

Introduction

Introduction

What YOU do on a daily basis matters! So get recognized for your sustainable actions and learn new ways to make an impact.

This survey will take approximately 15 minutes to complete.



Instructions

See below for the 3 steps in the Green Living process. Find out more about Green Living by visiting our [website](#).

Three Steps for



GREEN LIVING

Take the Survey

Go to bit.ly/LiveGreenPenn to take the survey and learn more about sustainable living on (and off!) campus.



Get Certified

Get a sticker to display your certification



Please check the box below to indicate you have read the steps carefully.

Yes, I have read the steps carefully.

We work hard to make sure the Green Living Certification accurately reflects students' efforts and rewards those who go above and beyond in creating a more sustainable campus. If we believe there were inaccuracies in your responses, we will contact you for more information.

Please be honest in your responses to help us maintain the program's integrity.

I will be honest in my responses and accurately reflect on my own personal effort.

Prerequisites

Prerequisites

To qualify for any certification level, *you must complete the five prerequisite actions below.*

I practice good recycling habits and have a recycling bin.

Recycling is one of the most effective ways to help protect the environment and reduce the amount of waste entering landfills. Single stream recycling makes it easy to recycle at Penn. [Click here](#) for a full list of recyclable materials and printable posters. [Click here](#) to find out where you can recycle in Penn's College Houses.

For off-campus residents, please discuss with your landlord or rental company about proper recycling procedures. If your apartment or house utilizes recycling through the City of Philadelphia, visit [this website](#) for a list of recyclable materials.

Yes

I use CFLs or LEDs in my room instead of incandescent light bulbs.

CFLs use up to 75% less energy than incandescent bulbs and last up to 10 times longer^[1], and Energy Star-qualified LEDs use at least 75% less energy than incandescent bulbs and last 15-20 times longer than incandescent bulbs^[2].

Note: CFLs and LEDs should not be disposed of with normal trash/recycling.

Yes

I turn off the lights when they are not in use.

This may seem simple, but it's easy to forget to switch off the lights when leaving a room. Lighting accounted for 6% of all electricity consumption in homes in 2018^[3].

Yes

I make an effort to tightly turn off faucets and showers and report any leaks to Penn Maintenance or my relevant facilities team.

One faucet dripping every six seconds wastes nearly 350 gallons of water per year^[4]. [Click here](#) to initiate a maintenance request if you live on-campus. For off-campus residents, please check with your landlord for facility request procedures: remind them it can save them money on their utility bills and help the environment!

Yes

I have encouraged or am going to encourage other students to receive their Green Living Certification.

Your sustainable behaviors have a positive impact on the environment. The more students that adopt the behaviors required to receive Green Living Certification, the larger of an impact we can make! Students like you play a large role in getting fellow students involved.

Yes

[1] <https://www.energy.gov/energysaver/save-electricity-and-fuel/lighting-choices-save-you-money>

[2] https://www.energystar.gov/products/lighting_fans/light_fixtures/why_choose_energy_star_qualified_led_lighting

[3] <http://www.eia.gov/tools/faqs/faq.cfm?id=99&t=3>

[4] <http://water.usgs.gov/edu/activity-drip.html>

The remaining questions differ for on-campus and off-campus residents.

I live on-campus

I live off-campus

Optional Actions: WM&R

Optional Actions:

Waste Minimization and Recycling

The remainder of the application is Optional Actions. Please read each action carefully and check "Yes" if you qualify for that action. If you do not qualify for that action, please proceed without checking "Yes."

We understand that not all actions will be applicable for each participant; that's why there are more than enough questions to help you reach the point totals!

I use a reusable coffee mug or thermos instead of a disposable cup for hot beverages. (2 points)

By using a reusable travel mug instead of disposable paper or plastic cups, you can save trees, water, and energy.



Yes (2 points)

I use reusable plates, cups, and utensils instead of disposable alternatives. (2 points)

Plastic that is not recycled can take centuries to biodegrade, leaching chemicals into groundwater and posing threats to wildlife and humans alike^[5].



