Student Guide to Sustainability at UNCW
# Table of Contents

What is sustainability?...........................................................................3
What can YOU do? ........................................................................4-17
  Educational Opportunities..............................................................5-8
  Campus Engagement......................................................................9-12
  Lifestyle Opportunities..................................................................13-18
UNCW Sustainability Success.......................................................19-22
  Building & Operations..................................................................20
  Campus Dining............................................................................21
  Landscaping & Natural Areas........................................................22
  Waste Diversion..........................................................................23
  Transportation............................................................................24-25
  Water, Governance......................................................................26
  Diversity & Affordability, Wellbeing............................................27
What is UNCW Sustainability?.......................................................28-35
  Peer Education............................................................................30
  Research......................................................................................31
  Volunteering...............................................................................32
  Initiatives.....................................................................................33
  Awards.........................................................................................34
  Planning.......................................................................................35
What is Sustainability?

**Definition**

As North Carolina’s coastal university, the University of North Carolina Wilmington takes great pride in maintaining the natural allure and resources of the local area for all. UNCW defines sustainability as individual efforts made by the community to ensure the unique resources and benefits of today’s world will remain for future generations. We strive to weave these ideals into the university’s mission of teaching, scholarship and service in a way that demands economic vitality, social equity and environmental stewardship.

- UNCW Wilmington’s definition

**Importance**

- Contributes to personal well-being and a strong community
- Cultivates compassion and appreciation
- Ensures that the world’s resources will continue to be available for years to come without depleting
  - Including for future generations
- Encourages intentionality and thoughtfulness in lifestyle choices
What can YOU do?

There are many ways to be more Sustainable both on and off campus.

The next few slides will explain how!
Choose a MAJOR that supports or plays a role in Sustainability!

- **Biology (BA, BS)**
  - Options: BS with Terrestrial and Freshwater Conservation

- **Chemistry (BA, BS)**

- **Computer Science (BS)**
  - Options: Biology, GIS, or Chemistry

- **Environmental Science (BA, BS)**
  - Options: Biological Sciences, Environmental Engineering 3+2 Program, Physical Science, Environmental Conservation

- **Geography (BA)**

- **Geology (BS)**
  - Options: Teaching licensure

- **Geosciences (BA)**
  - Options: BA with teaching licensure

- **Marine Biology (BS)**
  - Options: Teaching licensure, Marine Conservation

- **Oceanography (BS)**

- **Physics (BA, BS)**
  - Options: General Physics, Electrical Engineering 3+2 Program, Physical Oceanography

- **Recreation, Sports Leadership, and Tourism Management (BA)**

How can you learn more about sustainability in your courses?

Incorporate sustainability into your research. You can apply for a TGIF Mini-Grant or enter the Sustainability Poster Competition!
Educational Opportunities - Minors

- Biology
- Chemistry
- Economics
- Environmental Science
- Geography
- Geology
- Geospatial Technologies

- Nonprofit Management and Leadership
- Oceanography
- Physical Oceanography
- Physics
- Pre-Law
- Recreation, Sports Leadership, and Tourism Management

- Sustainability
- Women's and Gender Studies
- Any cultural or language
- Political Science
- Entrepreneurship and Innovation
- International Studies
- Journalism

Minors that align with Sustainability
Educational Opportunities – Sustainability Minor

Add depth and marketability to your degree with a Sustainability minor

Core Courses
EVS 195, EVSL 195, EVS 205, & EVS 476

1 credit hour

Environmental Domain
BIO 366, CHM 377, EVS 445, EVS 477, GLY 420 (PHY 420), or GGY 340

3 credit hours

Economic Domain
EBD 280, ECN 125, ECN 250, ECN 325 (EVS 325), ECN 330 (EVS 330), or MGT 351

3 credit hours

Social Domain
ANT 329, EVS 364, HST 332, GGY 473, PLS 209, or PSY 370

3 credit hours

Electives
40 options in 14 different areas of study!

