

Annotated Bibliography

An annotated bibliography gives more than just the citation--it provides a summary of the source and an evaluation of its relevance, quality, or usefulness. For more information about writing annotations and about formatting your annotated bibliography entries, refer to the sources below:

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<https://owl.english.purdue.edu/owl/resource/614/01/>

Examples from the Purdue OWL: <https://owl.english.purdue.edu/owl/resource/614/03/>

From Cornell University library: <http://guides.library.cornell.edu/annotatedbibliography/>

From the City Tech library: <http://libguides.citytech.cuny.edu/AnnotatedBibliography>

To compile this class-wide annotated bibliography, each student should contribute 5 sources. Please add the citations, annotations, and 3-5 keywords for the sources you want to consider using. To get credit, please add your initials to the end of your entry.

Add your citations with annotations alphabetically to the accumulating list. That is, citations are listed in alphabetical order based on author's last name, if available, or title if that is the first piece of information in the citation, so please alphabetize your entries into the overall list. Although MLA conventions on bibliographic entries no longer requires the inclusion of the URL, it would be helpful to include it or to make the title a hyperlink to the source if it's available electronically so we can find it more easily.

Possible research topics: effects of quiet, calm, nature, beauty, happiness, noise, busy environments; time-management and student skills, routines and changing routines; sensory experiences (including smells!); walking; commuting; historical information related to the locations; geolocation related to walking through the area and related technologies;

ACKERMAN, DIANE. "[Are We Living in Sensory Overload or Sensory Poverty?](#)", The New York Times. June 11, 2012`

In the article "Are We Living in Sensory Overload or Sensory Poverty?" by Diane Ackerman, the author mentions how people waste their time interacting with technology and spend less time "experiencing the work firsthand". People lose track of the world around them because they are too busy working, or playing indoors. The author states that a possible solution would be to spend a few minutes looking at some aspect of nature. I believe this article would help me in project 4 in explaining how nature would benefit an individual enjoying a peaceful walk in the morning. EC

Keywords: Nature, Technology, senses.

Arbor, Ann. "[Walking off depression and beating stress outdoors? Nature group walks linked to improved mental health](#)" Michigan Medicine, September 23, 2014

The article mentions a study conducted by the University of Michigan in which addresses how walking in nature could be beneficial for one's health. The article states how a person who has suffered through a stressful life event like a death of a loved one or marital separation gets a mood boost after a group walk in nature. The article also mentions how walking is a low risk expense that combines nature and group setting in order to improve someone's emotions. Other than improving emotion, the article states that depression could also be helped by a walk in nature. The study conducted by Michigan evaluated 1,991 participants from a program called Walking for Health. EC

Key terms: Nature, Health, Group walk.

Augustin, Sally. "[Can Holiday Decor Affect Us Psychologically?](#)" LC huffington post October 11 2012 In this article it talks about how does the Affects of holiday decorations affect your mood does the decoration seem to have you a positive or negative mood does the decorations have you wanting to go into certain stores because of the decorations and she also mentioned like certain colors for the holiday puts you in certain moods also and the smells of the holiday scents also.

Keywords mood , smells holiday

Berko, Lex. "[What If You Could Choose Between the Fastest Route and the Most Beautiful?](#)" CityLab. July 17, 2014.

In this online article, Lex Berko reports on projects that map alternate routes to maximize the pleasure of walking from one place to another with minimal additional time investment. One project asked participants to view paired pictures to identify which they saw as more beautiful. These helped researchers create new paths rather than the most expedient. Other projects model this use of short detour by using geolocation of photographs to determine which locations more people wanted to photograph, which the researchers understood to mean they were desirable locations that would draw pedestrians off the shortest path. Although the article is a few years old, it forms the foundation for this class's thinking about aesthetic mapping, and provides some useful resources as well that can provide further information. It is a good foundation, and an article that many students can use for Project #4. JRR

Keywords: mapping, aesthetics, geolocation

Benson , Dick “[The most wonderful or woeful time of the year.](#) Natural solutions mag.com **LC**

In this article it talks about how if the holiday season is such the most wonderful time of the year or is a costly one do people really enjoy the season are people really eager to see the family are the decorations in the stores just to draw you in to just spend money the articles talks about the negative and the positive things during the holiday season.

