

OSU RHA ECO- REPRESENTATIVES

handbook & survival guide

Our lifestyles and choices affect
the environment and people.



Welcome!

Welcome to the OSU RHA Eco-Rep handbook! Inside you will find a detailed description of what it looks like to be an Eco-Rep within OSU's Residence Halls Association. It covers everything from a "job description" to events/outreach programs and general sustainable practices to follow and teach your residents. As a member of RHA, you have the power to influence your peers' actions for good. As an Eco-Rep, your primary role will be encouraging fellow residents to participate in sustainable actions, which will help our Residence Halls Association and overall school reduce its ecological footprint. Thank you for taking an interest in cultivating good stewardship at OSU and within our RHA!

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Being an RHA Eco-Rep

What it means to be an Eco-Rep

- RHA Eco Representatives at Oklahoma State University is a leadership program that promotes a sustainable lifestyle. Representatives support the University's Core Value, *Stewardship of Resources*, through peer education, outreach activities, green programming, and initiatives within the halls. Eco-Reps embody an environmental consciousness and challenge their peers to adopt a culture of sustainability within the Residence Halls Association.
- Eco-Reps:
 - Promote resource and energy conservation through educational programs and outreach in campus resident communities
 - Model environmental stewardship and sustainable habits to peers in residence halls
 - Teach good stewardship practices, raise awareness about sustainability issues, and encourage positive behavior
 - Come up with new ways to raise sustainability awareness in the RHA
 - Communicate with their halls' Lead Director and Board of Directors to bring sustainable programming to the halls and get more people involved
 - Get fellow residents to participate!!
- Your collective effort makes a huge difference!

Goals of the Eco-Reps

1. Contribute to Housing and Residential Life's mission: "To provide safe, affordable, accessible, and well-maintained residential communities, which encourage individuals to value learning, inclusion, citizenship, and community engagement," by helping students gain a better understanding of sustainability and the impact of their individual actions.
2. Be peer educators and student leaders for environmental and sustainability issues and empower community members to live more sustainably.
3. Develop, promote, and implement events and event partnerships, activities, and campaigns for residents.
4. Decrease waste and increase reuse and recycling in the residence halls; reduce recycling contamination.
5. Decrease energy and water usage in the residence halls.
6. Reduce financial cost of utilities through achievement of reduction in energy use, water use, and waste minimization, while also reducing the associated pollution.

Responsibilities as an Eco-Rep

Eco-Reps should expect to volunteer approximately 3 hours per week for programming/outreach

- Weekly meetings
 - Participate in person or send someone in your place to represent your hall
 - Consult meeting minutes for actions and information if unable to make it to a meeting
 - Attend at least one BoD meeting for your hall(s) per month
 - Communicate with other Eco-Reps and your hall's BoD through Slack
 - Attend a Monday night BOLD meeting at least once per semester
- Monthly events/event partnerships
 - Help plan at least one Eco-Rep event per month and be present at the event
 - Partner with at least one BoD per month for a sustainable event and be present at the event
- Hall community resource
 - Be a resource to residents for questions, concerns, and ideas regarding sustainability.
- Recycling Bin Check-Out System and Plastic Bag Recycling Bins
 - Deliver a personal recycling bin when it is requested from a resident in the hall(s) that you were assigned to
 - Once per semester- service the plastic bag recycling bin that you were assigned to
- Promote energy and resource conservation, including the ResLife Recycles program.
- Promotion of special events and initiatives
 - Help support and promote special events and programs on campus that complement RHA Eco-Rep programming efforts.
 - You may be asked by a BoD for ideas to make events more sustainable.
 - You will be communicating with H&RL student staff making events and encourage CM's to bring their residents to these events. (See Events section on page 7 for a list of events).

Events and Activities

Yearly Calendar

- Move-in Recycling - August
- Student Org. Fair – August
- Campus Sustainability Month – October
- America Recycles Day – November 15
- Event recycling at RHA events
- RHA Swap Shops – November
- Res Hall programming – February
- Apply for the Green Student Initiative grant – March
- Support campus Earth Week and Earth Fest efforts
- Support Net Impact's "Real Pokes Pass It On"



What it means to be a Peer Educator

A peer educator is trained to enlightens their peers on a certain topic. They are also a type of mentor.

By attending RHA Eco-Rep training and meetings, you will be equipped with in-depth knowledge that other residents may not have or understand. They also may not be as invested or interested as you are. It is up to you to demystify eco-friendly practices and make them seem interesting.