10 credit hours

3 credit hours

3 credit hours

3 credit hours

1 credit hour
Educational Opportunities – Courses

ANT 303 – Culture and Gender
BIO 150 – Humans and Ecology
BIO 487 – Intro. to Coastal Management
CHM 377 – Environmental Chemistry
COM 344 – Intercultural Communication
COM 346 – Interracial Communication
CSC 385 - Professional and Ethical Issues in Computer Science
ENG 340 – Multiculturalism and Literature
EVS 450 – Food and the Environment

EVS 476 – Topics and Issues in Sustainability
FST 205 - Intro. to World Cinema
GLY 125 – Natural Disasters
HEA 301 – Community Health
INB 300 – International Business
PBH 402 – Foundations of Environmental Health
PLS 329 - Ocean and Coastal Law and Policy
PSY 370 – Environmental Psychology
SOC 215 – Modern Social Problems
WGS 210 – Intro. To Women’s Studies

Don’t have room for adding on a major/minor, but have room for an extra course (or two)? See if any of these fit into your schedule!

…plus MANY more! Many of UNCW’s majors offer at least one course containing material relating to Sustainability.

Check out the full list at uncw.edu/sustainability/academics
Campus Engagement – Student Organizations

In addition to academics, there are other opportunities to get involved with sustainability on campus – through student organizations!

**Sustainability Peer Educators**
Apply to be a Sustainability Peer Educator at least once a year through UNCW Sustainability. Help bridge the gap between students and the great work happening on campus!

**Plastic Ocean Project – UNCW Chapter**
Provides UNCW students and community members on the dangers of plastic pollution, its effect on the marine environment, and eco-friendly ways to reduce the amount of plastic consumed.

**Seahawk Audubon**
Seeks to focus on avian awareness and appreciation as a mechanism for conservation on a larger scale.
Ducks Unlimited - UNCW Chapter
Educates, protects, and socializes about waterfowl and wetlands

350 UNCW
350 UNCW encourages support and action to lower carbon emissions to be under 350 parts per million in the atmosphere. There is a critical need to lower carbon emissions on both a global and local scale. 350 UNCW will work with its local affiliate 350 Wilmington to harmonize this goal throughout the Wilmington community. There are also opportunities to work with 350.org to promote global initiatives and awareness. Some goals we are focusing on are to help the community switch over to renewable energy, educate the public on climate change, and help businesses adopt green initiatives.

You Can Vote
Throughout North Carolina, the YCV organization helps to register, educate, and lift the voices of potential voters. UNCW students, work alongside this organization in educating and empowering peers on campus.
Gardening Club
Our mission is to teach students how to reconnect with food by learning to garden and grow fresh produce for the student food pantry, Hawks Harvest, and other local food pantries in the Wilmington area!

Habitat for Humanity - UNCW Chapter
Envisions a world where everyone has a decent place to live, supporting the notion that housing provides a path out of poverty

PRIDE
Provides educational, political, historical, & social support programs and resources for lesbian, gay, bisexual, transgender, intersex, queer and allied (LGBTiQA) students, faculty, and university community; Improves the quality of LGBTiQA lives and increases understanding and acceptance of LGBTiQA individuals in the general university community

Veterans Education and Transition Support
Provides support for veterans entering the university; Began working with a community garden as a therapeutic garden in 2015

Women in Science & Engineering
Promotes more STEM (Science, Technology, Engineering, and Math) majors at UNCW and beyond; Encourages young females in K-12 to engage in STEM; Provides support and mentorship for members in STEM programs; Advocates for equality in the pursuit of a profession in the STEM fields by women; Recognizes historical and ongoing achievements of women in the STEM fields; Represents UNCW and its STEM programs at professional meetings and excursions away from the university
Asian Students Association
The Asian Student Association’s mission is to foster and expand an Asian-American community on campus by creating an environment in which people can embrace cultural identity, by raising awareness of AAPI issues, and by accepting cultural differences.

