

Nature Rx

Summer B, 2025 IDH 2930

CLASS MEETINGS:

Meeting Time: Monday, 4th period (12:30-1:45pm)
Location: Little Hall 119

COURSE WEBSITE:

E-Learning (Canvas) website: <https://elearning.ufl.edu/>

REQUIRED TEXTBOOKS:

Williams, Florence. The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative. (2017)

INSTRUCTOR:

You are welcome to contact me via our information below or through Canvas messaging. If you email us directly, please use your “.ufl” account and include your name in the body of the email. We’re all located in the Health Science Center Library (Communicore Building), and we will be happy to meet with you upon request.

Nina Stoyan-Rosenzweig; Communicore 2-203; nstoyan@ufl.edu; 352-273-8406

COURSE DESCRIPTION:

This course explores the growing research base that supports engaging in and prescribing nature for all-including and especially college students. Through discussion, the reading and a few on-campus field trips, it will research how individuals can find a way into, and a place in nature that is essential to their well being.

Note 1: The class field trip will be self guided to the Natural Area Teaching Lab on campus.

Note 2: Read/watch assigned materials to prepare for discussion in class that day.

SCHEDULE OF TOPICS AND ASSIGNMENTS*:

<i>Date</i>	<i>Topic</i>	<i>Reading assignment/video assignment- read for class on the date indicated</i>	<i>Topic in greater depth/assignment due date/in-class activities</i>
June 30 th	Intro to the class	Watch this video- https://www.youtube.com/watch?v=m8hHa7H_0nY	The class will make introductions, review the syllabus, discuss the previous assignment for last week, discuss the reading and discuss the assigned brief video. Make plans for possible field trip. What is your interest in nature? What type of nature is most awe inspiring for you? Most beautiful? Due by July 6 th (note that the reflection will generally be due 4 days after class but in this case, the 4 th day is July 4 th do this reflection will be due on Sunday)

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July 7 th		<u>Nature Fix</u> Part I	What is your favorite outdoor space to visit? Type of habitat? Create an image of your ideal spot and upload to as your reflection. Due by July 11 th
July 14 th	Forest bathing	<u>Nature Fix</u> Part II Watch https://www.youtube.com/watch?v=5L8mEU40Gjs Optional watching https://www.youtube.com/watch?v=BvNksdPadJQ https://www.youtube.com/watch?v=94Swm13p4bA Optional reading https://healthy.kaiserpermanente.org/health-wellness/healtharticle.what-is-forest-bathing	Forest bathing is a well studied approach to spending time in nature, and has become a recognized, prescribed practice included in national health systems, being prescribed by physicians. Prescribing nature in the form of forest bathing practice or other ways of engaging is becoming an increasingly common practice. Try a session of forest bathing somewhere nearby and post a response – how did it feel? Did you see, hear, feel, smell anything you might not have noticed? Due by July 18 th
July 21 st	Getting outdoors: accessibility- Meet at the Harn Museum of Art	<u>Nature Fix</u> Part III Birdability website- https://www.birdability.org/ Watch: https://www.youtube.com/watch?v=-qcBW3Urhk	Are there times when you have felt unsafe being outside? Been unable to go to a particular place because it wasn't accessible? How might that lack of safety or difficulty in going outside be addressed? Upload your response. Due by July 25 th
July 28 th	When you can't get outside- Does virtual nature work? Project presentations.	<u>Nature Fix</u> Part IV Virtual Nature https://www.technologyreview.com/2023/06/26/1074325/forest-bathing-virtual-reality/	How does virtual nature make you feel? Is it as good as the real thing? Upload a response, including the source of virtual nature. Due by August 1 st
Take a self-guided trip to the Natural Area Teaching Laboratory		There is a Track Trails set up in the NATL- this opportunity is part of the Kids in Parks initiative- https://www.kidsinparks.com/	
August 4 ^h	Ways to spend time in nature	<u>Nature Fix</u> Part V Website: https://www.themindfulbirdingnetwork.com/ Watch https://www.youtube.com/watch?v=B8h7PauT63w	What are your favorite ways to spend time in nature? What does being in that space do to you? Upload images (photo, art, written descriptions) of how you like to spend time in nature and why you like to spend that time! Due by August 8 th .

*Spontaneity clause: The topics discussed on a particular day may be subject to change, depending on current events, and student and faculty interests.

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CLASS FORMAT:

This course is designed to be interactive, and discussion based. Class sessions will focus on discussion of the assigned chapters/pages and related materials, potentially including supplementary readings, videos, and other materials. Class time will not be limited to discussion and potentially will include other activities, while there will be required out of class special events. Various written assignments and the final project give you an opportunity to reflect further on course materials, learn about and extend what you have learned in class.

Requirements:

1. Complete reading as assigned and be prepared to discuss in class.
2. Complete assignment by the assigned date.
3. Complete a project investigating some aspect of the material covered in class. This project can be creative- writing, a literary narrative, creating a film, graphic novelette, song, dance; or it can be an academic research paper.

