

SCHOOL OF EDUCATION & PROFESSIONAL STUDIES

Disciplined Inquiry in Education Seminar Series

April 26, 2023/Noon-1:00 p.m.

Literacy Center Balcony

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Student Experience on a 3-Night 4-Day Backpacking Trip

Abstract. Being in nature has a positive effect for most people. As part of the study, students were asked about mental health variables before and after a backpacking excursion. Additionally, students were in small (~5) groups with a student leader. The student leader led their group in a nightly debrief that was recorded. From the qualitative analysis of the nightly debriefs and the mental health related questions, the presenter will identify common themes through common terms and language.