Black Student Union
In recognition of and pursuant to the highest aspirations of social and cultural heritage and awareness, the Black Student Union seeks to form unification within the African American community, other minority organizations and the rest of the college to promote a genuine multicultural environment on campus and to encourage the opportunities for interaction and communication between students, faculty, and staff of all cultures.

International Student Organization
Supports international students at UNCW, and brings together international and American students to facilitate a smooth transition to American life

A Safe Place
Raises awareness for the issue of modern-day slavery in coordination with the local non-profit organization.

Centro Hispano Embajadores
The purpose of Embajadores is to motivate young students to pursue a higher level of education and to positively impact their communities through their contributions and achievements. Embajadores focuses on informing Latino/Hispanic youth about various post-secondary education opportunities while fostering leadership development within the Embajadores student membership.

NAMEPA
UNCW NAMEPA will provide materials to both community and university members so that they can demonstrate best management practices when it comes to learning about marine science and how to promote environmental stewardship as individuals.
Lifestyle Opportunities

Check out the tips and tricks in this section.

If you’re interested in becoming a Gold Talon Residence Room, check out our website at uncw.edu/sustainability/goldtalonsuite.html

Diet & Grocery
At Home
At Work
Transportation
Shopping
Lifestyle Opportunities – Diet and Groceries

- Bring reusable utensils, cups, and straws when eating or drinking away from home
- Use reusable bags and containers instead of plastic
- Buy in bulk where you can
- Read the ingredients, opting for choices with less additives
- Choose local foods and those that are Fair Trade or sustainably-sourced
- Use beeswax wrap, reusable containers, or aluminum foil instead of plastic wrap
- Reduce your meat consumption, whether that means removing meat from one meal/week or from your diet altogether
- Cook more at home
- Choose glass containers rather than plastic
- Recycle what you can – check your local facility
- Minimize the dishes you use
Lifestyle Opportunities – At Home

Water
- Shorten your shower
- Turn off the faucet when brushing your teeth, washing your face, etc.
- Only run dishwashers & washing machines with a full load
- Use the “cold water” setting on your washing machine

Electricity
- Use natural light when you can
- Use a power smart power strip that turns off in standby mode
- Use compact fluorescent bulbs (CFLs) or light emitting diodes (LEDs) instead of conventional bulbs
- Turn the lights off when you leave a room
- Keep the window closed with the air conditioner running
- Use curtains and blinds on a window to regular temperature
- Try to use only one light when there is more than one in a room

Other
- Use cloth rags instead of disposable paper towels
- Search for greener household products, like laundry detergent, soaps, and cleaners or make your own
- Recycle whatever you can
Lifestyle Opportunities – At Work

• Fully utilize your paper – write on both sides, fill each line, and use free space for other assignments or practice
• Sit outside to work
• Submit assignments electronically when possible
• Print minimally - use both sides of the paper, use a grey scale, avoid printing wasted pages
• Recycle ink cartridges & electronics
• Use the Century Gothic font to save up to 30% on ink
• Take notes electronically instead of on paper when possible
• Set computer settings to induce “sleep mode” when inactive
• Unplug electronics when not in use
  • Participate in UNPLUG Fridays!
Lifestyle Opportunities – Transportation

**Walk**

It’s even good for your health!

**Bike**

It’s also good for you and especially a good option for close trips you may need to make, like going to class.

Check out the Cross-City Trail and River to Sea Bikeway for riding around Wilmington!

**Carpool**

For when it isn’t as practical or comfortable to walk or bike, ride with someone else who is driving or offer for them to ride with you!

Check out UNCW’s Carpool Parking Pass!

**Public Transit**

Check out the Seahawk Shuttle & Wave Transit that is free for UNCW students and goes not only around campus, but also around the nearby community.

