

7th Annual Campus Nature Rx Network (CNRx) Symposium

Nov 6, 2026 | 12-4:40 pm ET

- 12:00–12:10 **Welcome & Campus Nature Rx Network Update**
[Dorothy Ibes](#), PhD–Campus Nature Rx Network; William & Mary
- 12:10–1:10 **Keynote: How Nature Improves the Mind, Body, and Community**
[Marc Berman](#), PhD, Department of Psychology– The University of Chicago, Author, 'Nature and the Mind'
- 1:10–1:25 **Teaching Nature and Health: The Nature and Health Alliance Higher Education Syllabi Review**
[Ian Obus Siderits](#), PhD, Industrial Psychology– Meredith College
- 1:25–1:40 **Moving Beyond Nature Prescriptions: Lessons from a Mixed Methods Study**
[Adaeze Okorie](#), MPH, Cornell Health– Cornell University
- 1:40–1:55 **From Classroom Projects to Campus Action: Growing the Otterbein Outdoors Campus Nature Rx Initiative**
[Michele Acker](#), PhD; [Sarah Bouchard](#), PhD; [Melissa Gilbert](#), PhD– Otterbein University
- 1:55–2:10 **Greener Grounds for a Sustainable Future**
[Mackenzie Feldman](#), MS– United by Nature
- 2:10–2:20 **Q&A**
- 2:20–2:50 **CNRx Student Voices (9-min each)**
- Transforming Campus Nature Rx Spaces: Behavioral Impacts of an Outdoor Renovation on Student Wellbeing**
[Omotayo A. Onanuga](#), M.S, College of Health and Human Sciences– Kansas State University
- Greenspace Use and Accessibility on NC State's Campus**
[Andie Ingraham](#), Environmental Sciences– North Carolina State University
- Nature Play: Connecting Emerging Adults with Ecological Identity**
[Alex Hill](#), English and Psychology; [Julia Peavey](#), Neuroscience– William & Mary
- 2:50–3:05 **Student Affiliate Center Perspectives - Opportunities and Challenges for Increasing Participation in Nature Rx**

[Victoria Derr](#), PhD; Lia Terrazas-Dueñas; Sophia Magness; Tyler Dorrance,
Applied Environmental Science— California State University Monterey Bay

3:05–3:20 **Bringing Nature Experiences into Undergraduate Courses**

[Kim Quillin](#), PhD, *Biological Sciences— Salisbury University*

3:20–3:35 **Where You Walk Matters: Botanical Gardens Enhance Affective Response Compared to Campus and Treadmill Walking**

[Jimikaye Beck Courtney](#), MS, PhD, *Department of Exercise and Sport Science— University of North Carolina at Chapel Hill*

3:35–3:50 **Nature Deficit and the Burden of Psychological Distress on American Campuses**

[Katie Brown](#), MS, *CS Mott Department of Public Health— Michigan State University*;
[Olivia McAnirlin](#), PhD, *Parks, Recreation and Tourism Management— Clemson University*

3:50–4:00 **Q&A**

4:00–4:30 **Breakout Sessions**

- **Networks to Build Greater Impact**, moderated by [Zienna Blackwell](#), DNP, RN - *Texas A&M University*
- **Building a Nature Dose in Any Course**, moderated by [Dorothy Ibes](#), PhD - *CNRx Co-Director, William & Mary*

4:30–4:40 **Breakout Room Report-backs & Wrap-up**