

Reflections Notebook

Goal: People don't get outside much anymore and this leads to a disconnect between our daily lives and the world outside. This exercise will help develop your observation skills and allow you to recognize connections between daily life and ecology and evolution. Essentially, I want you to become a better and more thoughtful observer of the natural world.

General Guidelines: Your notebook entries should be made on paper. A composition notebook is an option. Please start each entry on a new page and label with date, your location, and a pledge to turn your devices off for **20min**. Entries should be **1/2 - 1 written page**, but there are no set criteria. Drawings and doodles are welcome.

While alone, find a place outside, sit down and connect to that place for 20 minutes. **Do this at least 3 times this semester**. You can go to the same place each time or change your location. After observing for 10min, spend the next 10min writing a reflection about your observations - and note any questions that come to mind. Specifically, you may write about questions or observations you have about how/why the natural world works the way it does, about how you think daily life (or human behavior in general) is related to ecology and/or evolution.