Yes (2 points)

I own a reusable water bottle and use it as often as possible instead of buying bottled water. (2 points)

In the US, tap water is often more strictly regulated for safety and health than bottled water^[6]. In addition to health concerns, the process of manufacturing one year's worth of bottled water emits over 2.5 million tons of carbon dioxide and requires twice as much water as what actually goes into the bottle and over 17 million barrels of oil. This much oil could fuel 1 million cars and light trucks for a year^[7].



Yes (2 points)

I make an effort to reduce the amount of paper towels I use (2 points total). Check all that apply.

Using paper towels contributes to deforestation, soil degradation, water pollution, air pollution, and climate change. In 2018 alone, Americans produced 7.4 billion pounds of tissue material waste—primarily paper towels and toilet paper—much of which ended up in landfills^[8].

- In my kitchen and bathroom I use reusable towels, rags, and sponges so that my use of paper towels is minimal. (1 point)
- In communal or public bathrooms where only paper towels are provided, I make an effort to reduce the amount of paper I use. (1 point)

I make an effort to reduce the amount of paper towels I use. (1 point total)

Using paper towels contributes to deforestation, soil degradation, water pollution, air pollution, and climate change. In 2018 alone, Americans produced 7.4 billion pounds of tissue material waste—primarily paper towels and toilet paper—much of which ended up in landfills^[8].

- In my kitchen and bathroom I use reusable towels, rags, and sponges so that my use of paper towels is minimal. (1 point)

I print double-sided when I need to print (2 points)

Double-sided printing is a great way to reduce paper use. [Click here](#) for more information on how to set up double-sided printing on your printer.

- Yes (2 points)






I reuse paper that only has text on one side and keep a scrap paper pile for use whenever possible. (1 point)

Using both sides of a sheet of paper reduces your paper consumption by half and saves money.

- Yes (1 point)

I reduce paper margins and/or font size in order to decrease the length of documents printed (especially for non-formal documents). (1 point)

Reducing font size and paper margins to the “narrow” setting on Microsoft Word or other word processing programs decreases the number of pages printed, saving paper, money, and other valuable resources.

	Normal Top: 1", Bottom: 1", Left: 1", Right: 1"
	Narrow Top: 0.5", Bottom: 0.5", Left: 0.5", Right: 0.5"
	Moderate Top: 1", Bottom: 1", Left: 0.75", Right: 0.75"
	Wide Top: 1", Bottom: 1", Left: 2", Right: 2"
	Mirrored Top: 1", Bottom: 1", Left: 1.25", Right: 1"
Custom Margins...	

Yes (1 point)

I recycle items that require special recycling methods in the proper recycling collection locations. (2 points)

Many items like ink cartridges, batteries, light bulbs, hardcover books, and writing utensils, as well as all electronics devices and appliances, can be recycled. [Click here](#) for more information about recycling these items at Penn.



Yes (2 points)

I reduce the waste I produce by buying items in bulk. (2 points)

Packaged products often create large amounts of waste. Buying items that come in one large package or container instead of individual packages can serve to reduce the amount of waste going to landfills. For example, buying things like ketchup, sugar, and other condiments in bulk helps cut down on waste from individual packets.

Yes (2 points)

I compost my organic waste. (4 points)

[Bennett Compost](#) offers affordable weekly compost pick-ups in Philadelphia (\$15 a month). You can also drop food scraps off for FREE at the compost bins located in the green box behind Harrison College House.

Yes (4 points)

[5] <https://www.unenvironment.org/news-and-stories/story/plastic-planet-how-tiny-plastic-particles-are-polluting-our-soil>

[6] <https://www.nrdc.org/stories/truth-about-tap>

[7] <http://pacinst.org/publication/bottled-water-and-energy-a-fact-sheet/>

[8] <https://www.theatlantic.com/family/archive/2018/12/paper-towels-us-use-consume/577672/>

Optional Actions: E&W**Optional Actions:
Energy and Water****Before I leave for breaks, I unplug my appliances and electronics, close my windows, and turn off the lights. (3 points)**

Many students forget to take these simple steps before leaving campus, resulting in an unnecessary waste of energy for days or weeks at a time.



