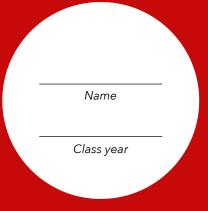


Cornell Memory Journal

Cornell is something special: far above Cayuga's waters, in our own little enclave, there are people and places that helped shape us into who we are today.



Contents

CORNELL CHECK LIST

PEOPLE AT CORNELL

CORNELL COLLAGE

TOKEN FROM THE BIG RED

MOMENTS OF MEMORY

How to use this journal

In times like these, it's easy to get lost in the day-to-day shuffle of to-do lists, responsibilities, and making sure we're physically taking care of ourselves. We want to help you nourish your mindset, to find little ways or little pockets of joy to brighten your day, and of course, to bring you back to campus for a moment.

Flip to a random page here whenever you'd like. Find what's resonating for you, and dig in.

Cornell check list

Make a list of what you accomplished and experienced during your time at Cornell. Write about the people you met, places you went, goals you achieved, and dreams you made a realityno matter how small.	
Write anything that comes to mind. Let this list serve as a reminder of all the amazing things you can and have achieved.	
Revisit it any time you need a little Cornell inspiration.	

People at Cornell

You may not remember everyone you meet-but every person can	WHO
teach you something about yourself. People propel you forward in subtle and obvious ways.	WHY
·	
Use these pages to note people who have inspired you and helped you become who you are, people you admire and appreciate.	
Makea plan to stay connected.	
People I remember	
WHO	WHO
WHY	WHY
WHO	WHO
WHY	WHY

WHO			
WHY			
\ \ \\ \ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\			
WHO			
WHY			
WHO			
WHY			

Without friendship and the openness and trust that go with it, skills are barren and knowledge may become an unguided missile.

FRANK H. T. RHODES

Idleness is to the human mind like rust to iron.

Cornell Collage

What brings you right back to the slope, the Ag Quad, Temple of Zeus, or Collegetown? Think about your experiences at Cornell, the sights, sounds, words that bring you right back to those moments.

Whatever they are, let them pour onto these next pages. Use these blank pages to write, draw, add in photos and quotes to bring you right back to the Hill.

Feel free to create a collage bigger than these squares and make something tangible for your space! Keep it somewhere you'll pass by daily and let it remind you of moments you've loved.

In the mood for sharing? Post a pic with the #CornellReunion hashtag and we'll feature some of our faves on the @CornellAlumni Instagram.

EZRA CORNELL

Cornell Collage

Cornell Collage

Token from the Big Red

A gratitude token is a tool used to remind you to think positive and be thankful. We're putting a Big Red spin on it–find a rangible object that links you to Cornell. It could be the lucky ben you took your prelims with, a sticky note from your best friend, or a piece of Cornell gear. Once you identify it and decide t'll be your gratitude token, it takes on a special status!	e
Place it somewhere you'll see every day. As you pass it, let it remind you to express a moment of gratitude for something in your life. After a few days, take notice—how has the presence of this gratitude token made you feel? Use this space to describe your Cornell token and your experience with it:	
γου. σον.σ	
MY CORNELL TOKEN	
	-
	-
HOW IT MADE ME FEEL	_
	_
	-

Moments of memory

Another fun and memory-building activity can be to identify things you remember for each day. We have, of course, decided to create a few Cornell prompts for you.

Each day, take note of a memory. Big or small, reflecting on these moments helps us cultivate a thoughtful mindset.

Think of a Cornell memory. This could be the best night ever spent with your roomies, that course you aced after a ton of effort, a quiet moment on the Slope watching the sunset, anything. Write it down on line 1:

Add a detail or two only you would know. Write them on line 2:

Recognize how this memory makes you feel. Write *that* down on line 3:

Examples

TO	DAY'S CORNELL MEMORY	DATE: June 6
1:	My morning calk across the footbridge	
2:	I can still hear the sound of rushing water	
3:	Ready for adventure	
ТО	DAY'S CORNELL MEMORY	DATE: June 5
1:	The cold weather	
2:	I still have the scarf I wore senior year	

TODAY'S CORNELL MEMORY	DATE:	TODAY'S CORNELL MEMORY	DATE:	
1:		1:		
2:		2:		
3:		3:		
TODAY'S CORNELL MEMORY	DATE:	TODAY'S CORNELL MEMORY	DATE:	
1:		1:		
2:		2:		
3:		3:		
TODAY'S CORNELL MEMORY	DATE:	TODAY'S CORNELL MEMORY	DATE:	
1:		1:		
2:		2:		
3:		3:		
TODAY'S CORNELL MEMORY	DATE:	TODAY'S CORNELL MEMORY	DATE:	
1:		1:		
2:		2:		
3:		3:		

I want to go back to

r (11)	

TODAY'S CORNELL MEMORY	DATE:
1:	
2:	
3:	
TODAY'S CORNELL MEMORY	DATE:
1:	5, (12.
2:	
3:	
TODAY'S CORNELL MEMORY	DATE:
1:	
2:	
3:	
TODAY'S CORNELL MEMORY	DATE:
1:	
2:	
3:	

TODAY'S CORNELL MEMORY	DATE:	TODAY'S CORNELL MEMORY	DATE:	
1:		1:		
2:		2:		
3:		3:		
TODAY'S CORNELL MEMORY	DATE:	TODAY'S CORNELL MEMORY	DATE:	
1:		1:		
2:		2:		
3:		3:		
TODAY'S CORNELL MEMORY	DATE:	TODAY'S CORNELL MEMORY	DATE:	
1:		1:		
2:		2:		
3:		3:		
TODAY'S CORNELL MEMORY	DATE:	TODAY'S CORNELL MEMORY	DATE:	
1:		1:		
2:		2:		
3:		3:		

TODAY'S CORNELL MEMORY	DATE:
1:	
2:	
3:	
TODAY'S CORNELL MEMORY	DATE:
1:	
2:	
3:	
TODAY'S CORNELL MEMORY	DATE:
1:	
2:	
3:	
TODAY'S CORNELL MEMORY	DATE:
1:	
2:	
3:	

Wherever you may be,
Cornell will always
be a part of you—
as you will always
be a part of Cornell.

MARTHA E. POLLACK