



LEARNING GOALS & OBJECTIVES

for NOLS Expeditions

THE LEADER SINCE 1965

Your NOLS course will immerse you in a stunning landscape and the fun and challenge of wilderness travel. Ultimately, this is an opportunity to do more than enjoy the outdoors—it's your chance to have a transformative experience, one that fundamentally changes you and the way you view your role in the world.

These Learning Goals and Objectives define the path toward that transformation. They are what we intend you to learn and be able to do after your course, and they will support your journey as you develop into a capable leader in your community and beyond.

Learning Goals

NOLS courses teach wilderness and leadership skills on expeditions and in classrooms. You will apply these skills to challenges in a supportive learning culture with high expectations. Your course will provide you with the opportunity for a positive, transformative experience intended to inspire you and empower you to act.

We craft NOLS courses so graduates will be able to:

- + Assume leadership roles;
- + Live and travel in the outdoors;
- + Act with confidence and competence;
- + Respect and collaborate with others on expeditions, on teams, and in communities;
- + Care for themselves and others;
- + Understand their strengths, habits, and areas for growth;
- + Function under difficult circumstances;
- + Make informed and thoughtful decisions;
- + Communicate effectively;
- + Connect with natural places;
- + Appreciate living simply.



Learning Objectives

These objectives define the core curriculum taught on every NOLS expedition course. In addition to the core curriculum, your course will emphasize additional skill area learning objectives, such as a wilderness travel skill, wilderness medicine, or wilderness education skills. You can find more information about the skill area learning objectives specific to your course in the online course description.

Leadership

NOLS teaches leadership as, “situationally appropriate action that directs or guides your group to set and achieve goals.”

Students will be able to:

- + Serve a team in a variety of roles: self leader, peer leader, designated leader, and active follower;
- + Demonstrate good expedition behavior—take initiative, balance group and personal goals, and remain respectful and inclusive of their team members;
- + Demonstrate competence;
- + Communicate effectively;
- + Make sound decisions;
- + Display a tolerance for adversity and uncertainty;
- + Demonstrate self-awareness;
- + Display initiative by setting and achieving goals.



Wilderness Skills

NOLS teaches the expedition skills necessary to live and travel in the wilderness.

Students will be able to:

- + Live comfortably (select a campsite; set up shelter; organize, pack, and maintain gear; cook; manage nutrition; and use clothing as protection from the elements);
- + Travel (hike, climb, paddle, row, sail, ski, snowboard, cave, and/or horsepack);
- + Navigate using maps, charts, compass, GPS and/or terrain;
- + Prevent, assess, and treat injury and illness in the wilderness.

Risk Management

NOLS teaches risk management by applying leadership and wilderness skills and facilitating experiences to develop judgment.

Students will be able to:

- + Identify and assess hazards and understand risks in the wilderness;
- + Use technical skills, leadership, judgment, and situational awareness to manage risks;
- + Use risk management terminology and models to assess and communicate decisions and actions;
- + Create and implement contingency plans.



Environmental Studies

NOLS connects students to wild places.

Students will be able to:

- + Explore the natural world through observation and application of ecological concepts;
- + Develop a sense of place by experiencing wilderness and exploring relationships with their surroundings;
- + Articulate an environmental ethic;
- + Understand land management and environmental issues;
- + Apply Leave No Trace principles to camping and travel.





WORLD HEADQUARTERS

Lander, Wyoming

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