- Act as role models
- Educate and lead by example
- Be a resource for students
- Be knowledgeable about sustainability living practices (on campus)
- Empower your peers to take action
 - As a peer educator with more knowledge and interest on the subject of sustainability, you will succeed by empowering your peers, instead of constantly correcting them. This will help them receive your constructive criticism and make them more likely to change their actions.
- Changing behavior tips
 - As an Eco-Rep you are charged with a very difficult task: changing the behavior of your peers. Changing our habits is difficult and takes time – even when we know the change will be for the best. How many times have you told yourself to exercise more or procrastinate less? Here are some tips to help you effectively communicate with your residents about behavior change. Remember to stay positive and patient.
 - Understand your audience: Ask yourself, what motivates this person? If you don't know, try to find out. Your audience will respond better to messages that speak about their values and interests. Ask them why creating a sustainable community is important – relate it back to them! Be flexible and don't assume a tactic that worked for one person will work for all.
 - Connect with your audience: They'll be more willing to listen to people they know and trust. Discuss shared interests, experiences, or values to help them feel understood and respected.
 - Develop your message: Make it clear, understandable, and relatable. Often times, environmental information (especially technical facts) is confusing to the average person; most people don't see a connection between themselves and the facts being presented. Make a clear link between the individual and information to help them begin caring about the environmental concern at hand.
 - What is the environmental concern? How does it affect the person? What are steps they can take to help improve it? Don't lecture. Have a conversation.
 - Allow your audience to arrive at their own conclusions: The most successful way to have people really care about and understand a problem is to have them come to their own conclusions.
 - Give them enough information to make their own informed decision. Once they take ownership, they are more likely to carry out and stick with their new behaviors.
 - Things to avoid: Do not overload your audience with apocalyptic messages. Balance the issues with possible solutions. If you focus too much on the problems, your audience will feel depressed, helpless and won't see a need to care about the issue and take action.

Successful Conversations

As an Eco-Rep, you have to find the delicate balance in how to remind people about sustainable behavior, without becoming nagging and annoying. Nobody will listen to a “self-righteous environmentalist” and nobody wants to feel guilty about his or her choices or lifestyle. Most likely, the residents you will be talking with will have different interests and values and the issues you bring up may be the first time they are hearing about them.

Two important rules when engaging in conversation are:

1. Listen. If you don't listen to peers, why should they listen to you? Hear them out. What are the needs of this person? What are the barriers they are facing?
2. Question your assumptions. Find the source of what's really happening in the situation. Things may not be as they seem. For example, a resident might not recycle because he sees housekeepers put recycling in the trash. It is more likely that the housekeeper is placing trash and recycling in her wheeled barrel, but when she gets outdoors, she separates the bags into the appropriate dumpsters. Follow the recycling!



Surveys

Surveys are used to get honest feedback about programs and understand our residents better. We will use surveys to ask residents about their regular eco-friendly habits, what they think of our current Eco-Rep programs, and what they would like to see in the future in regard to sustainability here at OSU. This will help plan for the years to come. There are two types of surveys to conduct:

1. Hall Community Surveys: These surveys will be done in person by you, the Eco-Rep, with your residents. People are more likely to think about their responses to in-person questionnaires, so use this type of survey to ask about current Eco-Rep programs and what residents would like to see in the future.
2. Online Surveys (Google Forms, Survey Monkey): You will be expected to send out these surveys to your residents (typically at the beginning and end of each semester for comparison purposes). Since they are not conducted in-person, people will be more honest about their responses so they don't feel pressured to answer a question one way or another. Because of this, ask more quantitative questions regarding their sustainable practices.

RHA Eco-Rep Structure

Eco-Reps are a committee under RHA along with Programming Board and Marketing Committee, led by RHA's VP of Sustainability. Eco-Reps participate in RHA's Prepare to Program conference and are required to live on campus to be a member. See Appendix A for structure of the Residence Halls Association.

Programming

The Basics:

- Bring a camera and a recycling bin (if needed)
- Give people a head's up! – more people will participate
- Fliers at front desk and elevators or stairs; sign on your door
- Group Me; Emails through RHA, announcements to CMs; RHA Marketing Committee, social media
- Visit residents door to door (a day/couple hours before to remind them)

Making it inclusive...

It is essential that all of our community residents feel welcome and included in programming efforts so as you are planning out programs, think about what it means to be inclusive in your event.

