



# 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.

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*Name*

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*Class year*

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## 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.



# People at Cornell

You may not remember everyone you meet-but every person can teach you something about yourself. People propel you forward in subtle and obvious ways.

Use these pages to note people who have inspired you and helped you become who you are, people you admire and appreciate. Make a plan to stay connected.

WHO

WHY

# People I remember

WHO

WHY

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WHO

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**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.**

EZRA CORNELL

## **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.

# Cornell Collage

# Cornell Collage



## 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

TODAY'S CORNELL MEMORY

DATE: June 4

- 1: *My morning walk across the footbridge*
- 2: *I can still hear the sound of rushing water*
- 3: *Ready for adventure*

TODAY'S CORNELL MEMORY

DATE: June 5

- 1: *The cold weather*
- 2: *I still have the scarf I wore senior year*
- 3: *Resilient*

TODAY'S CORNELL MEMORY

DATE:

1:

2:

3:

# I want to go back to

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[you fill in the blanks]

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