

NATURE



GUIDE FOR FIRST YEAR
COLLEGE AND
UNIVERSITY STUDENTS

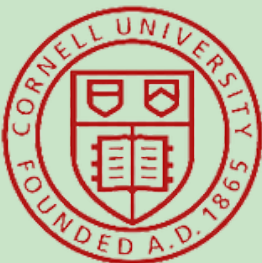


FAMILIES IN NATURE

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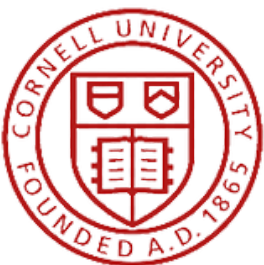


<https://naturerx.cornell.edu>
<https://familiesinnature.org>



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WHY

"YOU ARE NOT APART
FROM NATURE, YOU ARE
A PART OF NATURE."

— CELINE COUSTEAU

NATURE?

PSYCHOLOGICAL

- Increased creativity, joy, inspiration, focus
- Reduced stress, depression & anxiety

PHYSIOLOGICAL

- Better overall health, concentration, memory recall, problem solving, reasoning

BEHAVIORAL

- Improved mood and mindset
- Decreased loneliness

SOCIAL

- New friendships and experiences to share!



GETTING OUTSIDE

Incorporate nature into your every day life
with these easy options!

1 WALK TO CLASS

- If you have time, avoid taking the bus or driving to class and walk! Get a little blood pumping before sitting down for a while and increase your cognitive abilities in the process!

2 EAT YOUR LUNCH OUTSIDE!

- Soak up the vitamin D, breathe in some fresh air and give your eyes a break from fluorescent lights by finding a table or comfy spot to eat outside. Bring a frisbee, ball, art supplies, cards and more with you to turn lunch time into a fun outdoor break.



3 DO YOUR READING, COURSEWORK AND STUDYING OUTSIDE!

- Grab a friend or go solo and find a picnic table, set out a blanket or hang up a hammock around campus or at a nearby park - Bring a water bottle, some snacks . If you are studying in direct sunlight be sure to bring some sunscreen and a hat!
- Technology: If you normally listen to music while studying, bring out your headphones or speaker! Need internet? Try and use your smartphone's hotspot if you're in a place without WiFi. Make sure your devices are fully charged, bring a portable battery charger or scope out the nearest outlet. Many campus buildings have external outlets you can use if you're on a roll and your device is low on power.

STUDYING OUTSIDE DECREASES STRESS LEVELS AND INCREASES NATURAL ENERGY LEVELS, CREATIVITY, AND FOCUS!



4

SKIP THE GYM

- Opt for an outdoor workout! Going to hit the treadmill? Go for a jog instead! Try conditioning exercises, stretching, biking or yoga outside instead of in a gym.

5

SELECT COURSES THAT INVOLVE THE OUTDOORS

- Many biology, ecology, geology, environmental science, astronomy, oceanography, meteorology, or plant science courses include outdoor labs or field trips (Often structural engineering, cultural studies, or writing courses will also have outdoor sections)
- Try to find an outdoor internship - If your courses allow for it, try to find an internship that will give you a break from the office or classroom

6

PARTICIPATE IN COLLEGE/UNIVERSITY SPONSORED OUTDOOR EVENTS

- First-year or returning student events are a great way to meet new friends and get outside!
- Join camping, biking, hiking, surfing, paddling, skiing, or climbing clubs and outings. At some universities, students are allowed to borrow a university vehicle to go on their own adventures and can invite other students to join them.
- Check out events sponsored by the residence halls and other special interest/identity groups you might be interested in: ethnicity/racial groups; gender identity groups; language/culture focused groups; interest groups; etc.
- Get out on your own! Carpool with friends, split a ride share. Get tips on where to go from your local outdoor outfitter, bike or climbing shop, REI, Cabela's, Bass Pro Shop or other outdoor shop.