Inclusive Programming Checklist:

- Are there holidays I need to be sure to schedule around? Am I marketing my events to include everyone and not just those that celebrate that holiday? Ex. Saying “Egg Hunt” instead of “Easter Egg Hunt.”
- Am I prepared to interact with all residents at the program – not just people I know? Did we design the program so everyone has the ability to interact with people they don't know?
- Is most of my target audience actually interested in my programs? How can I get them interested?
- What day/times are most students available?
- Did I assess the accessibility of my program and space? Ex: Can a wheelchair easily maneuver?
- Is most of what we are doing free/low cost?
- Am I clearly advertising what the program is for?
- Did I personally invite everyone to my programs, not just ones I know will attend?

Making it environmentally friendly...

Because of our commitment to sustainability, all programs should strive to be environmentally friendly.

Sustainable Programming Checklist:

- Am I using reusable shopping bags to get supplies for events? If not, investing, or making some out of t-shirts is a good idea!
- Am I buying minimally packaged foods, with as little plastic as possible? (buying food in cardboard is better than plastic, even if it is #1, 2 or 5 which can be recycled)
- Am I buying snacks in bulk from Sprouts when possible to avoid plastic packaging? If your event will have snacks- instead of buying packaged snacks from Walmart, take a small reusable bag to Sprouts and use their bulk bins! They have great snacks and it is not much more expensive, plus you buy by the pound.
- Am I buying organic or fair trade foods?
- Am I purchasing only what is needed for the event to avoid waste? Do I have a plan for leftovers?

- Have I considered having finger foods that do not require me to buy plastic utensils or plates, only napkins?
- Am I only printing one flyer for each floor, and utilizing hall GroupMes and social media to market my event, instead of printing a ton of flyers and hanging them everywhere?
- Is there a convenient recycling receptacle next to each trash can at my event?
- Instead of using solo disposable cups for drinks at my event, have I considered buying aluminum cans of soda and making sure they get recycled?
- If I am supplying cups, plates, or utensils, am I buying environmentally friendly paper or bamboo products? Am I avoiding Styrofoam?
- If my event has a prize involved, am I buying locally or from a sustainable brand?
- During my event am I role modeling positive habits around recycling, energy, and water conservation?
- At the end of my event, am I recycling the acceptable items and turning off all electronics and lights?
- Local shops in Stillwater:** Typo Market, Rhinestone Cowgirl, Chillwater Apparel, Walls, Wooden Nickel, Whiskey Creek Boutique, Knoblock & Co, Himalayan Grocery Store (carries food)
- Thrift shops in Stillwater:** Habitat Restore, Elite Repeat Quality Resale, Goodwill Store, Karmen Korner Resale Shop, Salvation Army Thrift Store, Adult & Teen Challenges Super Thrift, Freecycle Stillwater (online), The Thrifty Butterfly
- Sustainable online brands:** Boie USA, Pela Case, Package Free Shop, Sprout Pencils, Guided, Dropps, Rareform, Earth Hero, Wild Minimalist, Eco & Basics, Lush, Plastic Free Pursuit, Keep Cup, Plastic Freedom, Decomposition Books

Appendix A

Residence Halls Association Structure

Organization Purpose

The Residence Halls Association (RHA) is a student organization dedicated to **building community** at Oklahoma State University through leadership, service, and fun. We serve as the representative body for our 5,000+ on campus residents and our 130+ leaders host social, educational, and philanthropic programming for residents to participate in throughout the year.

Within the Residence Halls Association, the purpose of RHA Eco-Reps is to increase awareness of resource and energy conservation among housing residents at Oklahoma State University through leadership and peer-to-peer programming. Eco-Reps promote a sustainable lifestyle and help create a culture of sustainability in Housing & Residential Life.

President

The President oversees all aspects of the RHA and its stakeholders.

Vice President of Administration and Finance

The VP of Admin and Finance is second in succession to the president. This VP is in charge of keeping accurate notes at meetings, drafting and carrying out the RHA budgets, and facilitating the equipment check-out process.

Vice President of Programming

The VP of Programming is in charge of leading and developing the RHA Programming Board. The PB plans and hosts events with the purpose of student engagement.

Vice President of National Communications

The VP of NCC prepares OSU's RHA for any and all regional and national conferences. This VP is also in charge of co-leading the Board of Lead Director meetings. They run the BOLD meetings according to parliamentary procedure, and are responsible for building a team-oriented atmosphere through teambuilding activities.

Vice President of Marketing

The VP of Marketing leads and develops the RHA Marketing Committee in keeping all social media up to date, adjusting and improving the RHA website, designing marketing materials for all RHA events, creating bi-weekly newsletters, and doing any other marketing-related tasks.