If you visit a bigger city, look into getting a pass for the subway, light rail, etc.
Lifestyle Opportunities – Shopping

- Before buying a new product, consider making it yourself or reusing something that you already have around
- Try to buy second-hand
- Support small, local businesses, rather than chain or online stores or those that are further away
- If ordering online, opt for packaging with less waste
- Look for sustainable certifications like Fair Trade, ENERGY STAR, EPEAT, FSC, and others
- Choose products that are made from more natural, durable, sustainably-sourced materials when you can
  - Fore-warning: you often have to pay more for these options
  - This applies to furniture, clothes, cleaners, hygiene products, etc.
- Bring reusable bags or carry what items you can instead of using plastic bags
- Recycle your plastic bags at UNCW! If you are off-campus your local grocery store as well as any products or packaging that you can – check with your facility and look at the type of material
UNCW Sustainability Successes

UNCW has received many accolades for Sustainable initiatives (below are just a few).

The next few slides will explain why!
UNCW Sustainability Success – Building & Operations

- UNCW was the first school in the UNC System to reduce energy use by 30%
- Transitioning to all LED lights indoor and outside
- All buildings are built to LEED Silver standards
- 5 LEED Silver buildings:
  - Seahawk Crossing Apartments
  - East parking deck
  - Student Recreation Center
  - Teaching Laboratory Building
  - MARBIONC lab

- A LEED building is one that reduces energy, water, and resources consumption, produces less waste, and promotes human health
- A Silver ranking is the 3rd highest
- Integrated approach to consistently monitor indoor air quality, address concerns as they arise, and plan for long-term implications
- Performance Contracts are utilized to improve energy efficiency
UNCW Sustainability Success – Campus Dining

- Wagoner, Dub’s Café, and Hawk’s Nest are 5-star certified Ocean Friendly Establishments
  - OFEs refrain from serving straws unless requested
- In Spring 2019, Dub’s Café was recognized as the 1st 3 Star Certified Green Restaurant in Wilmington
  - This certification analyzes a restaurant’s impact in 8 various categories
  - A 3 Star ranking is the 3rd highest
- 10% of dining purchases committed to local food
- Partners with Feast Down East to bring fresh, sustainably-sourced, NC foods to campus
- Dub’s Café offers a seasonal menu with locally-grown and harvested foods
- Options include vegan/vegetarian-friendly, gluten-free, locally grown and processed, organic, fair trade, and GMO-free in many locations
- Absence of trays in locations saves water and reduces food waste
- Recycling in all dining locations and composting at Wagoner
- Discount on fountain beverages and coffee for using reusable mugs
- 100% of fryer oil is recycled for use in biodiesel fuel
- Training for employees each semester on common energy and water conservation practices
UNCW Sustainability Success – Natural Areas & Landscaping

• Bluethenthal Wildflower Preserve in the middle of campus is a protected area for recreation and research
• Native plants are used in landscaping as often as possible
• A Sustainability garden is maintained and some of its food is donated to the UNCW Hawks Harvest
• Water from irrigation is recovered rainwater
• A plan is in place to restore nearby streams and mitigate ocean pollution
• UNCW owns 174.39 acres of protected woods and wetland, called Ev-Henwood Nature Preserve
Waste Diversion

• What can be recycled and where?
  • At bins, which are located within all university buildings, placed across campus, and outside of and/or within residence halls
    • Plastic: bottles, to-go containers, and bags
    • Glass: bottles
    • Aluminum: cans and clean foil
    • Cardboard: broken down corrugated cardboard (shipping boxes)
    • Mixed paper: copier and computer of all sizes and colors, newsprint, magazines, pasteboard (cereal boxes)
  • At the depot, which is located on Lionfish Drive at the intersection of Lionfish and Plyler Drives:
    • All of the above materials
    • Clean Styrofoam/packing material
    • Lead-acid batteries
    • E-cycling: electronics, wire, and toner cartridges
  • Other items:
    • Alkaline batteries: contact Environmental Health & Safety for instructions
  • Make sure to recycle properly so that your efforts make a difference!
    • Clean any waste from your products and place them in their proper bins

