

Wolf, K. Outside our Doors: The Benefits of Cities Where People and Nature Thrive.

- 1) Name the two foremost contributors to premature deaths in developed nations as described by the World Health Organization.
- 2) What is one way in which adding greenspace to a deprived community might actually harm it?
- 3) Name two groups that have shown to benefit from window views of nature.
- 4) At the workplace, access to nature can contribute to increased _____ and improved _____ among employees.

WHO 2016. Urban Green Spaces and Health – A Review of Evidence (Chapters 1-2). World Health Organization, European Regional Office, Copenhagen, Denmark.

- 1) Describe one mental and one physical health benefit of urban nature.
- 2) Which of the following is **not** a benefit of exposure to nature in urban environments?
 - a) Reductions of activity in the subgenual prefrontal cortex
 - b) Increased chronic stress among adults
 - c) Enhanced relaxation and restoration
 - d) Avoiding health problems
- 3) What evidence indicates that urban greenspaces (and bluespaces) reduce chronic stress?
- 4) Studies suggest that walking in greenspace reduces stress; what is another small-scale activity in urban environments that has been shown to reduce stress in a similar manner?
- 5) Name at least two benefits that urban greenspaces may provide for individuals of lower socioeconomic status or members of minority ethnic groups.
- 6) How might the mental and physical benefits of urban green spaces be interconnected?

Steg, L. et al. (2013). Environmental Psychology – An introduction (Chapter 9).
Baltimore: Wiley-Blackwell.

- 1) Name two of the three aesthetic qualities that can influence an environmental appraisal.
- 2) Name at least one difference in the way architects and non-architects appraise building designs.
- 3) List three modern approaches to designing buildings that promote human well-being.
- 4) Name one important difference between social design and biophilic design.
- 5) Given the range of benefits associated with biophilic design, name two reasons why it has not been not incorporated more widely into architecture.
- 6) List at least three of the six goals of the social design approach to building design.
- 7) How can designers take advantage of developments in technology and industry to meet the needs of different generations over time?
- 8) As individuals who primarily focus on outdoor environments, what ways can urban foresters inform the use of biophilic design for built environments?

Wolf, K. Nature's Riches: The Health and Financial Benefits of Nearby Nature.

- 1) What is "Vitamin N" and what are some of its direct (and indirect) health benefits for a specific age group (infants, children and teens, adults, and older adults)?
- 2) Do different types of natural environments produce the same health benefits? If not, name one specific form of nature and the health benefits it has been linked to.
- 3) Name two chronic health issues that affect older adults and the role of nature in preventing them or reducing their negative effects.