Vice President of Sustainability

The VP of Sustainability leads and develops the RHA Eco-Representatives and serves as a resource for all of RHA on sustainability within the halls and within the Board of Directors. This VP heads all sustainability-related initiatives within RHA and aids Eco-Reps in coming up with new ways to get residents involved in the conversation.

Prepare to Program Co-Chairs

The PTP Co-Chairs head all efforts in planning the Prepare to Program conference. PTP is a conference designed by OSU's Residence Halls Association to act as a training/orientation session for all incoming RHA leaders (Board of Directors members, Programming Board members, Marketing Committee members, and Eco-Reps members). The conference takes place prior to the fall semester and lasts around 3 days. The conference is free for students to attend, but is only open to those students who applied and were accepted to an above mentioned position. In addition to fulfilling the role they were accepted to, students are also required to participate and volunteer in OSU's Recycling Wranglers move-in recycling program. The conference consists of multiple speakers; training sessions on leadership, diversity, community, and sustainability; informational sessions about RHA and its sister organizations; and a lot of team building to prepare for planning events and programs in the halls

Board of Directors

Each of OSU's 16 halls is overseen by an Assistant Residential Community Educator (ARCE). This ARCE also advises their respective Board of Directors (BoD). The purpose of each BoD is to plan events and programs in their halls that encourage resident engagement. Each BoD has a Lead Director, that resides in the Board of Lead Directors (BOLD). Each Lead Director acts as the voice and leader of their BoD, and attends weekly BOLD meetings.

Board of Lead Directors

The Board of Lead Directors (BOLD) meets weekly with the RHA executive team. The BOLD consists of every Lead Director from each hall. The BOLD acts as the representative body of all residents on campus. At each BOLD meeting, the Lead Directors engage in many activities including but not limited to: passing bills, enacting legislation, writing recommendations, sharing ideas in their respective communities, learning more about their roles, engaging in development activities, and much more.

Appendix B

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Appendix C

Helpful Social Media Accounts to Follow

@OSUgreen

@RHAIEcoReps

@OSUPark_Ride

@NetImpact_OSU

@OSUWasteMgt

@AASHENews

Appendix D

Glossary

AASHE: Association for the Advancement of Sustainability in Higher Education (OSU is a member).

Audit: inspection of something (usually trash or recycling bins or dumpsters).

Biodegradable: a product that will break down within a reasonably short period of time after customary disposal (aka it will continue to break down into small pieces but may not completely degrade). Not the same as compostable.

Climate change: a change in global or regional climate patterns that are attributed largely to the increased levels of atmospheric carbon dioxide and other gases such as methane.

Community Recycle Bin: recycle bins at hall desks or resident lounges that are for recyclables generated in those community spaces (not for personal use).

Compostable: organic (carbon-based) goods that break down into nutrient-rich soil. Not the same as biodegradable.

Composting: Composting mixes organic waste such as food, and dead leaves, with air, water, and microorganisms to become nutrient-rich soil, which can be used as fertilizer.

Eco-footprint: The impact of human activities on the environment, usually measured in terms of land and water required to produce goods and services consumed.

Greenhouse gas emissions: Atmospheric gases that contribute to the greenhouse effect (CO₂, CH₄, and NO₂).

LEED: Leadership in Energy and Environmental Design is the most widely used green building rating system in the world and is available for virtually all building, community, and home project types.

OKRA: Oklahoma Recycling Association – dedicated to providing education and referral services about integrated solid waste management.

OrangeRide: A bicycle rental and repair program offered to promote affordable and convenient transportation to the campus and Stillwater community. Located at the Multi-modal Transportation building.

OSU Recycles: OSU's dual-stream recycle program for non-residential areas of campus.

Pedestrian cans: outdoor trash or recycle bins.

Personal recycle bins: Recycling bins that residents keep in their rooms
(<https://sustainability.okstate.edu/resliferecycles/personal-bins>)

Post-consumer recycled content: Products made from materials that come from consumer recycling (ex: disposable water bottles could be recycled into carpet).

Pre-consumer recycled content: Things made from materials that have been recycled by producers/factories but have not been used or recycled by the consumer (ex: paper scraps from a mill that are reused in the paper-making process).

Recycle bins: Bins that recycled materials can be put in. Depending on the location, the accepted materials may be different (will be labeled).

Recycle dumpster: These green or blue dumpsters can be found outside around campus. Custodians and residents empty recycling bin contents into recycle dumpsters, which are serviced by Republic Services.