Keyword s spending wonderful and woeful

Bratskeir, Kate. “[This Is Why You Ignore Everybody On The Subway -- And Why You Should Stop.](#)” *The Huffington Post*, 16 May 2014.

In this online article, Kate Bratskeir writes about how commuters tend to ignore each other in many ways and the effect it has on our social upbringing. We tend to block out other commuters while we wait for the train because of our fear to be rejected. With that being said we tend to be happier to ourselves and that therefore betters our mood for the ride or our overall day. Most wont make an attempt to socialize but those that do tend to be in a more joyful mood and that tends to be contagious. This relates to the project because it shows that interactions with strangers bring about stress or anxiety so commuters much rather avoid those things. We often don't speak to strangers because if they have no value in our lives whether career-oriented or emotional support, we tune them out or dismiss their existence. **AF**

Keywords: subway, commute, moods

Evans, Gary W, and Richard E Wener. “[Crowding and Personal Space Invasion on the Train: Please Don't Make Me Sit in the Middle.](#)” *Journal of Environmental Psychology*, Academic Press, 23 Jan. 2007,

This article was about how people who traveled during rush hour experienced more stress, compared to those who didn't. Those who had to sit closer to each other tend to have “adverse reactions”. There was a research that resulted in the study showing personal space invasion can cause negative moods during daily commutes. This relates to Project #4 because many tend to want to avoid crowded commutes which result in a possible mood change in your daily routine. **AF**

Keywords: crowding, stress, personal space, commuting

Fifield, Karen. “[Benefits of Eating Breakfast.](#)” *MSU Extension*, 22 Mar. 2013,

In this article Fifield explains the benefits of eating breakfast in the morning and how to get a good start on our day. With the help of reading this article I learned that breakfast is most certainly the most important meal of the day. A healthy breakfast is how you get your vitamins and nutrients to help fuel your day. This article also provides tips on how to get a better night's rest which can help you feel more energized for the next day. I learned that eating a healthy start to your day provides rewards through brain power, energy, and a healthy beginning to a nutritious day. If you aren't already eating a healthy breakfast, make a healthy choice by adding the benefits of breakfast to your day. If you're feeling sluggish through your commute there's a 90 percent chance it's due to a lack of a healthy breakfast. This article helped me understand why finding a route as to where I can get breakfast is important. BC

Keywords: Healthy, beneficial, energy, commute

Furfaro, Danielle. "[Your Awful Morning Commute Could Be Giving You PTSD.](#)" *New York Post*, 12 June 2017,

In the article, the author talks about how riding the trains can bring about fear and in the long run, cause many to have PTSD. Along with that many had anxiety and stress while on their commutes. The article gives reasons we can avoid those things. This is beneficial to Project #4 because it tells you why commuting on a train may be affecting your health in some not so positive ways. The article provides some reasoning to rerouting for a commute that may increase your mood.

AF

Keywords: MTA, stress, commute, subways

Gottfried, Sara, "[3 New Reasons to Take a Walk in Nature.](#)" Dr.Sara Gottfried Md.

Dr. Sara starts her article by addressing a situation that happen with her car. She mentions how she lives in an urban setting with high crime rate. She continues by stating how walking in nature could boost happiness. She states how living in an urban setting could least so psychological problem such as, anxiety, post-traumatic stress disorder, depression, and brooding. In the second study, she address the brain. There is a part of your brain that is the center of brooding. The author states that taking a walk with nature for about 90 minutes, quite down that part of the brain, which makes you more happy. In the last study, the author mentions how aging could intermittently decrease by walking fast. EC

Key terms : nature, happiness

Gregoire, Carolyn, "[Taking A Walk In Nature Could Be The Best Thing You Do For Your Mood All Day.](#)" Huffpost, September 23, 2014

In this online newspaper Gregoire explains the positive effects walking can do to your mood for your day. The article includes the benefits of walking to deal with your stress level or any traumatic events that have occurred in one's life. It also links out to another site that further explains that joining a walk group or just going for a walk may contribute to helping serious non pharmaceutical conditions such as depression. This article will help me with project four because one of my route options was to walk through cadman plaza where there's a park which is more of a nature walk to school. JF

