Effectiveness of nature at improving undergraduate performance and health

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There is a large body of research linking nature with student health and academic performance. University students are exposed to stresses due to personal and academic life challenges such that mental health services on campuses around the world are overwhelmed by the number of students that seek their services. Excessive stress prevents students from spending time outside and in nature, potentially creating a harmful feedback loop. A survey will be drafted to assess the links between time in nature, academic performance, and student health at BYU. The survey will collect information about academic performance, health, and involvement in nature from a representative random sample of BYU students. The data will be analyzed to quantify the relationships among credit-hour load, academic performance, health patterns, and time spent in nature. This work will shed light on how universities can manage student course load and create an environment that protects student health, performance, and well-being while achieving the goals of higher education.