

Use All Your Senses

Quiet your mind and come to your senses. Strive to make this a meditative practice.

Slow Down

Better yet, sit down. Take the time to really look. Short hikes over long periods of time work best.



Ask Questions

Engage your curiosity and pose questions about what you're observing. Use further observations and investigations to help answer them.

Reflect

Alongside accurate observation and interpretation there is also room for heartfelt personal expression.

Write & Illustrate In A Field Journal

As NHFQ's central learning tool, a field journal goes well beyond a simple record of observations; it becomes a creative outlet that draws each student into deep levels of observation and inquiry. From dawn to dusk, everything goes in a field journal, whether describing a flower, hypothesizing about ecological succession, interpreting animal behavior, researching land use history, taking notes from instructors, sketching an insect, composing poetry, or reflecting on an experience or conversation.