Keywords: nature, walking, benefits

Henry, Alan, "[Top 10 Ways to Improve Your Daily Commute](#)", *Weekend Roundup*, September 9th, 2016

This article created by Alan Henry focuses on ways to improve your daily commute and make it more enjoyable. One way of doing so was to find a better or different route to work/school. This is needed if you're tired of struggling with the same mishaps everyday, such as traffic, train delays, packed trains, or even if you're struggling with lack of sleep or stress can take a toll on your daily commute. Finding a better route can help exercise your brain, as well as preparing you for the day you have ahead of you. BC

Key words: Commute, Exercise,

Merchant, Brian. "[The Happiest and Saddest Places in New York City, According to Twitter.](#)" *Motherboard*, August 20, 2013.

In this assessment of happy and sad places in New York, Brian Merchant shows the ways that social media can reveal emotional data. Merchant discusses how the findings are not altogether unexpected, since it is logical that people would be happy in parks and unhappy in crowded public transit centers, cemeteries, and hospitals. Researchers used language they determined reflected happiness or sadness, and looked through tweets to determine if the tweet was happy or sad, and then mapped them based on the tweet's geolocation. The map included shows a view of all of the NYC area in its varying shades of blue (happy) and purple (unhappy).

Merchant expresses surprise that Times Square is found to be the happiest, but explains that by considering the extreme happiness tourists feel when they get there, especially since tourists usually feel that arriving in Times Square means they have arrived in NYC. This article can be

helpful for students considering how social media can offer a view of how to travel throughout the city, or even just through this area of Brooklyn. It does not reveal the actual language used to determine happiness, unfortunately, though some of its resources might--so it's worth looking further into the links it provides. JRR

Keywords: mapping, social media, happiness, sadness, geolocation

Michigan Medicine. "[Walking Off Depression and Beating Stress Outdoors.](#)" *Michigan Medicine*, September 23, 2014.

This article was a link out from the Huffington Post online newspaper. In this article it discussed the positive outcomes with walking and how walking can help a person mentally and physically. It further explained how walking may help to get rid of depression and how it could improve your mood as a whole. By stating that the contribution walking has with public health and how it helps people cope with stress and improves their emotion. JF

Keywords: Mental health, stress,

Miller, Brian. "[Extreme Commuting](#)" *New York Times*, July 21, 2017

This article from the New York Times is about the number of people who commute two hours or more for five days a week just to work to be able to grow, but it's harder when in this day in age it's easier to work from home. One of these people Miller speaks on, Scott Ubert is a corporate chef in Manhattan but lives in Newbrough. He starts his day off 5 a.m, leaving his house an hour later just to drive to Port Authority where he catches his 6:20 bus to the city. After, walking a 10 minute walk to his job. His day only gets harder. Upon settling in, Ubert pulls out his iPhone and laptop and gets to work by answering emails, texting and planning menus. He typically logs a 10- to 12-hour workday, coming back home at close to midnight. Ubert claims that his commute isn't so bad , but it's worth the reward. Basically when you travel to work and do something you actually enjoy doing the commute shouldn't really matter. BC

Keywords: commute

Morin, Amy. "[Want To Be Happier? Change Your Commute Or Change Your Attitude.](#)" *Forbes*, Forbes Magazine, 21 Apr. 2015,

In the article, Amy Morin discusses how a longer commute may be affecting our health. She speaks about how those who have longer commutes, tend to be more unhappier than others. The articles talks about two aspects: those who drive and those who commute otherwise (whether bus, train, or etc). The drivers have been proven to be under a lot of pressure. This is because drivers

feel rushed and worried about the things they aren't doing at that moment. Drivers have been proven to lack physical activity because they spend so much time in the car. They have been known to have decrease of energy, increased stress and an increase in health related absences. Whereas those who take other forms of transportation have time to themselves to relax and take a break from their daily stressors. This relates to Project 4 because it shows why it's beneficial to add walking and stress relievers to your day. **AF**

Keywords: commute, attitude

Neff, Michell "[Tips for staying healthy in the fall](#)" MSU Extension, September 26. 2017

