

# Cornell Memory Journal

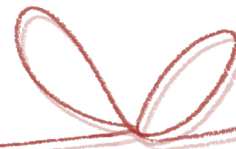
Cornell is something special: far above Cayuga's waters, in our own little enclave,  
there are people and places that helped shape us into who we are today.

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Name

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Class year



# Contents

Letter to my Cornell self

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Home on the Hill

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## How to use this journal

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.

# People I remember

Who \_\_\_\_\_

Why \_\_\_\_\_

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Who \_\_\_\_\_

Why \_\_\_\_\_

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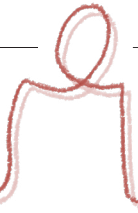
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Who

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.”**

—EZRA CORNELL

## **Cornell collage**

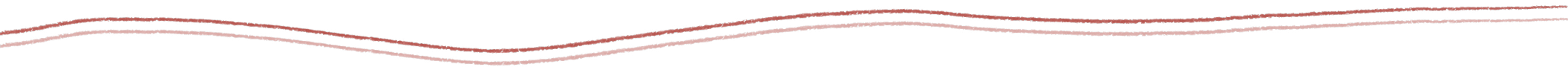
What brings you right back to the slope, the Ag Quad, Temple of Zeus, or Collegetown? Think about your experiences at Cornell, the sights, sounds, words that bring you right back to those moments.

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 and tag @CornellAlumni on Instagram for a chance to be featured in our feed.

# Cornell collage



# Home on the Hill

Places hold meaning. Think about all the places on campus you've called home. From your freshman year dorm to your first apartment, from late nights chatting in your best friend's room to late nights studying in your favorite spot in the library—each place holds a meaning unique only to you. Write about the places at Cornell that felt like home to you. What, or who, made it special?

Use this space to describe places at Cornell that felt like home, and your experiences there:

My Cornell home

How it made me feel

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My Cornell home

How it made me feel

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My Cornell home

How it made me feel

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My Cornell home

How it made me feel

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My Cornell home

How it made me feel

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# 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:

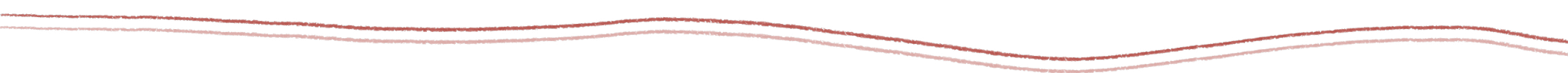
Recognize how this memory makes you feel. Write *that* down on line 3:

# Examples

Today's Cornell Memory: \_\_\_\_\_ Date: *December 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: *December 5*

1. *The cold weather*
  2. *I still have the scarf I wore senior year*
  3. *Resilient*
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Today's Cornell memory: \_\_\_\_\_ Date: \_\_\_\_\_

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2. \_\_\_\_\_
3. \_\_\_\_\_

Today's Cornell memory: \_\_\_\_\_ Date: \_\_\_\_\_

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Today's Cornell memory: \_\_\_\_\_ Date: \_\_\_\_\_

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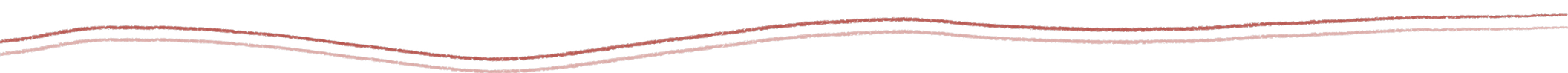
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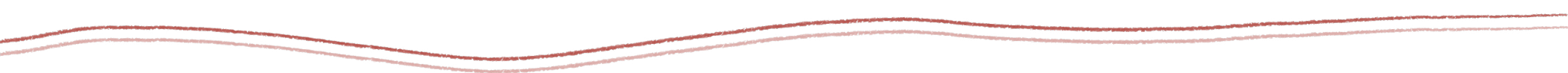
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Today's Cornell memory: \_\_\_\_\_ Date: \_\_\_\_\_

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Today's Cornell memory: \_\_\_\_\_ Date: \_\_\_\_\_

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

—MARTHA E. POLLACK