Yes (3 points)

I plug all my appliances into a power strip and turn it off when not in use. (3 points)

Many appliances and chargers still draw power even when turned off or not charging. This “vampire energy” accounts for roughly 14% of electricity costs in the U.S. ^[9]

Yes (3 points)

If I have control over my thermostat, I follow the temperature guidelines laid out in the table below. (3 points)

29% of residential electricity consumption in the U.S. in 2018 was for air conditioning and space heating^[10]. For every degree you raise the temperature in winter, energy costs climb by 6%^[11]. Consider layering to stay comfortable rather than primarily relying on your thermostat.

	Heating	Cooling
When you are in your room	68	76
When you are out for the day	60	85
When you are away for the weekend	55	off

Yes (3 points)

I turn off the lights in unused spaces when they are left on (2 points).

Lights, especially incandescent bulbs, use energy and emit heat. Leaving four standard 60 watt bulbs on for 10 hours overnight uses enough energy to power a flat-screen TV for 20 hours^[12].



Yes (2 points)

I use the power management settings on my computer to reduce my electricity consumption. (1 point)

By customizing your computer's energy settings to dim the display and enter sleep mode sooner, you can improve your battery life and consume less energy.

Yes (1 point)

I do not have a mini fridge in my room. (3 points)

Of all student appliances, mini fridges consume by far the most electricity. Think about using a shared refrigerator in a common space or give it up altogether. If a mini fridge is necessary, then make sure you purchase an Energy Star rated appliance.

Yes (3 points)

I have Energy Star appliances in my residence (3 points total). Select one.

Energy Star users have "saved more than \$239 billion on utility bills and prevented more than 1.9 billion metric tons of greenhouse gas emissions over the past two decades"^[13]. And did you know using Energy Star appliances may qualify you for [Federal Tax Credits](#)?

- I have one Energy Star appliance (1 point)
- I have two Energy Star appliances (2 points)
- I have three or more Energy Star Appliances (3 points)

I regularly take the stairs instead of the elevator (if possible). (3 points)

Taking the stairs saves electricity, which in turn, reduces your carbon footprint. It is also good for your health.



Yes (3 points)

I use a drying rack instead of a machine dryer to dry my laundry. (3 points)

According to the EPA, washing and drying clothes is one of the most energy intensive chores in a household. Air-drying laundry saves energy and also helps clothes last longer^[14].



Yes (3 points)

I use the cold water (aka “Bright Colors” or “Delicates”) setting on the washing machine. (2 points)

Cold water cleans your clothes just as well, but uses much less energy because the water doesn’t need to be heated.

Heating the water accounts for 90% of a washing machine’s energy usage per cycle^[15].



Yes (2 points)

I wait until I have a full load of laundry before washing my clothes. (2 points)

Average washing machines use about 20 gallons per load regardless of the load size, and are not made to wash only a few pieces of laundry at a time^[16]. By only washing full loads of laundry, you not only save hundreds of gallons of water each year, but also prevent the machines from breaking down.

Yes (2 points)

I turn off the faucet when brushing my teeth and/or washing my face. (1 point)

A bathroom faucet generally runs at two gallons of water per minute. By turning off the tap while brushing your teeth, washing your face, or shaving, a person can save more than 200 gallons of water per month^[17].

Yes (1 point)

I take shorter showers to conserve both water and the energy required to heat that water. Select only one answer.

By making your showers 5 minutes shorter every day, you can reduce your yearly water consumption by over 3000 gallons^[18].

- I take showers that are 5 minutes or less. (3 points)
- I take showers that are 7 minutes or less. (1 point)

I have installed a lower-flow shower head or take shorter showers to conserve both water and the energy required to heat that water. Select only one "minutes" option (5 or 7, but not both).

