

DEPAUL SCHOOL FOR NEW LEARNING

Loop Tuesdays 6-9 PM

Fall 2009

SW 223 PRINCIPLES FOR A SUSTAINABLE LIFESTYLE

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Course description

Our consumer choices, habits and lifestyle have a local and global impact. The items we consume, such as: housing, furnishings, clothing, transportation, travel, food, recreation, entertainment and disposables mainly come from non-renewable natural resources produced in far away lands and have a cradle-to-grave lifecycle. Awareness and education as to the safety and efficacy of consumer products is often suspect with contradicting information from the media, manufacturers, government and advocacy groups.

Employing a sustainable paradigm for all of your consumer choices will allow you to have a smaller footprint, (ecological and carbon) on the planet and live a healthier, guilt free existence. We will explore the meaning of the 'triple bottom line' or cradle to cradle approach to consumption.

Consumer models, field trips and personal experiments will help pave the way to become a conscientious global citizen.

Competences

- S!E Can analyze inventions or technologies and can understand their underlying scientific principles
- S2D Can describe, categorize and analyze the interactions and exchanges between living organisms and their physical environment
- S3B Can assess health care practices based on an understanding of the biological and social factors that contribute to definitions of health
- H1H Can describe and analyze the challenges faced by communities in urban, suburban or rural areas

Text:

Purchase online at www.addall.com , Prairie Avenue Books or Borders

Mc, Donough, William and Michael Braungart. 2002. **Cradle to Cradle**. North Point Press

MacEachern, Diane. 2008. **The Big Green Purse.** Avery Press (Penguin Group)

There will be outside readings found in the library or available online.

A list of films for viewing is also part of this learning experience.

Learning Experience(s)

- Readings
- Individual research
- Lectures and class discussion
- Films
- Personal fieldtrips
- Student presentations
- Attendance

Attendance and participation are essential. In the event of an absence it is imperative that you (1) let me know ahead of time, and (2) contact a classmate ahead of time to be your "tutor" for the missed session. Always consult the syllabus for missed assignment and due dates.

Evidence Submitted by Student

1. Written assignments:

- Ecological and carbon footprint
- Research on your food miles/choices
- Transportation calculations
- Record of energy consumption
- Record of waste generated

2. Presentations

- Personal care product research
- Final research

Criteria for Assessment

Written and Oral Work Will be Evaluated As Follows:

A= designates work of high quality; reflects thorough and comprehensive understanding of the issues at hand; reflects a clearly identifiable thesis and argument that demonstrates cogent and creative development and support of idea.

B= designates work of good quality; reflects clearly organized and comprehensive understanding of issues at hand; presents substantive thesis and argument with evident development and support of ideas.

C= designates work which minimally meets requirements set forward in assignment; reflects some organization and development of ideas but develops argument in superficial or simplistic manner; may only address part of the assignment or be otherwise incomplete.

D= designates work of poor quality which does not meet minimum requirements set forth in the assignment; demonstrates poor organization of ideas and/or inattention to development of ideas, grammar, and spelling; treatment of material is superficial and/or simplistic; may indicate that student has not done reading assignments thoroughly.

***Unfinished, unsatisfactory, or work requiring revision will be given no grade and the student will be allowed to resubmit it the following class (with prior permission from the instructor).

*** For all incomplete assignments (those not turned in on time) the student must have regularly attended class, and must have completed two thirds of assignments to qualify for a final grade of incomplete. A specific timetable for completion is also required.

Weekly Schedule

Date	Topic	Reading /Assignment
15 Spt	Intro to Sustainability Carbon and ecological footprint Film, Human Footprint	
22 Spt	The triple bottom line, McDonough-Braungart book discussion Film " Waste=Food " Carbon/Ecological Footprint Due	Cradle 2 Cradle
29 Spt	The economic value of nature The local economy Consequence of a global economy Film, Independent America, Mom and Pop Due energy usage for previous year	E. O. Wilson Harper's Magazine
6 Oct	Health consequences of consumer products	EPA Toxicology report HOK chemical glossary

the chemical-industrial complex

- 13 Oct Student presentations on
health issues of personal care product
5 minute presentations
- 20 Oct Energy consumption
transportation, heat/cooling, electrical
food production, disposables and
waste
Due Average weekly waste
Film, ***Crude Awakening Oil Crisis*** McKibben, Bill
- 24 Oct **Field trip to
Chicago Center for Green Technology**
Saturday 10 AM
- 27 Oct Where does our food come from? Slow Food
How safe is our food? WHO
Due: **Track three meals, determine
'food miles'** for your average homemade meal
- 3 Nov Water consumption, pollution and conservation
Film "Flow"
- 10 and 17 Nov **Student presentations, ten minutes**
Personal Sustainability 'greening' results

