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# Module Six Journal Guidelines and Rubric



## IDS 150 Module Six Journal Guidelines and Rubric

### Overview

In this module, we have learned that human consumption significantly impacts sustainable development by overusing resources and must become more efficient and minimize environmental harm. Considering personal consumption habits can be a valuable way to i

### Directions

In this journal assignment, you will reflect on personal consumption habits and the role human consumption plays in sustainable dev such as food, water, energy and transportation.

First, for two or three days, observe the consumption habits of your household, workplace, or specific place in your community. By t better prepared to describe what you noticed and explain your discoveries.

Then, use Video Note to record your responses to the prompts below. Video Note is recommended for this assignment, but you may See specifications in the What to Submit section.

Specifically, you must address the following:

1. Describe personal **consumption habits** of your household, workplace, or specific space in your community over two or three d:
  - A. How much were resources like water, food, energy, and transportation consumed each day? Use your best estimate whe
  - B. Was more of each resource consumed than necessary?
  - C. How were each of the resources consumed?
2. Explain what you **discovered** about these consumption habits.
  - A. Are the consumption habits better or worse than you expected? If so, how?
  - B. Did you notice any trends in the consumption habits? If so, what were they?
  - C. How do consumption habits relate to sustainable development as a whole?
3. Describe some **changes in human behavior** that could reduce consumption or improve sustainability.
  - A. What can be changed now?
  - B. What can be changed over time?

C. How can these changes reduce consumption or improve sustainability?

D. What are the pros and cons of these changes?

## What to Submit

Submit your journal as a 2- to 3-minute video note. If you need assistance using the Video Note tool, please refer to the resources in

Instead of using video note, you may **optionally** submit your journal as a 1- to 2-page Microsoft Word document with double spacing and margins. No sources are required.

## Supporting Materials

The following resource will support your work on this assignment:

[Global Footprint Network Calculator](#)

You may use this optional resource to reflect on how consumption categories like food, shelter, transportation, goods and services contribute to your environmental footprint and consider ways to reduce it. This will help you complete the assignment and receive feedback on your progress.

## Module Six Journal Assignment Rubric

Criteria	Meets Expectations (100%)	Partially Meets Expectations (75%)	Does Not Meet Expectations (0%)
Consumption Habits	Describes personal consumption habits over two or three days	Shows progress toward meeting expectations, but with errors or omissions; areas for improvement may include giving specific examples or details	Does not describe consumption habits or does so inaccurately
Discoveries	Explains discoveries about personal consumption habits	Shows progress toward meeting expectations, but with errors or omissions; areas for improvement may include giving specific examples or details	Does not explain discoveries or does so inaccurately
Changes in Human Behavior	Describes changes in human behavior that could reduce consumption or improve sustainability	Shows progress toward meeting expectations, but with errors or omissions; areas for improvement may include giving specific examples or details	Does not describe changes in behavior or does so inaccurately
Clear Communication	Consistently and effectively communicates in an organized way to a specific audience	Shows progress toward meeting expectations, but communication is inconsistent or ineffective in a way that negatively impacts understanding	Shows communication that is not consistent or organized, or that negatively impacts understanding





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## Activity Details

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