Sustainably Oriented Students

SOS Proposal

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Imagine...

You are a new student coming onto Western's campus for the 1st time:

• Would you know exactly how to recycle or compost?
• Would you know where to go to eat, buy, and act sustainably?
• And just to clarify, do you have any idea what sustainability really means?
Executive Summary

Sustainably Oriented Students (SOS)

A green orientation introducing new students to the sustainable practices on and off Western Washington University's campus

WWU's Legacy / Statement of Need / Project Description / Budget
Western Washington University

[Logos of ResRAP, Huxley College of the Environment, 10X12, EPA Green Power Partnership, and STARS]
Statement of Need

New student accessibility to the legacy of Western, knowledge and resources available is critical in order to uphold this standard.
Bellarmine High School Senior Survey

"What does sustainability mean to you?"

"Which one of these is renewable?"

- Coal: 4.35% (1)
- Trees: 26.09% (6)
- None of the above: 39.13% (9)
- All the above: 30.43% (7)
Statement of Need

Freshmen Focus Group

"In your own words, explain sustainability"

"Did you have any prior knowledge of sustainability before coming to Western?"

"If there was a Green Guide, would you use it?"

Findings:
- A guide would be a good idea (with images)
- They would utilize it
Who else has done this?
Project Description

Phase 1 (Pilot):

• Create a "Green Survival Guide" (GSG):
  o How to recycle and compost
  o Reduce energy and water use
  o Sustainable places to shop and eat in Bellingham,
  o Environmental programs and clubs on campus

Phase 2:

• Distribute GSG v.2 to freshmen students living in the dorms
  o Reusable, flexible binder with information
**WWU Green Survival Guide**

- 10 pages
- Book-style
- Pictures of recycling facilities on campus

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**WWU Sustainably Oriented Students (SOS) v1.4**

**Make a Difference!**

**Reducing Waste**
- When it comes to waste disposal, there is a rule that never goes out of style: Reduce, Reuse, Recycle!
- Reduce: When a plastic bag is not needed, say no. Bring a reusable bag.
- Reuse: When possible, use a reusable water bottle instead of a single-use bottle.
- Recycle: Sort and recycle items in your residential or campus recycling bins.

**Plastic Containers**
- Remove lids and caps, then flatten or tear if possible.
- Plastic caps are recyclable along with the bottles/containers once they are removed.

**Recyclables**
- All containers and bottles
- Paper, cardboard, and paper products
- Plastic and non-plastic
- Metal and aluminum
- Glass

**Conserving Energy**
- Plug all your electronics into power strips to avoid unnecessary energy consumption.
- Turn off lights when leaving a room (both in dorms and on campus).
- Turn off the computer when not in use.
- Use energy-saving light bulbs.
- Turn off the cell phone when not in use.

**Reducing Water Waste**
- Shorten your shower by three minutes and you could save 10 gallons.
- Turn off the shower when washing your hair, it could save 300 gallons a month.
- Turn off the sink or shower when shaving.
- Turn off the water while brushing your teeth.
- To be a water miser, turn off the sink in between washing your hands.
- Try to limit the number of plates and bowls you use in the dining hall, it takes a lot of water to wash those dishes.
- Only fill loads of laundry.
- Save water by using water-saving detergent.
- Get a bath:
  - Dry, clean, filtered water whenever you need it.

**Mixed Paper**
- Place all paper in the mixed paper barrel:
  - Notebook paper
  - Assorted notebooks
  - Printer paper
  - Computer paper
  - Newsprint

**Compost**

**Western Sustainability**
Reducing Waste

When it comes to waste disposal, there is a saying “when in doubt, throw it out!” Here at Western Washington University, this is not the philosophy we use. Instead when people are confused about what is recyclable or compostable and what is not, the saying is when in doubt, ask! It is important to us as a community to become familiar with sustainable waste management and embody all the sustainable values that Western’s legacy is known for.

Recyclables

Plastic Containers
Remove lids and rinse, then flatten or twist if possible. Plastic caps are recyclable along with the bottles/containers once they are removed.

- all colors and numbers of bottles
- cold beverage cups & lids
- hot beverage lids
- jugs, cups, jars, tubs
- pails and buckets
- dairy, deli food, sauce/condiment & cooking oil containers without clamshell hinges
- soap, detergent, & household cleaner containers
- snack food & frozen food containers
- hair/body care bottles and containers

Mixed Paper

Place all paper in the Mixed Paper barrel.

- notebook paper
- spiral notebooks (Metal spirals can be recycled, but plastic ones need to be removed.)
- computer paper
- newspaper

Conserving Energy

- Plug all your electronics into a power strip, then turn it off when not in use or unplug electronics plugged into the wall
  - Not charging electronics until they need to be charged
- Turning off the lights when leaving a room (both in the dorms and on campus)
- Turn computers to energy saving mode
  - Get rid of the screen savers and shorten the time before sleep mode starts
  - Power down your computer during the night
- Using energy saving light bulbs
- Turn off the cell phone when sleeping if it is not your alarm clock

Reducing Water Waste

- Shorten your shower by three minutes and you could save 15 gallons
  - Turn off the shower when washing your hair, it could save 300 gallons a month
- Turn off the sink or shower when shaving
- Turn off the sink when brushing your teeth
  - To be a superstar, turn off the sink in between washing your hands
- Try to limit the number of plates and bowls you use in the dining hall, is takes lots of water to wash those dishes
- Only do full loads of laundry
  - Saves you money, detergent, and energy for using the dryer
- Get a reusable water bottle!
  - No more disposable plastic bottle waste!
Project Description

Phase 3 (Future):

• Create an online version for students to access year-round (both on and off campus) on the school's sustainable webpage
  http://www.wwu.edu/sustain/

• Welcome letter introducing newly accepted students to WWU's environmental legacy they are inheriting
Evaluating the Success of the GSG

- Surveys & focus groups for Freshmen, Sophomores, Juniors and Seniors
  - Viking Sustainability Literacy Survey

- Identify needs for improvement and refinement of GSG

- For Web Page: monitor traffic
Budget

• Printing of Green Survival Guides, color, with a glossy matte cover
  o 2,000 copies at $1,851.30 from Printing Services

• Web page creation & upkeep
  o May become another job duty for an employee in the Office of Sustainability
Imagine...

The graduating students from Western:

• Continue to practice the sustainable practices they learned here

• They will provide leadership in their communities by leading by example

• Proliferate the legacy of WWU's sustainability

This was all because of the visionary leadership of WWU and the publication of the Green Survival Guide.
Conclusion

In order to maintain, and advance, the standards and legacy of Western Washington University, we highly recommend the creation and distribution of the Green Survival Guide for the Sustainably Oriented Students proposal.
A big thanks to:

Seth Vidana
John Purdie
Ronna Biggs
Hayden Fairley
Hui-Ling Chan
Bellarmine High School
WWU Freshmen &
Casey Roe from Duke University