Assignments

- Calculate your ecological and carbon footprint. Do this at the beginning and end of class.
- A chemical survey of a personal care product or cleaning product. The health consequences of each chemical ingredient will be discussed in a class presentation
- Determine your energy usage for the previous year and over the course of the class. This includes, gasoline, electricity and natural gas.

- Calculate the auto mileage for your vehicle and the number of miles driven in an average week. Do this at beginning and end of class. If you don't have a car, determine energy used in public transit, taxis or calories burned by walking, biking etc.
- Distance you food travels. You will take one meal per week and trace it's distance in miles from point of production to your table. Also calculate the number of calories in this meal and the number of calories/btus or gallons of gasoline to get it to you.
- Analyze the indoor air quality of one room in your home. Look at the composition and origins of all objects. How do these objects impact your health?
- Final presentation of lessons learned and area of change. Why this particular issue and how did you accomplish change? Use attached excel spreadsheet for guide

Outside readings:

Wilson E.O. 2002 'What is Nature Worth?' The Wilson Quarterly winter 2002 issue.

Can be found in any library or online

Berry, Wendell. 'The Idea of a Local Economy" Harper's Magazine April 2002, p 15

Bissell, Tom. Eternal Winter; Lessons of the Aral Sea Disaster. Harper's Magazine Apr 2002, p 41

World Health Organization, definitions of health and chemical overload for humans.
Online website

EPA Indoor Air Quality. Toxicological effects of common chemicals. Online website

Shiva, Vandayna, pursue her articles in 'Resurgence' Online magazine

John Todd and his ecological design for waste water treatment

Slow Food, an international movement

US Dept of Energy, do it yourself home energy audit

Time Magazine

April 9 2007 "51 Things You Can Do" p 69

June 11 2007 "How The World Eats" p 70

Kuntsler, William. 1996 "Home From Nowhere" The Atlantic
Monthly Spt 1996 p43

McKibben, Bill 1998. "A Special Moment in History" The Atlantic
Monthly May 1998
p 55

Suggested Magazines for positive alternatives:

- Plenty
- Natural Home
- Smart Homeowner

Films:

- Who Killed the Electric Car?
- The End of Suburbia; Oil Depletion and the End of the American Dream
- The Corporation
- Design Outlaws
- An Inconvenient Truth
- Supersize Me

THE FOLLOWING IS A SET OF SPECIFICS TO BASE YOUR LIFESTYLE CHANGE UPON. USE THIS GUIDE TO ASSESS YOUR CURRENT LIFESTYLE AND MAKE APPROPRIATE AND DOABLE CHANGES.

ELECTRICITY

LIGHTS
FRIG
COMPUTERS
ELECTRONICS
A/C
SMALL APPLIANCES
WASHER/DRYER
CLOCKS
CHARGERS
DISHWASHER
SURGE PROTECTORS

VENTILATION

WINDOWS
INSULATION
DOORS
FLOORS

GAS

STOVE
FURNACE
DRYER
WATER HEATER

IAQ

CLEANING PRODUCTS
APPL VENTING
TEXTILES
DRYER SHEETS
PAINTS
PERFUMES
DRY CLEANING
PERSONAL CARE PRODUCTS

WATER

FAUCETS
SHOWER
DISHWASHER
WASHER
TOILET
POTABLE

FOOD

LOCAL
SEASONAL
ORGANIC
PROCESSED
PACKAGED
DAIRY/EGGS
IMPORTED
MEAT
FISH

PETS

BEDDING
FOOD
MEDS
BATH PRODUCTS

CLOTHING

NATURAL TEXTILES
SYNTHETICS
IMPORTED
USED

TRANSPORTATION

BIKE
CAR
PUBLIC
WALK

WASTE

MAIL
RECYCLING
BAGS

FOOD
WASTE/COMPOST
PACKAGING
ELECTRONIC
BATTERIES