NEW SCHOOL

NEW

"A CHANGE IN THE WEATHER IS
SUFFICIENT TO RECREATE THE
WORLD AND OURSELVES."

- MARCEL PROUST

NATURE

**ADJUSTING TO A NEW SPACE AND
ECOREGION CAN BE CHALLENGING -
HERE ARE SOME TIPS AND TRICKS
TO HELP YOU GET SETTLED!**

GROUPS

- Explore the different clubs your school has to offer. Many campuses have clubs and groups for: Outings, hiking, climbing, camping, environmental science or sustainability, sailing, skiing, cycling, paddling, intramural sports and more!

GEAR

- Find your school's gear! Many campuses have camping, cycling, paddling, snowshoes, skis, paddleboards, backpacks, and more for you to borrow!
- Shop second-hand, looking at Facebook Marketplace or REI Garage Sales for gear. New outdoor gear can be expensive, but you don't need to spend lots of money to have great experiences in nature! Save the expensive gear for later. Many outdoor activities don't even require gear at all!



GREEN SPACE

- Visit the different green spaces on and nearby campus.
- Does your school have an Outdoor Recreation Center? Check it out!

GOING WITH THE SEASONS

"SUNSHINE IS DELICIOUS, RAIN IS REFRESHING, WIND BRACES US UP, SNOW IS EXHILARATING; THERE IS REALLY NO SUCH THING AS BAD WEATHER, ONLY DIFFERENT KINDS OF GOOD WEATHER."

- JOHN RUSKIN

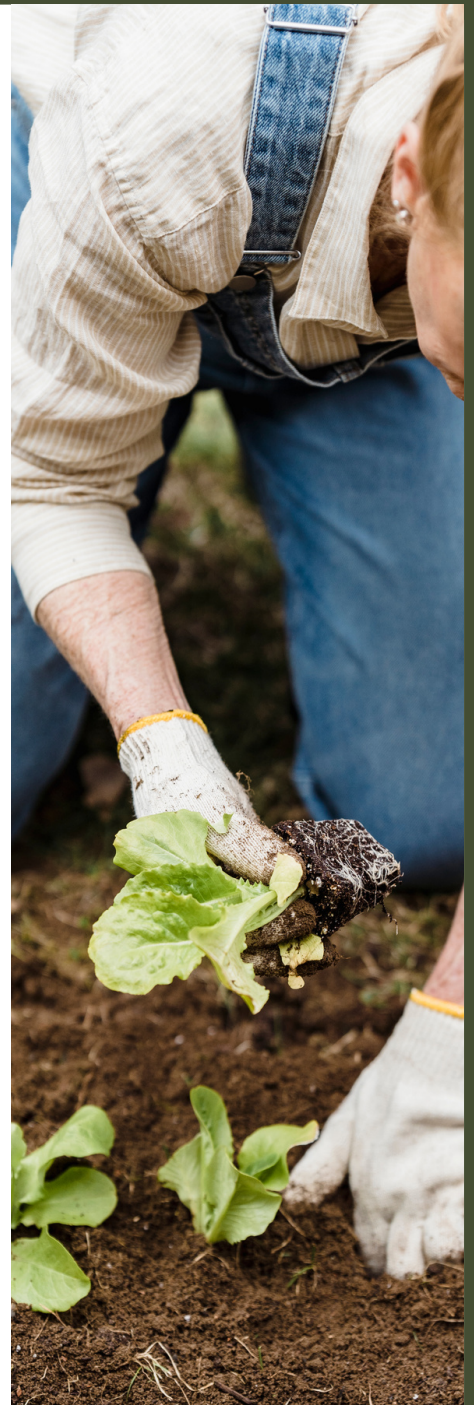
Depending on where you are, here are some ways to enjoy every season outside!



GOING WITH THE SEASONS

SPRING

- Does your campus have a community garden? If so, volunteer to plant seeds and transplants! If not, start one!
- Visit your local farmer's market for locally grown produce and handmade goods to reduce your carbon footprint, support small business and get outside with friends!
- Go on a spring hike and notice what has changed around you since winter. What plants are budding? Do you see any insects? Hear any birds?