Refuse: This noun means trash (anything that can't be recycled). Refuse goes to the local landfill.

ResLife Recycles: OSU's single-stream (AKA mixed) recycling program, which is run through OSU's Residential Halls. (See <https://sustainability.okstate.edu/RLR> for more information).

Roll-off: Temporary extra-large open-top dumpster (usually used during move-in recycling), which is designed to roll on and off its transport truck.

STARS: A program of AASHE that stands for Sustainability Tracking, Assessment, and Rating System. It allows colleges and universities to self-report, track, and measure their sustainability efforts in a comprehensive way.

Sustainable Development: Meeting human development goals without compromising the ability for future generations to meet their own needs.

The 3 R's: Reduce your consumption and waste! Reuse what you have! Recycle what cannot be reduced or reused.

Appendix E

Resources

Energy – Why conserve energy?

- Conventional energy production/distribution pollutes the air and adds to climate change
- Mining coal destroys landscapes by flattening mountaintops and filling in valleys and streams
- To reduce the University’s operating budget

Fast Fact: On average, 72% of OSU’s electricity comes from the Cowboy Wind farm!

Read more here: <http://bit.ly/OSUenergyprogram> & <http://bit.ly/EPAOSU>

Transportation

The use of cars and trucks is one of the most environmentally damaging behaviors and of course, it is one that most of us engage in. They not only cause air pollution but water pollution as well from manufacturing and gasoline. Fortunately, alternative transportation, including walking, biking, and The Bus, is available for OSU students.

Fast Fact: Nearly twenty-six percent of greenhouse gas emissions in the United States are due to transportation (this makes it the second largest contributor after electricity production).

Read more here: <http://bit.ly/zipcarOSU> & <http://bit.ly/OSUcngas>

Waste Minimization

1. Reduce – The less stuff we buy, the less waste we will generate. Unfortunately, our reliance on disposable products has become a way of life and can be difficult to get away from. Can you think of things that we buy that we could do without or borrow instead?
2. Reuse – Reduce the amount of waste we create by reusing things that we do buy. When shopping, look for durable, reusable goods (ex: reusable mugs, bags, water bottles, utensils).
3. Recycle – This seems to be the “R” that everyone loves because it requires little change in lifestyle, but the other “Rs” are more important than recycling. After you have reduced and reused as much as you can, recycle (if possible)! At OSU, there are two recycling programs: *OSU Recycles* for campus buildings (classrooms, offices, labs, Edmond Low, and the Colvin) and *ResLife Recycles* (Res Halls).

Fast Fact: Recycling one aluminum can save enough energy to run a TV for three hours or listen to a whole album on your iPod. Americans throw away enough aluminum to rebuild our entire commercial fleet of airplanes every three mos.

Read more here: <https://sustainability.okstate.edu/recycling-overview>

Water

As you might have expected, the US consumes more water per capita than any other country in the world. In 2015, it was estimated that about 265,600 million gallons per day were used solely for domestic use (<https://water.usgs.gov/watuse/wudo.html>). Domestic water use includes drinking water, sanitation, and lawn watering.

Fast Fact: One bottle of water wastes the equivalent of five bottles of water in manufacturing... and Americans drink 21 gallons of bottled water per capita per year.

Read more here: <https://utilities.okstate.edu/domestic-water-production> & <https://www.watercalculator.org/> & <http://bit.ly/back2tap>

Eating for the Environment

Do you know the environmental impacts of the food that you eat? Did you even know that your food *had* a carbon footprint? It does, in fact, and this footprint comes from all aspects of your food – the type of food (meat and animal products have the highest footprint), transportation, packaging, etc. There are ways to lessen your footprint such as buying in bulk, eating more plant-based foods, and eating locally and seasonally. Also trying to buy more organic and fair trade food helps the environment and farmers.

Fast Fact: According to the Worldwatch Institute, the food eaten in the United States typically travels between 1,500 and 2,500 miles from farm to table.

Read more here: <http://bit.ly/OSUdining> & <http://foodstudies.okstate.edu/>

Conscious Consumerism and Purchasing

The power of a dollar – what are you supporting with your spending? Our industrial economy has transformed from producing primarily durable goods to disposable and cheap goods with one-time or few-time uses. Overt consumerism has incentivized Americans to buy more and as a result, throw away more. Purchasing used items from thrift stores helps keep clothes and other items out of landfills and gives them a longer life. Shopping local, organic, fair trade, and avoiding excess packaging are all ways to shop more conscientiously.

