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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 generating waste. We must become more efficient and minimize environmental harm. Considering personal consumption habits can be a valuable way to improve our impact on the environment.

Directions

In this journal assignment, you will reflect on personal consumption habits and the role human consumption plays in sustainable development. You will track consumption of resources 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 tracking your consumption, you will be 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 opt to type your responses. 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 days.
 - A. How much were resources like water, food, energy, and transportation consumed each day? Use your best estimate when measuring.
 - 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 the Instead of using video note, you may **optionally** submit your journal as a 1- to 2-page Microsoft Word document with double spacing, 12 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 create results.

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
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
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 human behavior
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 no clear communication or organization

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