With a large majority of the population in NYC beginning school in the fall there are several ways people can stay focused and in shape so that they can be prepared for the six to seven hours of learning. This article by Michelle Neff provides tips on how to during the autumn season which is convenient for school. It further explained how the fall season can help relax a person's mind due to the different colored leaves and the thought of freshly baked apple or pumpkin pies. This article does mention that walking during the autumn season can help create a clear mind to begin a day. BC

Keywords: relax, mind, autumn, walking

Oppezzo Marily "[Give Your Ideas Some Legs: The Positive Effect of Walking on Creative Thinking](#)" Stanford University

Four experiments demonstrate that walking boosts creative ideation in real time and shortly after. In Experiment 1, while seated and then when walking on a treadmill, adults completed Guilford's alternate uses (GAU) test of creative divergent thinking and the compound remote associates (CRA) test of convergent thinking. In Experiment 2, participants completed the GAU when seated and then walking, when walking and then seated, or when seated twice. Experiment 3 generalized the prior effects to outdoor walking. Experiment 4 tested the effect of walking on creative analogy generation.

Keywords: Walking, Sitting, Research

RAM

Reynolds, Gretchen. "[How Walking In Nature Changes The Brain.](#)" *New York Times*,
July 22, 2015
In the NYT article
JF

Sturgis, Sam. "[Want to Be Happier? Try Walking Even Part of the Way to Work.](#)" *CityLab*,
September 14, 2014.

Sturgis's article links to and discusses two studies, both published in 2014, which address the role of commuting in a person's well-being. The newer study, from the University of East Anglia, contradicts aspects of the earlier study, from the UK government. The earlier one found that people with shorter commutes were generally happier, while the newer one found that some element of activity, such as walking or biking, made commuters happier. Especially relevant for Project #4 is the assertion in the article (supported in the newer study) that even 10 minutes of walking as part of a commute can be beneficial. Their differing ideas about car travel, which Sturgis tries to explain, can be troubling for the purposes of Project #4. JRR

Keywords: walking, well-being, commute

Suttie, Jill. "[How Nature Can Make You Kinder, Happier, and More Creative](#)" *Greater Good Magazine*, March 2, 2016

The article addresses 5 key components in which nature would be beneficial in a person's everyday life. The article starts off by mentioning how nature could decrease stress. The author talks about a study done in Japan, where the individual taking a walk either in a forest or an urban center. During the walk the individual has their heart rate monitored and also their blood pressure. The results show that the individual has significantly lower heart rate, which indicate that the person is more relaxed and less stress. The author continues his article by mentioning how Nature would make the person more happier and less brooding. A study was also done in which people were monitored when walking for 50 minutes. The result shows that the people in the study experience less anxiety, rumination, and more positive emotion. The article also addresses the increase in creativity, kind and generous, and "feel more alive." EC

Key terms: Creativity, nature, kind

Tarbell, Elizabeth. "[You have a bad commute? Try Four Hours and Three Trains](#)" *New York Times*, July 21, 2017

Tarbell's article explains several New York citizens unpleasant commute to and from work and how other people go through the same thing but seek new routes. In the article she speaks about Tom Pinou, a man who lives in New York but travels to Newark, New Jersey to work. The most challenging part of his day is his commute, being that he has to travel between Long Island and New Jersey everyday. Pinou's answer to why he does it was simply, "If you love what you do and you enjoy the people you work with, then, you know, the commute is secondary." Pinou found better ways to travel to and from New York and New Jersey by taking the train on Penn Station, He claims it's fast but he has to worry about bigger crowds. BC

Keywords: Faster, commute, NYC

Vora, Ellen. "[8 Ways to Stay Sane on the New York City Subway.](#)" *One Medical* , 19 Nov. 2014

In this article, it discusses how being on crowded trains can cause you to have a mixture of reactions like stressed, anxious, discomforted. It may even cause a panic attack for some. The author list a few ways to cope while on a crowded train. Ways you can use to not lose your sanity while on your daily commute. This relates to Project 4 because it talk about issues that many of us deal with while traveling on the train. It can be useful to know how to deal with a crowded train, especially if you don't take the train often. **AF**

Keywords: commute, anxiety, stress, subway

<http://energyfanatics.com/2017/01/22/psycho-acoustic-medicine-how-sound-affects-brain-body/>

<http://www.apartmenttherapy.com/sleep-better-the-science-of-sound-machines-168208>

https://www.huffingtonpost.com/entry/benefits-of-music_us_58122175e4b0390e69ce84a5

<https://www.wgu.edu/blogpost/improve-online-study-environment>

<https://www.sciencedaily.com/releases/2014/07/140731102524.htm>

- A.JF(will fix later).

