Student Guide to Sustainability at UNCW
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What is Sustainability?

- “The individual efforts made by the community to ensure that the beauty and benefits of today’s world - economically, environmentally and socially - will be available for future generations to inherit.”

- UNC Wilmington’s definition

Why is it important?

- Contributes to personal well-being and a strong community
- Cultivates compassion, appreciation, and mindfulness
- 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?
Educational Opportunities

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 Sciences, 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!
Choose a MINOR that supports or plays a role in Sustainability!

- 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

Add any of these on to your major to support Sustainability!
Sustainability Minor – 23 credit hours

10 credit hours
Core Courses
EVS 195, EVSL 195, EVS 205, & EVS 476

3 credit hours
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

If you’re really passionate about sustainability, consider the Sustainability minor!

3 credit hours
Applied Service Learning
EVS 496

6 credit hours
Electives
40 options in 14 different areas of study!
Add on a course! 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!

**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**

...plus MANY more! Many of UNCW’s majors offer at least one course containing material relating to Sustainability. More than you may think!
In addition to academics, there are other opportunities to get involved with sustainability on campus – through student organizations!

**Sustainability Peer Educators**
Helps to bridge the gap between students and the great work happening on campus!

**Surfrider Foundation - UNCW Chapter**
Dedicated to the protection and enjoyment of the world's ocean, waves and beaches through a powerful activist network; encouraged the campus to ban plastic bags, the only places left are those demanded by franchise.

**The Coastal Society - UNCW Chapter**
Promotes the knowledge, understanding, and wise use of coastal environments
Ducks Unlimited - UNCW Chapter
Educates, protects, and socializes about waterfowl and wetlands

ONE – UNCW Chapter
Mobilizes college students in the fight against extreme poverty

Global Water Brigades – UNCW Chapter
Recruits student volunteers to assist in designing and implementing water systems to prevent water-related illnesses in communities with limited access to clean water abroad; Emphasizes raising awareness about the necessity of clean water in impoverished communities and inspiring service in the UNCW community

Active Minds
Works to destigmatize mental health disorders by promoting open, enlightened discussion of mental health and create a better life for all who suffer

Clean-up Club
Dedicated to preserving and protecting the environment through community clean-ups; Raises awareness of the effects pollution has on the environment, positive effects of cleaning up pollution, and other environmental issues
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

Global Public Health Brigade – UNCW Chapter
Goes on public health brigades to developing world, Latin American countries in order to improve the quality of life of people living in small villages there

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

Half United - UNCW Chapter
Advocates for the Half United Brand and their fight against hunger within the local community
Wrightsville Beach Service Club of UNCW
Mobilizes UNCW students for service projects that benefit the Wrightsville Beach community, including a recycling program for the residents of Wrightsville Beach.

Combining Generations
Partakes in philanthropic events to enrich the community by connecting traditional college-aged students and other generations.

Environmental Studies Graduation Student Association
Connects Environmental Studies graduate students to pursue opportunities around campus and the community and promote environmental awareness and stewardship.

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

Invisible Children – UNCW Chapter
Strives to spread peace and save lives in the LRA-affected regions of Africa.

North Carolina World Trade Association
Introduces members to global business by increasing awareness of current global trends; Encourages fellowship among globally-experienced professionals and peers.

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

Student Social Work Organization
Connects and unifies the social work student body through volunteer activities, social events, and leadership opportunities; Committed to the pursuit of social welfare, social change, and social justice.

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.
Lifestyle Opportunities
Beyond UNCW-specific opportunities, what can you do in your daily life to promote sustainability?

Diet & Grocery  At Home  At Work  Transportation  Shopping
Diet & Grocery

- 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 wash/use
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
At Work

• Fully utilize your paper – write on both sides, fill each line, and use free space for other assignments or practice
• 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
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.

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!

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.
Shopping

• Before buying a new product, consider making it yourself or reusing something that you already have around.
• By 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.
• Think through what is being purchased to consider if it’s really something worth buying.
• Choose products that are made from more natural, durable, sustainably-sourced materials when you can.
  • Invest in quality and longevity.
  • 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 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.
What is UNCW doing?

How does UNCW work to implement sustainable practices into the university’s culture and operations?
Buildings

- 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
- 5 LEED Silver buildings:
  - Seahawk Crossing Apartments
  - East parking deck
  - Student Recreation Center
  - Teaching Laboratory Building
  - MARBIONC lab
- Integrated approach to consistently monitor indoor air quality, address concerns as they arise, and plan for long-term implications
Dining Services

- 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.
- There are no trays in these locations.
- Recycling is available in all dining locations, and composting is offered at Wagoner.
- Discounts on fountain beverages and coffee for using reusable mugs are provided.
- 100% of fryer oil is recycled for use in biodiesel fuel.
- There is 50% recycled content paper in all dining locations.
- Training for employees each semester includes common energy and water conservation practices.
- 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.
Grounds

• Bluethenthal Wildflower Preserve is protected from destruction
• Native plants are used in landscaping as often as possible
• A community garden is maintained and some of its food is donated to the local Food Bank
• The Venus Flytrap grows natively and is protected on campus
• Water from irrigation is recovered rain water, which comes from rain gardens and other efforts
• A plan is in place to restore nearby streams and mitigate ocean pollution
• Owns 174.39 acres of protected woods and wetland, called Ev-Henwood Nature Preserve

Waste

• Reduces printed materials
• Students are given 100 “free” copies at the beginning of each semester & then must pay after that
• Motor oil is recycled
• Almost completely plastic bag free, except for businesses that require it by franchise
• To-go containers in Hawk’s Nest and Dub’s Café are 96% renewable natural resource paper
• Reusable utensils are provided at Wagoner and Dub’s Café, and compostable service ware is available at Hawk’s Nest
• Recycling is extensive and available across campus
Recycling

• What can be recycled and where?
  • At bins 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 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
Transportation

- Bicycle racks are strategically placed across campus.
- A continuous network of safe bicycle lanes & pedestrian walkways across and around the outside of campus, which connects to the Cross City Trail.
- UNCW is 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.
- Students living within 1 mile of the university are not allowed to purchase a parking pass, which is required for on-campus parking.
Hawk Wheels Bike Share

- 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 to a
Water

• 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

Governance

• Has a Department of Sustainability, complete with a Chief Sustainability Officer
• Has several sustainability committees across campus (Housing & Residence Life, Library, etc.)
• Has adopted a Sustainability Action Plan
  • Addresses various areas of campus operations
  • Has current, formal plans with measurable objectives for those areas
• Has drafted sustainability policy
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
Social media: @sustaindub
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, please 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/ 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