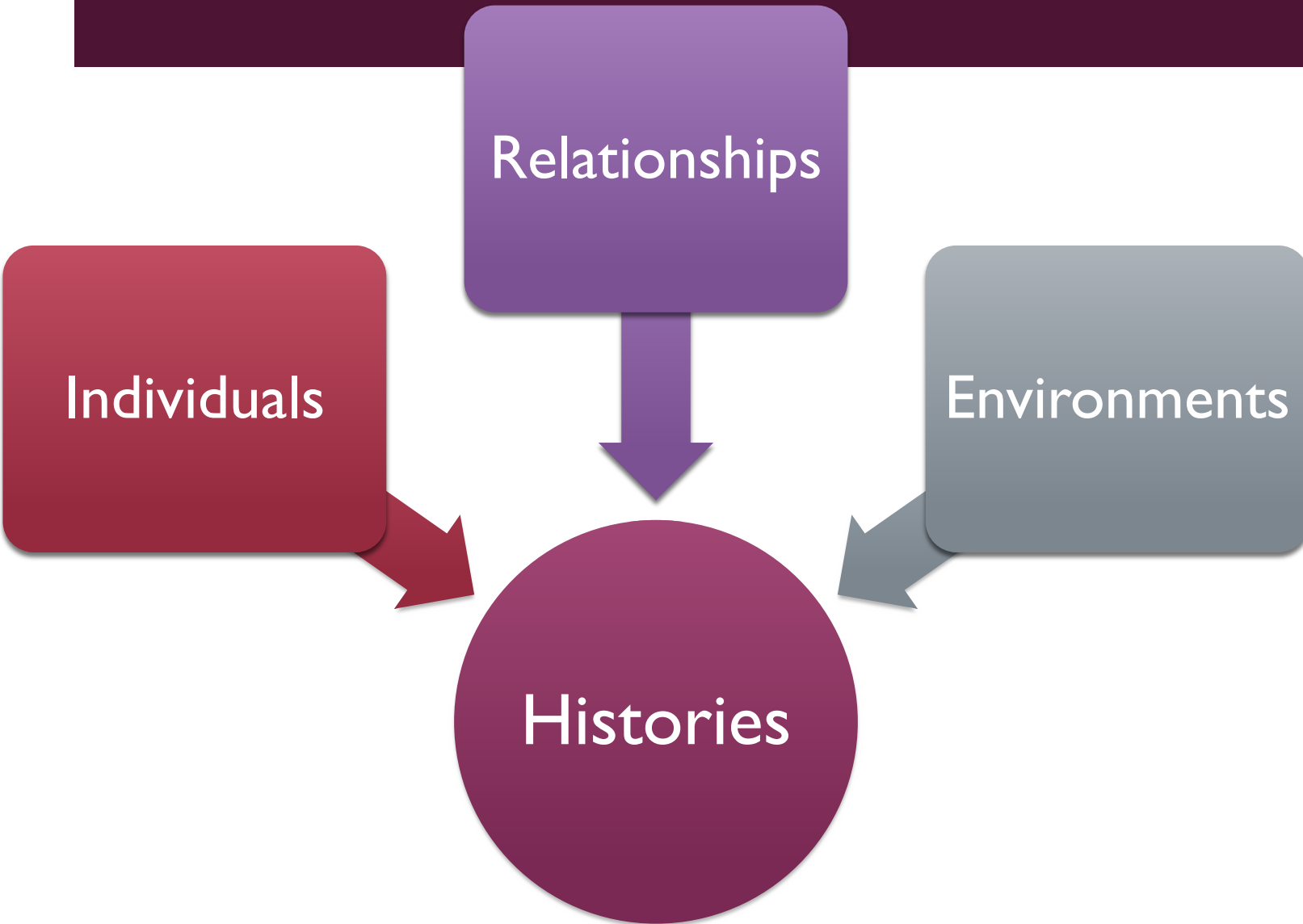
WHY DO ENVIRONMENTS MATTER?

- Understanding environments can tell researchers a lot about accessibility, social class, and support
- Environments shape the way individuals, groups, countries, can interact with one another
- People often create/influence their environments using their understandings of the world
- Human connections with their environments and physical space around them provides insight into how they move through the world

WHAT ARE HISTORIES?

- Histories are a record of events (Physical, Digital, Oral, Psychological)
- Histories exist at all levels (They can be personal, cultural, societal etc)
- Histories are often in conflict with one another
- Histories become what we think of as fact
- Histories are constructed centering the lens of whoever records it
- Dominant history (or the history that is put in textbooks and taught in school) is “written” by those in power
- Documenting and sharing history is a VITAL component of any communities survival

WHY DO HISTORIES MATTER?



- Histories are roadmaps to learning from past events, understanding current events, and predicting/ influencing future events
- Histories show us how ecological landscapes change
- Histories can be used to better understand individuals, relationships, and environments. In fact all of these must combine to shape a history.

ACTIVITY: BUILDING HISTORY

- Take a minute to think about the COVID Quarantine period.
- What do you remember hearing? What do you remember doing? What do you remember feeling?
- Looking back how did that time feel different or the same from how you are feeling now?
- Personally, what was going on in your life during that time? What kind of environment were you in?
- Did this time period and context influence you or folks you know in any way?
- If you had to describe this time period using 3 words what would they be?