

Biophilic Load

The Potential of Nature to Promote Student Success and Wellness

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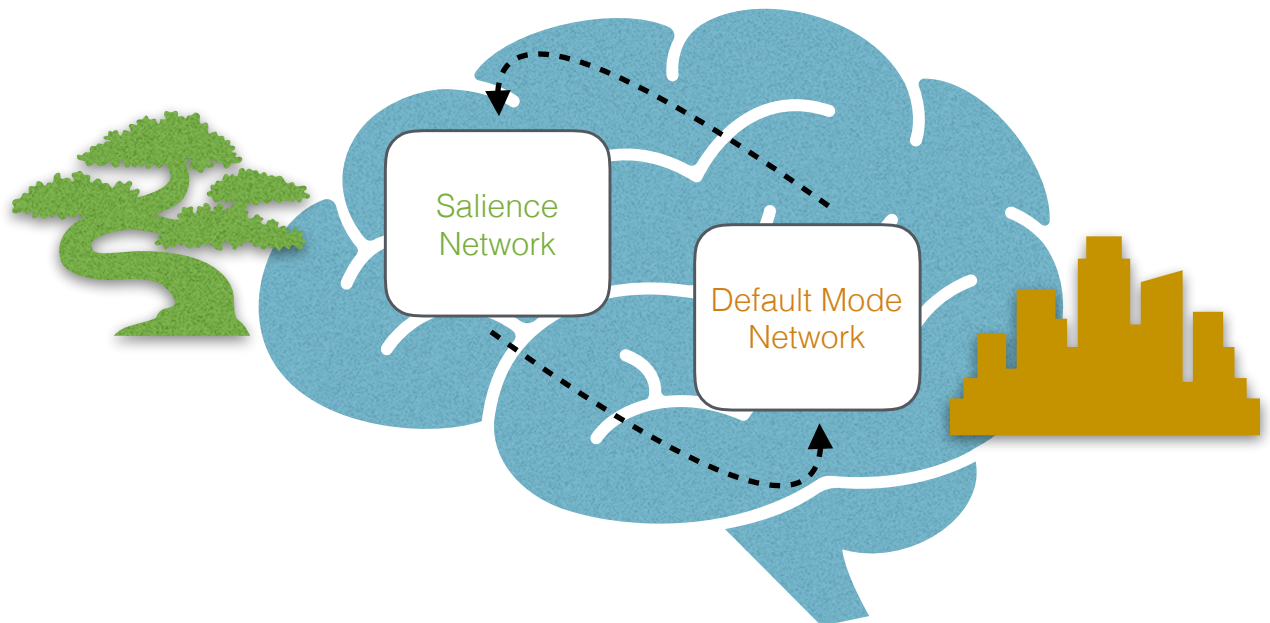
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Attention Restoration Theory

Exposure to natural environments promotes improved cognitive functioning. By presenting a sensory environment that is rich with stimuli but low in arousal, we can shift attention toward the effortless and involuntary (Kaplan, 1995).

Stress Reduction Theory

Exposure to nature promotes a reduction in sympathetic nervous system arousal and thereby reduces stress. The tendency for the mind-body to relax within a natural environment appears to be an evolutionarily conserved response set (Ulrich et al., 1991).



Cognitive Load

Instructional design can be leveraged to counter the many distractions in the typical educational environment. However, the presence of mobile technologies poses potentially serious challenges to attention and thus learning in our classrooms and labs (Sweller, 2010).

Biophilic Priming

We can leverage the potential of nature-based primes such as green plants, birdsong, and “green tech” to promote improved attention and reduced stress in the classroom. The effects should be small but potentially meaningful (Kaufman & Jensen, 2019).

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