

Falling leaves



As the days grow shorter, our campus transforms into a mosaic of amber, crimson, and gold. A time of transition, where we can see and feel the change in real time. Have you ever paused to consider what makes those leaves change color?

Every fall, deciduous trees undergo a drastic change. As daylight decreases and temperatures cool, trees begin to shut down food and energy production. The green chlorophyll fades, revealing pigments like carotenoids (which bring out yellows and oranges) and anthocyanins (responsible for reds and purples). For biology students (and nature enthusiasts) the leaves are a living lesson in plant physiology/adaptation. But for the rest of us, they offer something equally important: a change in perspective.

A walk through the quad under a canopy of fiery branches can be a surprising act of mindfulness. The simple act of noticing, of watching leaves drift to the ground, has been shown to reduce stress and restore mental clarity.

In environmental psychology, natural beauty is often linked to emotional restoration. Just a few minutes spent outside (especially among trees) can improve concentration, lower blood pressure, and boost overall well-being. In short: that walk between classes isn't just a commute. It's a moment to reconnect.

There's a quiet symbolism to the falling leaf: letting go. For students and faculty alike, autumn is a time of transition. Courses move from exploration to deep focus. First-year students begin to feel their footing. Seniors inch closer to major milestones. Faculty members refine research (and students). On a university campus, where learning is constant and growth is nurtured, the falling leaf reminds us: letting go is part of progress.

So how can we make the most of this fleeting season?

Take a mindful walk. Choose a tree-lined path and leave your earbuds behind. Just observe.

- Bring nature into your study/ work routine. A window seat, a leaf on your desk, or a quick step outside can offer a refreshing reset.
- Reflect creatively. Write a short journal entry, a poem, or take a photo. Capture what this season feels like to you.
- Connect classroom learning to the outdoors. Whether you're studying ecology, literature, or even psychology, autumn can be a vivid and relevant example.

Autumn is brief. By the time finals arrive, the branches will be bare, and winter will settle in. But right now, between lectures and labs, study sessions and coffee breaks, we're surrounded by quiet beauty. So you might want to take a moment; look up and let a leaf land in your path. You're part of this season too.

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