Grading:

Students will be graded on the following criteria:

1. Attendance (32 points)
2. Students are expected to submit assignments such as photographs, discussions before class (48 points)
3. Project (20 points)

***Completion of all requirements is needed for receiving a grade in the class.**

Attendance: Attendance in this course is mandatory. One absence will be allowed without a deduction of points; every absence beyond one will result in a reduction of 10 points from the final grade. One additional absence documented by a doctor's note can be made up through special write up.

Grade scale for class points awarded:

A	93-100
A-	90-92
B+	87-89
B	83-86
B-	80-82

Criteria for academic research papers:

- Focus on a specific topic/question
- Minimum of 400 words
- 5 sources- one of which may be from existing class material, 4 must be from sources you research. Make sure these other sources are relevant and help you focus on the question you are addressing. One of these sources can be a website with a .edu, .gov, or .org ending. If a source is an ebook or digitized older book that will not count as a website. We will discuss further, and I am happy to discuss ideas.

Criteria for creative/reflective projects:

Visual projects need an accompanying reflection piece- minimum of 75 words.

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Creative projects must take the same amount of time as academic projects- keep a log as to your time spent (assuming 15-20 hours for research and writing a 400-word piece) and need to be accompanied by an accompanying reflection piece- minimum of 75 words.

DIVERSITY AND INCLUSION STATEMENT: We intend this course to be helpful and engaging for students of all diverse backgrounds and perspectives and that your learning needs are served in and out of class. It is our intent to present materials and activities that are respectful of diversity: age, culture, disability, ethnicity, gender identity, nationality, race, religion, sexuality, and socioeconomic status. Your suggestions are encouraged and appreciated.

It is our goal to make all class materials and assignments accessible to everyone, using the principles of universal design for learning.

DISABILITIES: Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the instructor when students request accommodation. Specifically, if you require specific academic accommodations, please avail yourself of the resources of the Disability Resource Center (<https://disability.ufl.edu/>, 352-392-8565) and discuss this with us as soon as possible in the semester.

UF GRADING POLICIES: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/> .

ATTENDANCE: Requirements for class attendance, assignments, and other work in this course are consistent with university policies that can be found at: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/> . Attendance at and participation in class sessions are mandatory, with point totals described above. It is understood that valid absences may occur. If you have a valid documented excuse and notify the instructor by email in advance, you will be able to make up missed class discussions through written means.

MAKEUP HOMEWORK DUE TO ILLNESS OR FAMILY EMERGENCY: No homework will be accepted late without formal documentation of illness or family emergency. Specifically, the student will need to have the Dean of Students Office (P202 Peabody Hall) send a formal accommodation document to course faculty stating that the student was unable to complete the homework on the scheduled date due to illness or family emergency. These notes from the Dean's Office must be received by course faculty within 3 business days after the homework is due. (See below for COVID-related information).

COURSE WEBSITE: Course website: E-Learning (Canvas) website, <http://lss.at.ufl.edu> The E-Learning (Canvas) website is where the class syllabus, handouts, notes, and assignments will be posted, along with any announcements. This site is also where you will find basic course-related information. Please remember that you are responsible for all announcements made in lecture and/or posted on the course website for this class.

MATERIALS AND SUPPLIES FEES: There are no materials and supplies fees assessed for this class.

STUDENT RESPONSIBILITY: Students are responsible for understanding all course policies and for accessing all course materials on the UF E-Learning Website through the URL listed above. All assignments should be submitted through the website and in hard copy when requested. Students are also responsible for checking their UF e-mail account for course notifications and for communicating

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with the instructors related to any situation that may hinder his or her progress or participation in the course.

STUDENT DEMEANOR: Students are expected to arrive to class on time and to remain in class until the class has been dismissed. Students are expected to come to class prepared, having completed any required readings and performed any preparatory work that is assigned. While in class, students are expected to participate in class discussion, and to treat the other students and the instructor with respect and attention. While in class, students should not participate in texting, information seeking or viewing outside of that related to the course task at hand, talking on the phone, or other activities not related to classroom engagement and participation.

ONLINE COURSE EVALUATION PROCESS: Please provide feedback on the quality of instruction in this course by completing the online evaluation at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but you will be informed about specific times when they are open. Summary results of these assessments are available to you at any time at <https://evaluations.ufl.edu/results/>.

UNIVERSITY HONESTY POLICY: UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code.” On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please let us know.

RESOURCES FOR ADDITIONAL HELP: Health and Wellness → U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575 so that a team member can reach out to the student. → Counseling and Wellness Center: <https://counseling.ufl.edu/>, 392-1575 → UF Title IX: inform@titleix.ufl.edu, 352-273-1094 → University Police Department, 392-1111 (or 9-1-1 for emergencies), <http://www.police.ufl.edu/> Academic Resources → E-learning technical support, <https://lss.at.ufl.edu/help.shtml>, 352-392-4357 (select option 2), Learningsupport@ufl.edu → Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/> → Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conductcode/> → UF Student Success: For improving study skills to connecting with a peer tutor, peer mentor, success coach, academic advisor, and wellness resources, go to <http://studentsuccess.ufl.edu>