

# Post-Course Assessment Form

## **Instructions:**

At this point it becomes clear to most people that we should be doing something to make a difference, but deciding what to do can be overwhelming. There are so many possibilities it can be hard to decide where to begin or the task can seem so huge that one it doesn't seem worth attempting in the first place. This inventory is an attempt to help you begin to think through some of the possible opportunities surrounding you in your everyday life. This is a partial list! You may think of any number of other great ideas and are encouraged to pursue those as well. Take a few moments to respond to each statements and select one the response that best describes you.

Never	Usually Not	Sometimes	Usually	Always	NA
1	2	3	4	5	0

## **Self / Household**

- \_\_\_\_\_ I recycle trash
- \_\_\_\_\_ I recycle clothing by donating, giving, etc
- \_\_\_\_\_ I recycle furniture by donating, gifting, etc
- \_\_\_\_\_ I recycle electronics by taking them to a recycling center
- \_\_\_\_\_ I recycle household chemicals (ex: cans of paint, used motor oil, compact florescent bulbs) I compost organic materials rather than throw them away
- \_\_\_\_\_ I consciously take shorter showers
- \_\_\_\_\_ I limit the amount of water I use to water the lawn
- \_\_\_\_\_ I turn off the water when brushing my teeth.
- \_\_\_\_\_ I use clothing items until they wear out.
- \_\_\_\_\_ I use products until they wear out
- \_\_\_\_\_ I drive my car until it is completely worn out.

*Continued →*

Never	Usually Not	Sometimes	Usually	Always	NA
1	2	3	4	5	0

***Self/Household (Continued...)***

- \_\_\_\_\_ I reduce my consumption of energy by:
  - \_\_\_\_\_ by winterizing my house to reduce energy consumption in the winter b. by turning down the thermostat in the winter
  - \_\_\_\_\_ by turning up the temperature in the summer
  - \_\_\_\_\_ by insulating my house
  - \_\_\_\_\_ by wearing sweaters and sweatshirts rather than changing temp in the winter
  - \_\_\_\_\_ by installing a programable thermostat
  - \_\_\_\_\_ by turning off lights when not in use
  - \_\_\_\_\_ by turning off electronics when not in use
  - \_\_\_\_\_ by purchasing energy efficient appliances
  - \_\_\_\_\_ by carpooling to reduce the use of gasoline
  - \_\_\_\_\_ using one trip to cover all errands instead of making multiple trips.
  - \_\_\_\_\_ Keeping cars in efficient working order (air pressure in tire, oil changed etc.)
  - \_\_\_\_\_ I eat leftovers rather than throw away
- \_\_\_\_\_ I attempt to make only enough food for those eating
- \_\_\_\_\_ I reduce the amount of processed sugars I ingest
- \_\_\_\_\_ I reduce the amount of red meat we eat
- \_\_\_\_\_ I avoid disposable plates and utensils
- \_\_\_\_\_ I avoid disposable water bottles

*Continued →*



Never	Usually Not	Sometimes	Usually	Always	NA
1	2	3	4	5	0

### ***Self/Household (Continued...)***

- \_\_\_\_\_ I seek to repair things before throwing them away (VCR, Lawnmower, Watches...etc) I try and buy things that last
- \_\_\_\_\_ I use pictures, patterns, arrangements of flowers, wildlife, or landscapes to ornament my home.
- \_\_\_\_\_ I use native plants for my landscaping
- \_\_\_\_\_ I avoid invasive plants for my landscaping
- \_\_\_\_\_ I am aware of the plants (trees, flowers, vegetables, etc.) that grow best in my environment and use them in my
- \_\_\_\_\_ I watch documentaries dealing with nature and environmental issues.
- \_\_\_\_\_ gardening and landscaping.
- \_\_\_\_\_ I read books on nature
- \_\_\_\_\_ I seek to learn more about my relationship with creation.

### **Before you continue...**

- Circle the numbers that you think it is possible for you to change.
- ★ Star the ones that you think are the most important on the list.

*Continued →*

Never	Usually Not	Sometimes	Usually	Always	NA
1	2	3	4	5	0

### **Community**

- \_\_\_ I visit the zoo on a regular basis
- \_\_\_ I spend time in parks on a regular basis
- \_\_\_ I like to go hiking
- \_\_\_ I enjoy hunting
- \_\_\_ I like discovering the natural history of our region
- \_\_\_ I know the water shed in which we live
- \_\_\_ I have taken naturalist classes
- \_\_\_ I am aware of the invasive plants in our area
- \_\_\_ I know the unique environmental needs of my community
- \_\_\_ I contribute supplies to the local animal shelter
- \_\_\_ I volunteer at:
  - \_\_\_ local wildlife rescue
  - \_\_\_ auto bon society
- \_\_\_ I like outdoor art and photography
- \_\_\_ I act or refuse to participate in certain activities because of the effect on the natural environment
- \_\_\_ I am aware of locally endangered species
- \_\_\_ I consider a candidate's environmental stance when voting
- \_\_\_ I am aware of trash and litter when I am out in the community
- \_\_\_ I pick up trash when I am walking
- \_\_\_ I am aware of the impact on creation of local political issues (these vary from time to time in various communities but could include everything from trash collection to the privatizing of water utilities.)

### **Before you continue...**

- Circle the numbers that you think it is possible for you to change.
- ★ Star the ones that you think are the most important on the list.

*Continued →*



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### ***World-Appreciation***

\_\_\_\_\_ For trips we like to visit ecotourism places

\_\_\_\_\_ I am currently learning about a new environmental issue. I am most aware of or have read about

\_\_\_\_\_ Clean water issues around the world

\_\_\_\_\_ food security issues

\_\_\_\_\_ watershortages

\_\_\_\_\_ climate change

\_\_\_\_\_ endangered species

\_\_\_\_\_ over harvesting

\_\_\_\_\_ soil issues

\_\_\_\_\_ I have voted based on environmental issues

\_\_\_\_\_ In the last year I have read or watched something about the environment

\_\_\_\_\_ I have written to public officials on environmental issues

\_\_\_\_\_ I am a member of a conservation organization

### **Before you continue...**

- Circle the numbers that you think it is possible for you to change.
- ★ Star the ones that you think are the most important on the list.

*Continued →*

## Pick 3 From Each Section...

- Note 3 attainable goals from each section...
- ★ Of the 'Starred' items you've selected in each section, please select 3 which you think you are especially likely and willing to accomplish:

### ***Self- Household***

- 1.
- 2.
- 3.

### ***Community***

- 1.
- 2.
- 3.

### ***World Appreciation***

- 1.
- 2.
- 3.

### ***Things you're doing now to help...***

*This inventory contains lots of great and fairly well-known ideas, but what are some things that you are doing now that are making a difference?*

### ***Additional Notes....***