Wagoner, Dub’s Café, and Hawk’s Nest are 5-star certified Ocean Friendly Establishments
  ➢ OFEs refrain from serving straws unless requested
In Spring 2019, Dub’s Café was recognized as the 1st 3 Star Certified Green Restaurant in Wilmington
  ➢ This certification analyzes a restaurant’s impact in 8 various categories
  ➢ A 3 Star ranking is the 3rd highest
Transportation

- Bicycle racks are strategically placed across campus
- Continuous network of safe bicycle lanes & pedestrian walkways across and around the outside of campus, which connects to the Cross City Trail
- Certified as a Bicycle Friendly University
- Hawk Wheels Bike Share program
- Seahawk Shuttle and Wave Transit
- The parking deck has several electric vehicle recharging stations
Transportation

• Sustainable, convenient, and cost-effective way to get around campus and venture off campus by renting a bike

• How does it work?
  1. Register with the program by downloading the VeoRide app
     • You will need to enter in a debit/credit card number, but UNCW students receive some free time
     • Choose your desired program based on your needs
  2. Scan the QR code or enter the bike’s ID number to unlock it
  3. Ride
     • Users can go from one station to another or make a stop between stations by putting the bike on “hold”
     • Each ride must begin and end at a Hawk Wheels Bike Share station
  4. Return the bike to a rack at a Hawk Wheels Bike Share station and “end the ride”
     • Users can see the length and duration of the ride
     • Make sure to lock it
Water Governance

- Usage of Low Impact Development (LID) practices to reduce rainwater runoff volume & improve outgoing water quality for major projects
  - Includes:
    - Flexipave (porous concrete) used where possible
    - Rain gardens & bio swales in various spots on campus
    - Multiple ponds serve as detention devices in housing & central campus
    - Some rainwater is collected & repurposed for irrigation

- Has a Department of Sustainability
  - Has drafted sustainability policies
  - Has several sustainability committees across campus
  - Has a Chief Sustainability Officer
  - Has adopted a Sustainability Action Plan
    - Addresses various areas of campus operations
    - Has measurable objectives for those areas
    - Has current, formal plans with projects
    - Has a Department of Sustainability
    - Has a Chief Sustainability Officer
  - Has a Department of Sustainability
  - Has several sustainability committees across campus
  - Has a Chief Sustainability Officer
  - Has adopted a Sustainability Action Plan
    - Addresses various areas of campus operations
    - Has measurable objectives for those areas
    - Has current, formal plans with projects
    - Has a Department of Sustainability
    - Has a Chief Sustainability Officer
  - Has a Department of Sustainability
  - Has several sustainability committees across campus
  - Has a Chief Sustainability Officer
  - Has adopted a Sustainability Action Plan
    - Addresses various areas of campus operations
    - Has measurable objectives for those areas
    - Has current, formal plans with projects
    - Has a Department of Sustainability
    - Has a Chief Sustainability Officer

Diversity & Affordability

- Has an Office of Diversity and Inclusion that implements diversity and inclusion initiatives & strategies
- Cultural competency trainings and activities are available to students, staff, faculty, and administrators
- Has a discrimination/harassment response policy
- Has supportive programs, organizations, and offices devoted to serving underrepresented groups
- Has scholarship programs to promote affordability and access to low-income & part-time students
  - Isaac Bear Early College High School
  - SOAR Ambassadors
  - Osher Lifelong Learning Institute

Wellbeing

- Provides counseling, referral, and wellbeing services to students, staff, and faculty
  - Abrons Student Health Center: access to in-house physicians
  - Counseling Center: free counseling services
  - CARE Office: support for violent relationship behaviors (sexual assault, stalking, harassment, relationship abuse)
  - Crossroads: alcohol and other drug prevention, education, and support
  - Campus Dietitian: education and assistance with dietary choices
  - Health Promotion: general health education services
- All students are required to have health insurance, which can be purchased through the university
What is UNCW Sustainability?

