

Name: _____

Online Module Student Journal

Module 4: Sustainability in Everyday Life

Directions:

Complete the following questions as you follow along with the online module.

Introduction

Complete the following question BEFORE you start the online module.

1. Sustainability means having the ability to meet the needs of the present without compromising the needs of the future. What are three ways you can do that in your life?

Section 1: Saving the World – What Can You Do to Help?

Complete the following questions after you complete Section 1 of the module.

1. What is the main message or purpose of “The Lazy Person’s Guide to Saving the World”?
2. In your opinion, which action mentioned in the guide do you find the most feasible and effective for making a positive impact? Explain your reasoning.
Explain in two or three sentences.
3. Reflect on your own lifestyle. Are there any habits or behaviors you could change or adopt to align with the principles outlined in the guide? Explain.
Explain in two or three sentences.

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Section 2: What Is Your “Just One”?

Complete the following questions after you complete Section 2 of the module.

1. What area of sustainability is most important to you? What area would you like to tackle with your “just one”? Why is this area important to you?
Explain in three or four sentences.

2. Write a simple phrase or sentence to describe the “just one” action you want to commit to.

3. Why have you selected this practice for your life? Why is it meaningful to you?
Explain in two or three sentences.

4. What specific action steps will you need to take to implement this practice?
List three or four steps.

5. What resources or supports do you need to implement this practice? Who can you go to for this assistance?
Respond in two or three sentences.

6. What impacts will your practice have on you, your family, the environment, etc.?
Respond in two or three sentences.

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Module 4 Knowledge Check

Directions:

Complete the following questions after you have concluded Module 4.

1. What is the recommended first step in reducing your environmental footprint?
 - a. Buying new energy-efficient appliances
 - b. Understanding your consumption patterns
 - c. Donating old items to charity
 - d. Switching to electric vehicles
2. Which of the following actions can help reduce waste?
 - a. Buying single-use plastic products
 - b. Reusing and repairing items
 - c. Throwing away old electronics
 - d. Always using new products
3. What is one benefit of adopting sustainable habits?
 - a. Increased environmental waste
 - b. More complicated lifestyle
 - c. Saving money over time
 - d. Shorter product lifespans
4. What is a benefit of conserving water?
 - a. Lower electricity bills
 - b. Improved air quality
 - c. More waste produced
 - d. Reduced strain on natural resources
5. What is a good starting point for living a more sustainable life?
 - a. Getting involved in government action groups
 - b. Trying to convince your boss or company to cut down on the resources they are using
 - c. Reading and learning about sustainability and sharing on social media
 - d. Attending a national sustainability conference
6. What is the message behind the "just one" idea?
 - a. Choosing one simple action to commit to in order to live more sustainably
 - b. People should focus in on one area of the environment and do everything they can to help.
 - c. People should only eat one meal per day to cut down on food waste.
 - d. We get "just one" planet and we have to protect it however we can.
7. Which of the following are examples of a "just one" commitment? (Circle all that apply.)
 - a. Planting a garden to grow your own food
 - b. Riding a bike instead of driving
 - c. Advocating for sustainability on social media
 - d. Start recycling in your own home
 - e. Using a refillable water bottle instead of buying new plastic ones
 - f. Shopping locally instead of always using major chains