By making your showers 5 minutes shorter every day, you can reduce your yearly water consumption by over 2700 gallons^[18]. Or if you're someone who likes to take a longer shower, consider installing a low-flow shower head - stay in the shower just as long but use less energy and water!

- I take showers that are 5 minutes or less. (3 points)
- I take showers that are 7 minutes or less. (1 point)
- I have installed a low-flow shower head. (2 points)

During cold weather, I open the blinds during the day and close the blinds at night. (1 point)

Sun can warm a room during the day, but the room's heat can easily escape through windows. Blinds act as another layer of insulation, so by closing the blinds at night, more heat accumulated throughout the day can be trapped inside.

- Yes (1 point)

I have installed "door sweeps" on all doors that lead directly outside. (3 points)

Door sweeps seal the gap between your door and the outside. In the winter, this helps cut down on air leaks, a major source of heat loss in the winter. Not only will you feel warmer, you'll also cut down on your energy bill. [Here's a tutorial on how to install a door sweep.](#)



Yes (3 points)

I have added caulk, weather strips, or used an insulation kit for my windows. (3 points)

Windows are another common contributor to heat loss in rooms during the winter. Weather proofing them for the winter can save money on your energy bill! Check with your landlord to see if you are allowed to do this on your own or if perhaps the leasing agent is interested in investing in weather proofing.

Yes (3 points)

I use the microwave or toaster instead of the oven to reheat foods. (1 point)

The oven uses significantly more energy than a microwave or a toaster. In fact, you can cut the energy use by over 80% just by using a microwave instead of the oven, while also cutting down on A/C needs in warm months^[19].

Yes (1 point)

I have read the Energy Star @ home tips webpage. (1 point)

View the webpage [here](#) and find great tips for every room of your home or apartment!

Yes (1 point)

Sign up for green energy. (3 points)

In Pennsylvania, you can choose the company that generates your home's electricity — also known as your electric supplier. This means that you have the power to choose to switch to a company that utilizes renewable energy.

Visit this article to learn more about how you can switch to renewable energy in your off-campus housing, and visit papowerswitch.com to get started! We especially recommend looking into [The Energy Co-Op](#), Philadelphia's only nonprofit, member-owned, cooperative energy supplier.

Yes (1 point)

[9] <https://www.saveonenergy.com/learning-center/mapping-vampire-energy/>

[10] http://www.eia.gov/energyexplained/index.cfm?page=electricity_use

[11] <https://www.energy.gov/energysaver/articles/program-your-thermostat-fall-and-winter-savings>

[12] <http://energy.gov/energysaver/articles/estimating-appliance-and-home-electronic-energy-use>

[13] <https://www.energystar.gov/about>

[14] <https://www.energy.gov/energysaver/articles/16-ways-save-money-laundry-room>

[15] https://www.energystar.gov/index.cfm?c=clotheswash.clothes_washers_performance_tips

[16] https://www.energystar.gov/products/appliances/clothes_washers

[17] <https://sustainability.ncsu.edu/blog/changeyourstate/6-times-you-should-turn-off-the-tap-to-save-water/>

[18] <http://epa.gov/WaterSense/products/showerheads.html>

[19] <https://water.usgs.gov/edu/qa-home-percapita.html>

Optional Actions: Transportation

Optional Actions:
Transportation

I use a bicycle to get around as an alternative to using a motorized vehicle. (2 points)

If you don't have your own bike, you can use [Indego](#), a Philadelphia bike share service, to get around by bike! You can check out Philly's extensive bike lane system going from campus to Center City [here](#). Be sure to review safety tips and University policies [here](#).

Yes (2 points)

I walk to places that would normally require motorized transit in order to avoid producing carbon emissions (2 points).

Walking as opposed to driving, taking a taxi, or taking public transit is good for you (your health and your wallet) and the environment. Choose to get from place to place without emitting harmful greenhouse gases. [Click here](#) to learn more about the Walking Escort Service, offered 24/7 by Penn's Division of Public Safety.