Contact information:
Website: www.uncw.edu/sustainability
Email: sustainability@uncw.edu
UNCW Sustainability revolves around these 6 areas of work!
Peer Education

• Peer Educators are a team of students that educate the UNCW student population about environmental stewardship, social equity, and economic vitality
  • Unpaid shadowing position at first, but translates into a paid position as seen fit
  • Recruitment may occur semesterly, but generally occurs in the spring – just be on the lookout!

• Education through programming, tabling, and presentations to student groups and classes
  • Our Green Future and Closet Clean Out are two big programs!
  • Gold Talon Events: we also LOVE to help make your event more sustainable – check out www.uncw.edu/sustainability/ to see how!

• To request a presentation for your group or class, email sustainability@uncw.edu with a date, time, and what you want to hear more about
Research

• The Green Initiative Fund (TGIF)
  • In 2014, a group of students successfully requested a fee of $5 per student per semester to support sustainable causes at UNCW
  • Funds not only the Peer Educators and Sustainability Coordinator, but also TGIF Mini-Grants

• TGIF Mini-Grants
  • Each semester, any student can apply for up to $2,000 for a research project, program, or retrofit that benefits UNCW’s environmental stewardship goals
  • Check out [www.uncw.edu/sustainability/](http://www.uncw.edu/sustainability/) for more information on the guidelines and process
  • Examples: rain garden formation and/or retrofitting, indoor garden construction, analyzing the university’s energy saving statistics, implementing composting in residence halls
Volunteering

• In addition to employment, educational, and research opportunities, UNCW Sustainability also encourages volunteer work!

• Volunteer Fridays
  • Nearly every Friday during the fall and spring semesters that students are in school, UNCW Sustainability organizes volunteer opportunities
  • Both on and off campus
  • Variety of work, depending on that day’s project
  • Past projects: cigarette butt cleanup, dumpster diving to weigh the amount of waste produced, tree planting, community garden maintenance, post-basketball game cleanup, seasonal inventory change at a local thrift shop supporting domestic violence victims, and MORE!

• If you have a volunteer project you would like UNCW Sustainability to take on with you, reach out to us at sustainability@uncw.edu
Initiatives

• UNCW Sustainability also does its own work to make changes around campus!
  • Often through Peer Educators, interns, and passionate students and faculty
• Here are a few recent endeavors that are in-progress:
  • Rain garden additions and retrofitting to reduce the amount of stagnant water and pollution entering the watershed
  • Composting in residence halls
  • Recycling materials that can be recycled after basketball games, rather than throwing it all in the trash
  • Free/reduced-pricing on feminine hygiene products
  • Waste Diversion and Characterization Studies
    • Help us pinpoint and reduce waste!
Awards

- Some awards received by UNCW:
  - Annual “Cool Schools” ranking – America’s Greenest Schools, Sierra Club
  - Silver – STARS, Association for the Advancement of Sustainability in Higher Education (AASHE)
  - Green Restaurant Certification, dinegreen.com
  - Top Ranked for Advocating Environmental Science, environmentalscience.org
  - Guide to Green Schools 2016, The Princeton Review
  - “A” Vegan Report Card, PETA
  - LEED Certification, U.S. Green Building Council

- UNCW also offers two sustainability awards to employees and students
  - For employee recognition: Charlie Maimone Sustainability Leadership Award
  - For student recognition: Carolyn Elizabeth (Lizzy) Duffy Student Sustainability Award
Planning

- UNCW Sustainability works to encourage the university to implement sustainable initiatives, goals, and programming into their annual planning, with the ultimate goal of UNCW becoming increasingly more sustainable in different areas of campus operations.

- This planning includes important documents, like:
  - Seahawk Sustainability Strategic Plan
  - UNCW Sustainability Action Plan
  - Annual Sustainability Council Annual Report
  - Greenhouse Gas Inventory
  - Diversity and Inclusion Final Report
  - Multi-Modal Transportation Report
  - UNCW Recycling Expansion Initiative