SUMMER

- Make a splash at your local watering hole! Explore your nearby lakes, creeks, rivers and swimming holes. A pool will work too! Bring plenty of water, snacks, floaties and friends or take some solo time to rejuvenate and connect with yourself and the land.



- Looking for something a little more involved than swimming? Rent a kayak or borrow some fishing gear to get to know your bodies of water more closely! Always remember a life vest if you are using a kayak or canoe

FALL

- Check out your community's Fall festival or fair. Make your way through a corn maze, jump on a hayride and more!
- Are the leaves changing where you are? Use the colors of autumn for creative inspiration! Collect leaves for an art project, practice your photography skills, take a photoshoot with your friends
- Local produce picking - from visiting apple orchards to picking pumpkins fall has a lot growing no matter where you are! Have a baking party with your freshly picked treats or a pumpkin carving competition with your friends.



WINTER

- Bundle up for a snowball fight! Break into teams, build forts and channel your inner child! Bring a thermos with hot chocolate or tea for a much needed warming treat
- Go Sledding! Don't have a sled? You can try: Trash can lids, tops to plastic storage containers like Rubbermaids, large pieces of cardboard, laundry baskets and more!
- Have a campfire! (Be sure to find out your campus's rules about designated areas for fires and permissions)



GET FAMILIAR WITH THE UNFAMILIAR

DOWNLOAD THESE APPS TO LEARN
MORE ABOUT THE LOCAL FLORA,
FAUNA AND ECOSYSTEMS IN YOUR
REGION!

The Cornell Lab
Merlin



MerlinBirdID.com



YOU CAN ALSO...

- Visit your local and state park websites for more information
- Read through local field guides (Check your library!)
- Attend an event. Many state and regional parks offer free naturalist tours, fun workshops and online resources for self led visits
- Do nature sketching or photography



- Start a nature journal - Some examples of things you might include are:
 - A list of species you see
 - Leaf/tree rubbings, observations and trends
 - Drawings, paintings, sketches
 - Nature artifacts like interesting flowers, seeds
 - Observations and trends you see
 - Feelings or emotions that come up
 - Weather and other details of your experience
 - Poetry, song lyrics, quotes, stories
 - Measurements, charts, data
- Make a sit spot - A sit spot is simply any place in nature where you can visit on a regular basis with the intent of slowing down, connecting with nature and being in the present. You can use your nature journal here too!

YOU DON'T HAVE TO BE AN ARTIST TO
NATURE JOURNAL. JUST DOCUMENT WHAT
YOU ARE NOTICING!

FOREST BATHING

USE THE ANCIENT JAPANESE ART OF
SHINRIN YOKU (FOREST BATHING)
TO CONNECT TO YOURSELF AND THE
EARTH



Go on a slow walk to notice your surroundings
throughout each season. Using 4 of your 5
senses simply make note of what you are feeling
- what do you hear, smell, feel, see?



Forest Bathe at least once per week!
Go outside on your campus and walk slowly.
Try one of these invitations:

- Notice what is in motion around you. Large or small, far or near. Take a moment to notice what's moving on a smaller scale than you're used to!
- Notice any patterns around you, symmetry, color, geometry
- Find some water. Explore the water with your senses.
- Visit your sit spot

DRESS FOR THE WEATHER

"THERE'S NO SUCH THING AS BAD WEATHER, ONLY UNSUITABLE CLOTHING"
- ALFRED WAINWRIGHT

FALL & SPRING

PACK A JACKET!

- Mornings and evenings can be chilly. Bring a layer if you're going to be out all day
- Consider a rain coat and rubber rain boots for those wet days in between summer and winter



WINTER

LEARN TO LAYER

- The Triple Stack: Base Layer for wicking sweat (long underwear, long sleeved shirt, leggings), Middle Layer for insulation (fleece, down or synthetic jackets) and Outer Layer, the shell (waterproof or water resistant rain gear)
- Stay warm and choose wool over cotton! If it's wet and cold out trade your ankle socks for thicker wool socks and your sneakers for high top boots
- You lose heat quickest through your head, hands and feet. A warm beanie and a good set of gloves will get you a long way!
- Walking a long way in the snow? Try a pair of Yaktrax to prevent slipping!



