

LHS Into the Wild

Summer Course - 2026



Why this course is important and unique?

Interdisciplinary Learning & Cross-Curricular Teaching

Offsets the summer slide

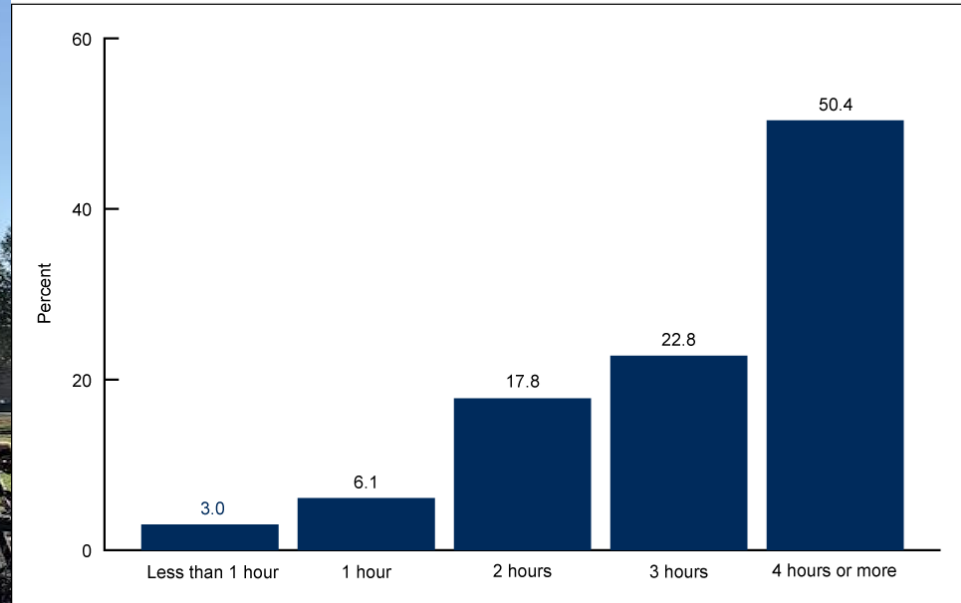
Credit recovered or gained

Connects students with supportive faculty

Connects students with their community

High levels of screen time = adverse health outcomes, such as poor sleep habits, fatigue, symptoms of anxiety and depression

Figure 1. Percent distribution of teenagers ages 12–17, by hours of daily screen time: United States, July 2021–December 2023



NOTES: Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Total does not add up to 100 due to rounding.

SOURCE: National Center for Health Statistics, National Health Interview Survey – Teen, July 2021–December 2023.



Do you believe spending time outside helps reduce anxiety? Why or why not?

I do. Being outside allows you to connect with your surroundings and even yourself
yes because i've learned that this world is so big and i think being in the sunlight helps people.
Yes because when we use our phones it changes our brain chemicals to cause more anxiety

Yes because it gives a new view
Yes, it helped me forget about the things I've had my mind stuck on.
Yes because there are much less worries that you can't just deal with in the moment, and science
Yes sun and stuff gives you good chemicals and it forces you to focus on things other than what
i guess, it connects you to the real world around you rather than being in your head all the time

