

After spending time in nature – in an urban park or wilderness – I feel rested, mentally and physically rejuvenated, and ready for work.

Research shows that nature experiences can improve our health, reduce stress, increase our cognitive abilities and interest in science, and make us better environmental stewards. But we often become disconnected from nature because of our busy schedules, urban lifestyle, safety concerns, and lack of awareness of nature benefits.

Cornell University is offering a new online course on Nature Education for teachers, educators, university students, volunteers and parents who are interested in reconnecting children and adults with nature.

In addition to online lectures, readings and webinars – you will exchange nature education ideas with course participants from all over the world.

Sign up for this course now if you want to make a positive impact on communities through nature education.