SUMMER

KEEP COOL

- Wear shorts, t-shirts, swim suits, rash guards, sandals, hat and sunglasses
- Don't forget your insulated water bottle and electrolyte supplements, like coconut water, Liquid IV or Nuun.

BLOCK UP

- Use SPF sunscreen to protect your skin from harmful UV rays. Save the Earth and your body by purchasing sunscreen that is coral and reef safe. Some popular brands include: ThinkSport, Badger and Stream2Sea



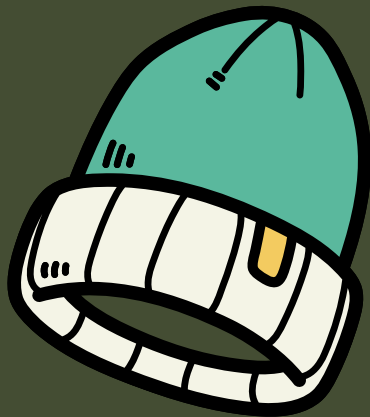
PRO TIP

Pack a bandana to dip in water and wrap around your head or neck to keep cool! A bandana is also a great multi use item to bring with you outside. It's handy for protecting against the sun, dust and bugs and is useful as a washcloth, cordage, many emergency first aid supplies and more!

PUT A LID ON IT

NEVER UNDERESTIMATE THE POWER OF A GOOD HAT

Hats can play a huge role in helping you have a successful time outdoors!



HATS:

- Protect against the sun
- Regulate your body temperature, keeping you cooler in the heat and warmer in the cold!
- Help you see farther and clearer
- Are a fun accessory to express yourself!

ADJUSTING TO ALTITUDE

IF YOUR NEW HOME IS AT A HIGHER ALTITUDE THAN YOU ARE USED TO IT CAN TAKE A COUPLE DAYS-WEEKS FOR YOUR BODY TO ADJUST. BE SURE TO:

- Drink less coffee and MORE water!
- Get enough sleep
- Protect yourself from the sun with our tips on page (INSERT PAGE)
- Avoid strenuous activity for the first few days
- Higher altitude means drier air - a small humidifier and moisturizing lotion can go a long way to keep your skin hydrated!



