

## Wells College Sustainable Student Pledge statements

Please check all the more sustainable actions that you are already doing consistently or that you feel you can commit to doing regularly for (at least) this semester.

### Resource Conservation (35)

I pledge to purchase only electrical or electronic items that are *EnergyStar* certified (where that certification applies).

I pledge to plug all my electric/electronic items into a power strip.

I pledge to turn my power strip off overnight or whenever I am not in my room, using those items that are plugged into the strip.

I pledge to purchase and properly use a "smart" power strip, that can automatically turn off "ganged" peripherals.

I pledge to never leave my cell phone, computer or other electronic charger plugged in when I am not charging the equipment.

I pledge to unplug electrical and electronic devices when I am not using them, or to plug them into a power strip and turn the power strip OFF until I need to use the equipment.

I pledge to turn my computer/laptop off overnight or whenever I am not in my room.

I pledge to turn my computer MONITOR off overnight or whenever I am not in my room, even if I leave my computer turned on.

I pledge to only turn on and use my printer when I need to print something.

I pledge to reset my computer/laptop's energy settings to a higher energy saving level than the factory settings.

I pledge not to use screensavers that use a lot of additional energy.

I pledge not to have an aquarium in my room.

I pledge to use the clock features on my laptop, cell phone or watch instead of having a separate electric clock.

I pledge to use only CFL lamps or LED lamps in my desk lamp and will replace any incandescent or halogen lamps.

I pledge not to purchase or use a personal coffee maker.

I pledge not to purchase or use a personal microwave oven or toaster oven and use the appliance(s) in the hall kitchen.

I pledge not to purchase or use a personal refrigerator and will store my food in the hall kitchen refrigerator.

I pledge to share one refrigerator in our room with my roommate(s).

I pledge to check whether my refrigerator is *EnergyStar* certified and ensure that the door closes properly and the thermostat is set at appropriate refrigeration levels (between 38-43°F).

I pledge to turn off the water while I am brushing my teeth.

I pledge to turn off the water while I am soaping my hands.

I pledge to limit my shower time to 10 minutes or less.

I pledge to limit my shower time to 5 minutes or less.

I pledge to turn off my room light whenever I am the last one to leave it.

I pledge not to leave lights on in my room when I am sleeping.

I pledge not to leave the TV on or music playing when I am studying or sleeping.

I pledge to turn off lights in common areas (laundry room, bathroom, lounge) if I am the last one to leave or I walk by and see that the lights are on and the space is not in use.

I pledge to use cold water for most of my laundry loads.

I pledge to only wash my clothing if I have a full load (following the machine load guidelines from MacGray).

I pledge to clean the dryer lint trap before and after I use the dryer.

I pledge to use a drying rack whenever possible instead of using the clothes dryer.

I pledge not to purchase or use holiday lights, even if they are LED strings.

I pledge not to use a personal printer but will use the computer lab printers instead.

I pledge to use natural lighting from the window in my room whenever possible instead of turning on room lights.

I close my window(s) when I am not in the room or when it is cold and windy out.

### **Reduce, Reuse, Recycle (30)**

I pledge to carry and use a reusable cold beverage bottle instead of purchasing cold beverages in disposal containers.

I pledge to carry and use a reusable HOT beverage mug or container instead of purchasing hot beverages in disposable containers.

I pledge not to purchase bottled water or canned/bottled soft drinks, but will fill up at the drinking fountain or will purchase fountain drink refills in my own beverage container OR will buy bottled drinks in larger containers and fill my own containers.

I pledge to learn what is recyclable in the "single stream" recycling system and ensure that all items I generate are properly recycled.

I pledge to use my own personal hand towel in the residence hall bathroom instead of using a paper towel to dry my hands.

I pledge to be more selective of items I purchase, choosing items that have reduced packaging.

I pledge not to purchase any new personal clothing or shoes this semester.

I pledge to look for sweat-shop-free certified apparel if I purchase clothing.

I pledge to look for clothing made with more sustainable fabrics (organic cotton, hemp, fabric from recycled plastic bottles)

I pledge to learn how to remove stains and repair tears in clothing instead of replacing items.

I pledge to visit the *Bargain Basement* at least once during the semester to see if something I need is there instead of buying new.

I pledge to place still-usable items in the "*share box*" in our laundry room if I no longer need them.

I pledge to take still-usable items to the *Bargain Basement* if I no longer need them.

I pledge to look in at least one of the area reuse stores if I need something during the semester.

I pledge to limit my purchase of snack foods that are not sold in recyclable packaging.

