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RESEARCH STUDY



TAMU Health is seeking participants for a
research study!

Exploring Music & Nature to Relieve Anxiety and Stress

This study aims to understand the psychophysiological benefits of nature and music in experience by exposing participants to natural landscapes while playing a musical instrument (no musical experience or training required).

To register, visit [this link](#) and search for the study title “**Music & Nature**” and make a study appointment.



For questions about this study, contact lead researcher Dr. Lynn Vartan via email at vartan@tamu.edu



APRIL EVENTS CALENDAR

APRIL 2026

Find more Texas A&M events at calendar.tamu.edu

SUN	MON	TUE	WED	THU	FRI	SAT
29	30 Week Without Waste <i>March 30 - April 3</i>	31	1 Earth Month Kickoff 11am-2pm, MSC 12 th Man Hall	2	3 First Friday 5:00pm, Downtown Bryan	4
5	6 Intern Talk #1 Is Clean Energy Actually Clean? 3:00pm, Virtual	7 Silver Taps 10:30pm, Rudder Plaza	8 Intern Talk #2 Caring for What Can't Speak for Itself 3:00pm, Virtual	9	10 Intern Talk #3 Biomimicry: Nature as Our Mentor 3:30pm, Virtual	11
12	13	14	15 Campus Earth Day 10-1pm, Rudder Plaza	16	17 Maroon & White Night 6:00pm, Downtown Bryan	18
19 Internship Applications Close	20 Stress Management Presentation 12-1pm, SSB 108	21	22 Last Day to Submit CEM Giveaway Submissions <i>Earth Day 2026</i>	23	24 Maker Zone: Sewing with Vikings 101 1:30-3pm, Evans 208	25 The Gardens Hullabloom Fest 9-11:30am, Teaching Gardens Pavillion
26	27 Spotlight Series: BTHO Finals 1:30-3pm, SSB 210	28	29 CRAFTernoon: Bling the Hell Outta Finals! 3-4:30pm, Evans 1 st Floor Lobby	30	1	2

April is Campus Earth Month!

Texas A&M University hosts an annual Earth Month Celebration every April. Campus celebrations include events and ways for participants to learn more about making our earth and campus greener and the opportunity to earn sustainable prizes. **Campus Earth Day is held on April 15, 2026, in Rudder Plaza from 10a.m. - 1p.m.**

Learn more at sustainability.tamu.edu



CAMPUS EARTH MONTH EDITION

Howdy, Ags! Every April, Texas A&M celebrates Campus Earth Month to encourage Aggies to learn more about making our planet and campus more sustainable. Here are five sustainability tips you can use on campus to participate in this annual celebration!

REDUCE, REUSE, RECYCLE

Minimize waste in your day-to-day life. Use reusable items such as water bottles or shopping bags. Recycle materials like paper, plastics, or textiles in appropriate bins on campus.



ECO-CONSCIOUS ENERGY

Be sure to turn off the lights and unplug any unused electronics before leaving your dorm or apartment. Take advantage of natural resources such as daylight or cool breezes to save energy on lighting and A/C.

CLEAN COMMUTING

Walking, biking, and public transportation produce less carbon emissions than commuting with a single-passenger vehicle. If needing to drive, consider carpooling with friends to reduce your shared carbon footprint.



MINDFUL MEALS

Eat locally whenever possible by visiting local restaurants or purchasing produce at farmers' markets. Reducing meat consumption and opting for plant-based meals can also help reduce emissions.

GET INVOLVED!

Participate in Campus Earth Month events hosted by the OSCE or other environmental organizations on campus. Attend workshops to learn more about the different sustainability practices you can bring to your community.



INTERNSHIP HIGHLIGHTS

The OSCE interns recently presented their Sustainability Workshops on campus!





INTERNSHIP HIGHLIGHTS

...the interns also visited Brazos Valley Recycling last month and learned about the local recycling process!



Check out the interns' exciting virtual talks and tabling activities this Campus Earth Month!

TEXTILE RECYCLING PROGRAM

Led by

KENYA REEVES,

Sustainability Coordinator for Residence Life



Through a partnership with the Houston-based company Green City Recycler, Residence Life offers 9 textile recycling bins on campus. Donated textile waste is sorted through at GCR's facility and either donated to communities in need or repurposed into something new.



What was Your Motivation to Start the Project?

Kenya shares that the project was initially piloted as a move-out collection to divert landfill waste, with students commonly throwing out old bedsheets, clothes, comforters and more. Noticing how receptive students were to the bins, the partners decided to keep them as 24/7 donation spots on campus. There are now a total of 9 bins across main campus, White Creek, and the Gardens.

What is Required to Keep Your Project Going?

Continued donations are all that's needed to keep the project going! New, old, stained or not, any form of textile is accepted in the recycling bins.

Which Sustainable Development Goal(s) Does Your Work Identify with Most?

SDG 9 (Industry, Innovation, and Infrastructure)



What has Surprised You the Most as You've Implemented your Project?

The amount of donations collected and the ease-of-use of the bins have been most surprising for Kenya. She says questions about dropping items off in the bins are rarely received.

What Advice Would You Give to Someone Wanting to Implement Any Sustainability Initiative on Our Campus?

Kenya suggests reaching out and meeting with all the people that could help you with your sustainable program or initiative. She also emphasizes the importance of networking and context, explaining that they can "help you go a long way on this campus".

“

We are a campus rooted in tradition, but that doesn't mean new traditions can't start.

”

Keep up with Residence Life Sustainability's recycling initiatives! Follow their Instagram page: [@aggiesgoinggreen](https://www.instagram.com/aggiesgoinggreen)





62.60

2025 STARS SCORE



47.51

2012 ORIGINAL
STARS SCORE

Texas A&M University monitors institutional sustainability performance, annually reporting to the **Sustainability Tracking, Assessment & Rating System (STARS)**.

STARS is a transparent, self-reporting framework for colleges and universities to measure their sustainability performance, developed by the Association for the Advancement of Sustainability in Higher Education.

Our university recently received a 62.60 score on our 2025 report, achieving the STARS Silver Status.

[View our 2025 highlight report here.](#)



RESPECT. PROTECT. PRESERVE.

SUSTAINA SOCIALS



Join us on Slack using [this link](#) (or visit the link in our Instagram bio, @sustainableletamu) to stay updated on office news and upcoming **Sustainasocials** events!

Highlights from this semester's events --- Yoga at Aggie Park & a Sustainable Crafting Social! See you next semester!