<https://www.dmlights.com/blog/effect-coloured-light-on-human-body/> AR

"The Effect Of Coloured Light On The Human Body" June 19, 2012

This article talks about how different color lights affect an individual body and mind. Chromotherapy is the study of how color and lights can help improve physical ailments. People tend to attract bright lights and may get awoken by the brightness. Dark lights help a person fall asleep peacefully and relax their mind. A bright light can help someone think creatively.

Key words: Mood, Peaceful,Relaxed

“Why Is Morning Walk Necessary in Today’s Life Style?” Beautiful Earth, October 9,2017

This article explains why people walking in the morning is a good thing. In the article it gives a good amount of information on how walking in the morning can be a good cause. The fact that you are able to get fresh air in the morning and can also get Vitamin D just from the sunlight is great information that not a lot of people know. That sunlight that people are receiving and the Vitamin D is being absorbed in their skin. So with this really informs people about how serious walking in the morning is important, just to even start off your day it’s a good thing to know about. **CR**

Keywords: Vitamin D, Fresh Air, Walking

Code.C Delistraty, “The Beauty-Happiness Connection” ,The Atlantic, August 15,2014.

This article explains the inspiration on the world and certain places that really stand out.The article mentions that beautiful things connect people to a happy place just based on what it is that makes people happy. The article mentions that not only can you be happy with things that you like but also people can be happy when they are inmate with somebody else. With feeling, creating memories and even going to places that are beautiful make people happy. So beautiful things can make somebody's day. **CR**

Keywords: Changes=Different Happiness

Kaid Benfield,” Why the Places We Live Make Us Happy”, City Lab, February 2,2012

This article talks about certain things made in the neighborhood can make people happy. Such as new things that people aren’t use to see can make a community really happy. Even the people that have lived for a long time can be happy from change. From the article states “The more respondents felt their city was beautiful, clean, and safe, the more likely they were to report being happy”. The reason why this was said because people in the community agreed that having beautiful things makes them happy just knowing that this is done out of nicest.**CR**

Keywords: Community, Clean, Beautiful,Safe

Sarah Goodyear "Why you love the places you live, in your own words", Grist, December 2, 2010

This author was trying to reach out to people to view and understand how people work. The way she did that was by asking a question to people on why are the place we love, so special to use. What makes it valuable in our live? The article mentions different comments from different people explain their reasons as why they love the place they love. Where in her studies show a great amount of diversity. Reason why because many people are interested on different things. Where the places that they love are all different, based on who they are as a person. Which determines what kind of person they are and there interest. **CR**

Keywords: Places we love, different personalities

Alan Taylor, "The Beauty of Terraced Field", The Atlantic, September 28, 2016

This article mentions a lot about farmers expanding there farms on mountains just to increase their growth on their crops. Most farmers have carved giant steps into the terrain making it to separate multiple platforms. Most of where these terrain are located at China, Switzerland, Vietnam, Peru, the Philippines, and Japan. Where these places take a good amount or work and time to make it look the way it looks now. **CR**

Keywords: Terrain, expanding,

Unknown- "Age, Grace, and the art of walking outside", *The Telegraph-Journal (New Brunswick)*, June 11, 2012

The article mentions how talking a walk in nature would improve our mind and be able to perform better on a memory test. The article mentions a study published in the Journal of Affective Disorders which they studied a group of volunteer with depression. The results show improvement in their depression and improvement with memory. The article also addresses how experiencing nature could be very difficult when all you can hear are the cars honking at each other in an urban setting. The article mentions how living in a rural setting is better when experience nature, the peace and quiet. EC

Key terms: Nature, body experience, memory

<http://kidshealth.org/en/teens/holiday-spirit.html> **LC** this article talks about how to anticipate your holiday mood how to look forward to having fun during the holiday season. How your emotions can grow and have positive feelings towards the holidays. Being in a great mood can create joy..

Keywords joy anticipate positive.