I pledge to use reusable tableware (plates, utensils, cups) instead of disposable items.

I pledge to use only recyclable tableware (plates, utensils, cups) instead of disposable items.

I pledge to not use disposable razors but purchase a reusable razor and blade refills.

I pledge to learn how and where to properly dispose of hazardous waste (e.g. household chemicals, CFL lamps, rechargeable batteries, expired or excess medications, printer cartridges) and properly dispose of those materials, if I have any.

I pledge not to purchase or use disposable holiday decorations.

I pledge to ask my professors if it is acceptable to submit papers or other assignments online instead of in printed form.

I pledge to choose items with recycled content when I purchase school supplies.

I pledge to choose durable, reusable items when I purchase items (e.g. storage baskets and bins) instead of cheap, breakable items.

I pledge to decorate my room with items that are reusable, not disposable.

I pledge to select the "duplex" print feature on any printers (if this feature is enabled).

I pledge to make draft print copies on the back side of used sheets of paper.

I pledge to use the back side of used sheets of paper to make notes.

I pledge to take steps to reduce mail (using email correspondence, opt out of catalog mailings, sign up for online banking and bill payment, etc.)

I pledge to share magazines and newspapers I purchase with others instead of recycling them after I read them.

I pledge to ask my professors if it is acceptable to submit papers with reduced margins (from 1" to 3/4") and to reduce or eliminate line spacing, in order to conserve paper.

### **Transportation (8)**

I pledge to walk or bike around campus or to go into the Village instead of driving my car.

I pledge to create a *Zimride.com* rideshare account and use it to request/offer a ride for shopping or entertainment.

I pledge to create a *Zimride.com* rideshare account and use it to request/offer a ride home for breaks.

I pledge to never run an errand in my car without offering a ride to at least one other person or offering to pick up something they need when I am shopping.

I pledge to try to use mass transit (bus, campus shuttles) whenever possible instead of driving my own car.

I pledge to limit my airline flights.

I pledge to investigate local options for shopping, for recreation, and for community service/internships in order to reduce transportation demands.

I pledge to try to fill my car if I am driving home for break or for weekend trips home.

**Food (12)**

- I pledge to shop for and eat locally produced foods when possible.
- I pledge to observe "Meatless Monday" and eat vegetarian (or vegan) on that day each week.
- I pledge to shop for and eat organically produced foods whenever possible.
- I pledge to shop for and eat minimally processed and/or fresh food products whenever possible.
- I pledge to shop for and eat more healthy food products.
- I pledge to limit my consumption of snack/junk foods or purchased meals to no more than twice a week.
- I pledge to be aware of portion sizes and not prepare more food than I can eat myself or than I can share with others.
- I pledge to eat a vegetarian diet this semester.
- I pledge to eat a vegan diet this semester.
- I pledge to eat less red meat (beef, pork) this semester (only 2 servings per day).
- I pledge not to take anything allowable from the dining hall that I am not sure I will consume.
- I pledge to observe USDA "food plate" recommendations for nutritionally balanced meals.

**Pollution Prevention: (5)**

- I pledge to learn about and be very selective in the household cleaners I purchase and use.
- I pledge to learn about and be very selective in the personal care products I purchase and use.
- I pledge to learn about proper disposal of excess household cleaning products and their empty containers.
- I pledge to learn about and select products from companies that reduce their environmental impacts.
- I pledge to learn how and where to properly dispose of excess or expired medications.

**Leadership and Advocacy (10)**

- I pledge to model more sustainable behaviors for others and be proud of what I am doing.
- I pledge to verbally and non-verbally acknowledge others when I see that they are making more sustainable choices.
- I pledge to verbally and non-verbally correct others when I see that they are making LESS sustainable choices.
- I pledge to help the Sustainability Center with sustainability-related outreach efforts in my residence hall (creating RA bulletin board, floor programs, *Installments* replacements, waste separation station monitoring, etc.)
  
- I pledge to attend sustainability learning events on campus this semester so I can learn more, not just for extra credit that may be awarded for attendance.
- I pledge to volunteer in at least one sustainability-related community service activity.
- I pledge to consider making more sustainable choices to be part of my adherence to the Wells *Honor Code*.
- I pledge to share at least one idea with the Sustainability Center for a way to make Wells College more sustainable.
- I pledge to work to make that one more sustainable idea a reality.
- consequences of any job I consider and will try to improve these aspects of any organizations for which I work."*

**Total pledge possibilities = 100**

**Other personal pledges I will make:**