Fast Fact: Fashion is one of the top 5 most polluting industries in the world.

Read more here: <http://bit.ly/cowboysforsj> & <http://bit.ly/prosandconsofdonating> & <https://www.goodguide.com>

Appendix F

Potential Campaigns

“No Impact Poke” Sustainable Living Certificate

The goal of this program would be to teach residents how to live sustainably on a college campus. Eco-Reps would have students pledge to undertake certain behaviors to receive this certificate. To qualify, they must meet certain expectations, which would be evaluated by the Eco-Rep in their building.

Categories of expectations could include:

- Energy conservation
- Water conservation
- Transportation alternatives
- Reduce, Reuse, Recycle
- Shopping and consumerism
- Laundry
- Campus Action/Knowledge

Specific expectations could include but are not limited to:

- Reducing food waste by not taking more than they can eat and bringing leftovers home
- Taking shorter showers
- Washing clothes using the cold water setting
- Recycling only what is accepted in the bin
- Unplugging chargers and other electronics when not in use
- Adding more plants to their diet

Caught Green-Handed Campaign

This would be a social media recognition campaign. You would sign up for a week each semester and go out in teams of two to “catch” people being sustainable. You would need to be creative with what you catch people doing, but also make sure to incorporate more obvious eco-friendly actions.

When you approach people, you would explain that you’re doing a random recognition campaign, and then ask if they are willing to participate. Make sure they know their picture would be on Facebook, Instagram, or Twitter. Ask them to write their own message on a small whiteboard to take a picture with.

Tips for success:

- Stay in and around campus housing
- Wear your t-shirt and name tag
- Make sure picture isn't blurry
- Remember to give them a Caught Green Handed button
- Plan to get a minimum of five different pictures – can be individual or group pictures
- Brainstorm with your partner in advance to determine possible locations to visit and even specific actions to be on the lookout for
- Check the OSU calendar for any relevant events you could go to and take pictures
- DON'T stay in one location or do all the same action
- Email your 2-3 best photos to the social media chair.



Humans of OSU

This program would be similar to the Humans of New York project. Once a semester, you would pair up and go out to take pictures of people who desire to (and are striving to) live more sustainably. This would be another social media campaign, so you'd need to ask them questions to write a short bio about them.

Question ideas:

- How did you get interested in sustainability?
- How do you live sustainably now?
- What sustainable goals do you have for the future?
- What would you challenge others to do to make their life more sustainable?
- Why is sustainability important?

When you finish, email the bio and picture to the social media chair for posting on social media.

Appendix G

Tips & Advice for Being an RHA-Eco-Rep

Say it. Repeat it. Say it again. Habits are formed from repeating actions. Messages on sustainable behaviors have to be given repeatedly for them to be remembered. This is why you're asked to do a variety of outreach efforts each semester.

Innovate – What's going on in your hall that you can turn into an opportunity or important issue? Look to make a difference. Don't be afraid of crazy ideas – they might just work!

Promote the positive – Remind and encourage positive behaviors without becoming overbearing or annoying. We aren't the Eco-police!

Be sensible – Appeal to people's sensibilities and try to find connections between the behaviors you want to see and issues they care about. Open up to constructive conversations.

Be a people person – Eco-Reps benefit from knowing neighbors and friends. People respond more positively to those they have a relationship with. Get out there and say hello!

Be present – Consider posting your availability on your door and bulletin board so that residents know when to find you in the hall.

Network – Work with BoDs and other groups on campus and in your hall to make your event more visible and known. Your attendance is much more likely to increase when people know you!

Be resourceful – Try to reuse materials and host events that are as waste-free as possible.

Be specific – Let your residents know what they can do in specific language. Focus on concrete actions they can take, not what they are not doing.

Set a good example – Role model the behaviors you are asking your peers to do. You can't expect them to change if you aren't doing it!

Keep learning – Be knowledgeable about what's going on around you. Learn about and share where energy comes from, where waste goes, and behaviors that matter.

Observe – Be a people watcher. Watch how actions are carried out compared to how they are supposed to be done. Plan for behavior change based on your own observations.

Identify roadblocks – Figure out what could be a barrier for peers engaging in sustainably friendly behaviors, such as lack of knowledge (easiest to address), lack of opportunity to do the right thing (e.g., no control over heating and cooling in a building), lack of interest (hardest to address), lack of time, lack of money, and lack of motivation. Once you know the barriers, find creative solutions.