The PULSE
Sustainability at UST

PSYC 212
Research Methods
Callout in UST Bulletin

- 2nd headline on Wednesday, April 13
- 2990 hits on Bulletin
- 167 hits on headline
- 127 completed the survey
Demographics

Primary Role at UST

Students

Faculty

Staff
Facets of Sustainability

- Transportation
- Energy Use
- Food
- Water
- Waste
Transportation

- I often choose to ride with others instead of driving alone.
- I bike or walk to locations within two miles of where I live.
- I try to minimize the amount of money I spend on transportation.
Transportation

- Students had significantly higher eco-friendly transportation behaviors than faculty and staff
- Age is significantly negatively correlated with eco-friendly transportation behavior
Energy Use

• I maximize effects of heating and cooling by closing windows, using shades, sealing windows, etc.
• I leave lights and appliances on when not in use (e.g., lights or TV when not in room).
• I keep things plugged in when they are not in use.
Energy Use

- People try to winterize and maximize their air conditioning
- People try to turn lights and appliances
- People tend to keep things plugged in when not in use
Food

• I would consider shopping at local co-ops and farmer's markets for my main source of groceries.

• I find the cost of organic food outweighs the health or ecological benefits.

• My economic status influences my food purchases.
Food

• I would consider shopping at local co-ops and farmer's markets for my main source of groceries.

  39% Agree

• I find the cost of organic food outweighs the health or ecological benefits.

  31% Neither Agree nor Disagree

• My economic status influences my food purchases.

  55% Agree
Water

• I turn off the water while washing my face.
• When showering, I use the least amount of water necessary to be clean.
Water

- turn off the water while washing my face  
  **53% Agree or Strongly Agree**

- use the least amount of water necessary  
  **28% Agree or Strongly Agree**

- More efficient water use as people age
Garbage

• I donate my used items.
• I bring my own bag to the store (grocery, retail, etc.).
• I use my own mug/bottle when grabbing a drink to go.
Garbage

• Mugs/bottles:
  All above Neutral (almost Agree)

• Bags:
  Faculty and Staff Agree
  Students Disagree

• Donations:
  Faculty and Staff Strongly Agree
  Students are above Neutral (almost Agree)
Recommendations

For Students:
- Create programs for donating
- Bring-your-own-bag program at bookstore and C-store
- Prompts in shower stalls to reduce water use

For Faculty and Staff:
- Improve carpool and bus transit infrastructure

For Everyone:
- Unplug and utilize power strips to avoid energy vampires!
- Purchase local fruits and vegetables in bulk to help the UST community afford high quality food.
Make a commitment today!
Researchers

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