

COURSE DETAIL

ENVIRONMENTAL NEUROSCIENCE

Country

Germany

Host Institution

Free University of Berlin

Program(s)

Humboldt University Berlin,Free University Berlin

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

119

UCEAP Course Suffix**UCEAP Official Title**

ENVIRONMENTAL NEUROSCIENCE

UCEAP Transcript Title

ENV NEUROSCIENCE

UCEAP Quarter Units

4.50

UCEAP Semester Units

3.00

Course Description

This course explores the central question: *How does our environment — natural or built — affect our mind, behavior, and brain?* In a time of rapid environmental change, with expanding urbanization, shrinking green spaces, rising climate anxiety, and evolving relationships with technology, understanding the connection between environment and mental processes is more crucial than ever. Students examine what makes environments beneficial to our brain and wellbeing, how surroundings shape cognition, whether one can design cities that support mental health, and what happens in the brain when one feels connected—or disconnected—from nature. The course traces the history and key theories of environmental neuroscience, introduces sensory perception and environmental stress, and investigates the impact of both natural and urban settings on mental health. Through lab visits, neuroimaging case studies, and a hands-on research project, students actively engage with current research. Grounded in three core pillars—interdisciplinarity, research-driven inquiry, and reflective engagement—this course encourages students to draw on diverse methods, collaborate on original studies, and consider their own experiences of space and place as they explore how neuroscience can inform real-world environmental design and policy.

Language(s) of Instruction

English

Host Institution Course Number

125260

Host Institution Course Title

ENVIRONMENTAL NEUROSCIENCE

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Psychologie

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