BRINGING NATURE TO YOU

"I GO TO NATURE TO BE SOOTHED
AND HEALED, AND TO HAVE MY
SENSES PUT IN ORDER."
—JOHN BURROUGHS

Welcome the outdoors into your home and reap
the benefits of nature 24/7

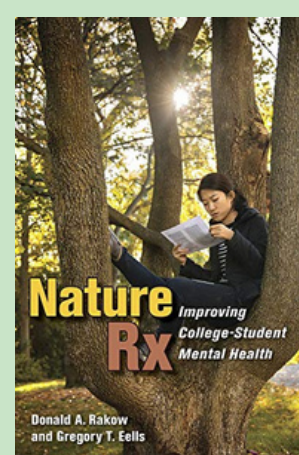
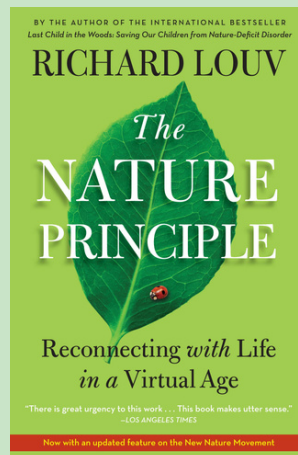
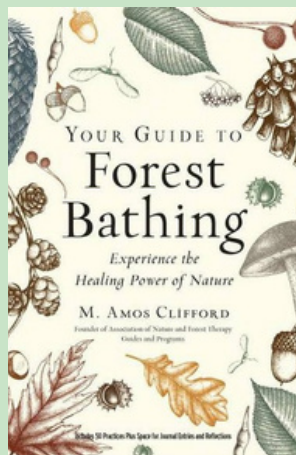
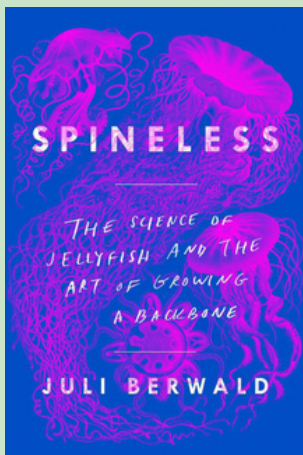
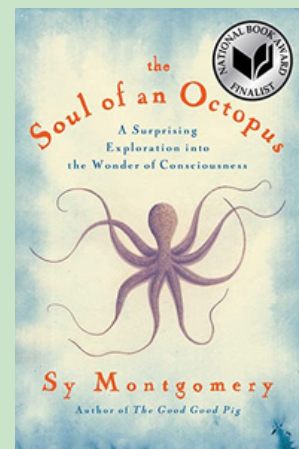
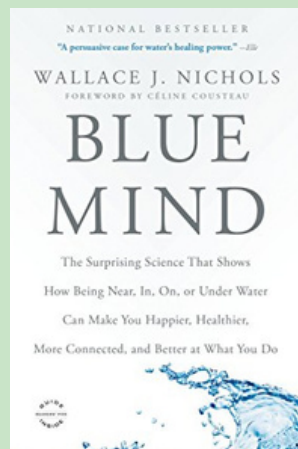
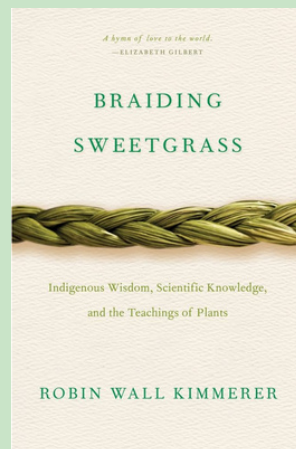
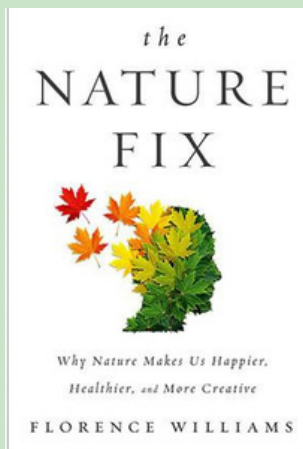
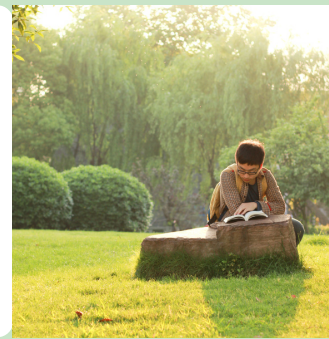


1. HOUSEPLANTS
2. DESKTOP AQUARIUM
3. NATURE PHOTOGRAPHY
TO DECORATE YOUR WALLS
4. NATURAL LIGHT LAMP
5. NATURE SOUNDSCAPES
(TRY THE SLEEPSOUNDS,
RAINY MOOD & RELAX
MELODIES
APP)

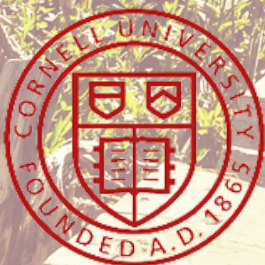
*DOUBLE CHECK
YOUR DORM/
APARTMENT
RULES
FIRST*

ARMCHAIR ADVENTURES

CONTINUE YOUR
JOURNEY TO NATURE
CONNECTION AT HOME
WITH THESE READS



DON'T
FORGET
TO HAVE
FUN!



FAMILIES IN NATURE