Yes (2 points)

I use a car-sharing service instead of owning a personal automobile (eg. [Enterprise CarShare](#) and [ZipCar](#)). (3 points)

Using a car-sharing service minimizes the number of vehicles in the city, which reduces idling and parking congestion, and provides an affordable alternative to owning a car. [Click here](#) to learn why car sharing is great for college students.

Yes (3 points)

Optional Actions: Purchasing

Optional Actions:
Purchasing

I use printer paper with post-consumer recycled content. (2 points)

Paper containing a percentage of post-consumer content and/or Forest Stewardship Council (FSC) certified paper can be readily found at stores selling office supplies. Look for the following logos:



Yes (2 points)

I purchase products with a high percentage of recycled-content material (such as paper towels, tissues, notebooks, etc.) (2 points)

By purchasing recycled-content products, you can help reduce the demand for virgin materials. Items ranging from paper to t-shirts to furniture often have widely available alternatives with high percentages of recycled-content.

Yes (2 points)

I buy locally by shopping at farmers' markets or choosing locally-grown foods at the grocery store. (2 points)

Support your local economy and reduce carbon emissions caused by food transportation by purchasing locally-grown foods. On Wednesdays, visit the farmers market outside of the Penn Bookstore. On Saturdays and Thursdays, visit the [Clark Park farmers market](#). Year-round local foods are available for sale at [Mariposa Co-Op](#), at 4824 Baltimore Avenue.



Yes (2 points)

I buy foods that are certified organic. (2 points)

Purchasing organic foods helps mitigate the impacts of conventional farming practices, such as the depletion of biodiversity, the reduction in soil quality, and the use of toxic fertilizers and pesticides^[20]. Visit Trader Joe's, Whole Foods, Giant Heirloom Market, or certain farmers markets for organic food options.



Yes (2 points)

I seek out restaurants, food establishments, and eateries that serve local, organic, or sustainable foods. (2 points)

University City offers many options for sustainable food choices, including Sweetgreen, White Dog Café, Honeygrow, and more.

Yes (2 points)

I am vegetarian, vegan, or make an effort to reduce the amount of meat and dairy I eat. Select only one answer.

Adopting a vegan, vegetarian, or reduced-animal-product diet can have a major impact on the environment. If every American did not eat meat or cheese for just one day a week, the carbon dioxide savings would be equivalent to taking 7.6 million cars off the road annually^[21].

- I am a vegan (4 points)
- I am a vegetarian (2 points)
- I make an effort to reduce the amount of meat and other animal products I eat (1 point)

I purchase environmentally-friendly cleaning products to reduce the use of toxic materials. (2 points)

Environmentally friendly cleaning products are less toxic, promote better indoor air quality, and use less energy in their production^[22]. Look for brands including Seventh Generation and EO Products, found in most stores alongside conventional cleaning product brands.



Yes (2 points)

I purchase organic or natural toiletries. (3 points)

Many toiletries (including shampoos and cosmetics) consist largely of petrochemical ingredients, which are derivatives of natural gas or oil. Purchasing natural/organic toiletries can help you reduce your use of non-renewable fossil fuels and keep potential toxins from going down the drain. Look for brands including Desert Essence, Dr. Bronner's, and EO Products.

Yes (3 points)

I utilize the 30-Day Rule when making purchases. (3 points)

In general, think before you buy any product - do you really need it? How did the production of this product impact the environment, and what further impacts will there be with the disposal of the product (and associated packaging materials)?

To help with this, try the 30-Day Rule: wait 30 days after the first time you decide you want a product to make your decision. This will help eliminate impulse buying, saving you money AND saving natural resources!

Yes (3 points)

When I do need to make a purchase, I prioritize Green Certification labels, shopping local, and patronizing minority-owned businesses. (3 points)

When you do need to buy new, make your purchase really count. Look for Green Certification Labels (a few of which are listed below), shop local, and patronize minority-owned businesses, especially women-owned & Black-owned shops.

