

## Outside of class activity in advance of the workshop:

### *Part 1: Documenting Consumption*

- Carry a notebook with you and document your consumption over a 24-hour period. For each consumption activity, categorize it as fuel, packaging, paper, water, food, and answer the listed questions. You are not required to document consumption outside of these categories, though doing so would be welcome.
  - o Fuel: Miles driven? Gas mileage of vehicle? Number of passengers?
  - o Packaging: What type of packaging (glass, plastic, metal, etc.)? When you disposed of it, did you recycle it or put it in landfill trash?
  - o Paper: How much did you use? Was it recycled paper? When you disposed of it, did you recycle it or put it in landfill trash?
  - o Water: Minutes of shower time?
  - o Appliance use: Type of appliance? Minutes of use?
  - o Food: Name of food product? Organic/non-organic? Processed/fresh? Locally grown/imported? If imported, from where?
- Categorize each consumptive activity as 1) a behavior that could be easily changed, 2) could be changed with some effort, 3) could not change without radical change in lifestyle.
- *Bring your notes on your consumption to the workshop.*

### **In-class activities:**

### *Part 2: Write Reflection Paper on Consumption Activity (hand in at the end of class)*

- Reflect on your consumption documentation. Whenever possible, try to integrate concepts like the *socioecological imagination*, *power*, *human agency* and *environmental justice* into your reflection.
  - o Which of your activities could be changed easily to lessen your environmental impact? Why would these be easier to change? Which activities would be more difficult to change? Why? What would need to change for you to be able to reduce your impact? Think about whether such things are in the domain of the state or the market.
  - o For each type of consumption activity, you documented, how could you change your practices in order to reduce your impact? If you don't feel you could change a practice without substantially disrupting your life, could the impact of this practice be lessened in other ways (for example, through local, state or federal government policy)?
  - o How does an examination of personal consumption inform a discussion of eco-modernization theory? In other words, by documenting your own consumption, what do you notice about the agency of civil society compared with the state and the market?

### *Part 3: Class Discussion*

- In small groups, students discuss:
  - o Your documented consumption patterns. What did you discover?
  - o Practices you believe would be easier or more difficult to change and why.
  - o Strategies you came up with to alter your personal consumption patterns in order to reduce your impact.
  - o If a practice was too difficult to change without radically changing your lifestyle, how could this problem be addressed societally?

- Connections between personal consumption and eco-modernization theory.
- Large group, instructor-led discussion:
  - Question the class on topics discussed in small groups
  - Make connections to course concepts (socioecological imagination, power, agency, environmental justice, etc.)