

ABSTRACT

THESIS: THE CASE STUDIES ON THE IMPACT OF NATURAL LIGHT ON STUDENTS

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This study gathers the past known literature and studies revolving the significance of natural light's impact on student's performance as it relates to their behaviors in an educational environment. There have been several studies regarding the impact of natural light in office settings as it relates to energy consumption, with some studies overlapping with artificial light's impact on adult performance in office settings. This study, however, identifies the factors in the design criteria that impact student behaviors that lead to improvement when using natural light rather than artificial. The methods used in this research study, both qualitative and quantitative, were chosen to reveal the correlation between the use of natural light in classrooms and the performance calculated by analytically comparing three case studies. The literature presented reveals natural light's ability to assist in developing healthier behaviors and overall performance during students' time in educational spaces by reducing stress, enhancing moods, promoting healthy sleep, and increasing alertness and attention.