Common Green Certification Label Examples

- Household Items: Original Green Seal of Approval
- Chlorine-Free Products: Chlorine Free Products Association
- Energy-Efficient Products: EPA's ENERGY STAR Program
- Organic Produce: USDA National Organic Program
- Wood and Paper Products: Forest Stewardship Council

Yes (3 points)

[20] <http://www.fao.org/organicag/oa-faq/oa-faq6/en/>

[21] <https://www.earthday.org/take-action/cutting-your-foodprint/>

[22] <https://www.epa.gov/greenerproducts/greening-your-purchase-cleaning-products-guide-federal-purchasers>

Optional Actions: Involvement

Optional Actions: Involvement at Penn

I am a member of an environmental group on campus.

There are more than 15 different environmental groups on campus focusing on various environmental issues (such as green living, renewable energy, and advocacy). To find one that interests you, visit the [Student Sustainability Association at Penn \(SSAP\) website!](#) SSAP is the student sustainability umbrella organization here at Penn.

I am a member of an environmental club (3 points)

I “Like” the Penn Sustainability page on Facebook. (1 point)

Stay up to date on Penn’s sustainability news and initiatives by liking the [Penn Sustainability Facebook page.](#)



Yes (1 point)

I have applied for and/or received a [Green Fund](#) grant for a sustainability project on campus. Select only one answer.

Penn's Green Fund is a sustainability grant fund open to students, staff, and faculty. The Green Fund Review Board looks for projects that demonstrate environmental innovation and those that conserve resources for the University.

I have received a Green Fund grant (5 points). *Please write the name of your project*
 below

I applied for (but did not receive) a Green Fund grant (3 points). *Please write the name of your project below*

I have taken an environmentally-focused course or am enrolled in a sustainability major, minor, or concentration. Select only one answer.

Penn offers many different environmentally-focused classes, majors, and minors in all schools. You can search Penn's course catalog with the keyword "sustainability" or check out the [Sustainability Course Inventory](#) from the Penn Sustainability website.

- I'm enrolled in an environmentally-focused major, minor, or concentration (4 points)
- I have taken at least one environmentally-focused course (2 points)

Additional actions

Other Sustainable Lifestyle Choices

If there is another environmentally sustainable lifestyle choice you make that does not appear on this list, tell us in the space provided below. We will review any additional choices and consider granting extra points.

Behavior

Program Assessment

Please note that the following questions will not impact your score or certification status in any way, but will help us better understand the impact of the Green Living Certification Program.

How likely or unlikely are you to engage in additional sustainability actions because of the preceding survey?

Highly likely



Likely



Neither likely nor
unlikely



Unlikely



Highly unlikely



To what extent do you agree with the following statement:

This survey informed me of sustainability actions or impacts that I did not previously know about.

Strongly agree

Agree

Neither agree nor
disagree

Disagree

Strongly disagree

Contact Info

Name (First and Last)

Email

Residence

- Lauder College House
- Kings Court English
- Fisher Hassenfeld
- Ware
- Riepe
- Gregory
- Du Bois
- Stouffer
- Rodin
- Harnwell
- Harrison
- Sansom East
- Sansom West
- Hill

Building, if applicable (e.g. Class of 1928, Leidy, etc.)

Mailbox number (this will be used to send your prize in the mail)

Complete Mailing Address (this will be used to send your prize in the mail)

Class Year

How did you hear about Green Living Certification? (Check all that apply.)

- Poster
- In an email
- From an RA or GA
- From a friend
- Word of mouth
- Penn Sustainability staff
- Penn Sustainability website
- Other

If you were referred to this survey, please enter the name and email of the person who referred you here.

Name

Email

Do you mind being contacted by us and/or featured on our website or social media?

- I do not mind being contacted and/or featured.
- I do not want to be contacted and/or featured.

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