

Sustainability Committee
Tuesday, January 21, 3:00-4:00, Building 16, Room 142
Notes

1. Welcome and Introductions:

- Heather Bohn, Student
- Jennifer Hayward, Institute for Sustainable Practices
- Patty Hine, High School Connections
- Tim Hovet, Business
- Cody Jenick, Student
- Rachelle Katter, Health, PE, & Athletics
- Brian Kelly, College Services
- Lori Lilliefors, Cooperative Education
- Claudia Owen, Science
- Russ Pierson, Facilities Management and Planning
- Margaret Robertson, Advanced Technology
- Paul Ruscher, Science
- Wendy Simmons, Wellness
- Kathy Thomas, Grants Office
- Toni Timmers, Social Science

2. Updates and Announcements

Climate Education and Action Forum: Jennifer reported that she spoke to Don Schneider, the author of *Communicating Across the Divides: A Psychological Field Manual for Constructive Dialogue About Social and Environmental Concerns, and the Progress of Civilization*, about participating in our forum and he said he would be happy to participate. Jennifer will set up a subcommittee meeting to plan for this event and will include Don.

Additionally, Jennifer reported that she spoke to Donna Koechig about having Aspiring Leaders trainings by the same author on “communicating across the divides.” Donna agreed and we will likely do a four-hour training with the current cohort of Aspiring Leaders and may also do Advanced Aspiring Leaders trainings for past cohorts. Jennifer is checking Don’s references and negotiating fee.

Watershed Science Technician Position: Tim reported that a collaborative effort between EWEB and the Upper Willamette Soil and Water Conservation District has resulted in the creation of a Watershed Science Technician position. Paul said that he would pass the posting along to Watershed Science Technician students.

Faculty Professional Development on Sustainability: Rachelle reported that she spoke to the Faculty Professional Development Coordinator, Marisa Hastie, about the possibility of earmarking Faculty Professional Development funds for trainings on how to infuse sustainability into the curriculum. Marisa said that she would be happy to discuss options with the Sustainability Committee. Committee agreed that Claudia and Jennifer should schedule Marisa to attend a future meeting.

Green Chemistry Club: Paul reported that the Green Chemistry Club is close to starting production of biodiesel and would like to present information about their project to the Sustainability Committee at a future meeting.

Cultural Competency Policy: Jennifer noted that the Peace Committee is working on a statement in

support of the school having a Cultural Competency Policy and asked if the Sustainability Committee would consider signing on to their statement. Jennifer will let the Committee know when a statement from the Peace Committee is available.

Sustainability Principles and Practice: Margaret announced that the textbook that she wrote called *Sustainability Principles and Practice* was released today. The Committee congratulated Margaret and expressed excitement about seeing her book when it arrives.

3. Habit Change Presentation

Wendy gave a presentation on changing habits to help the Committee consider and refine a habit change project. The presentation is attached. Some highlights include:

- Habits save us time because we just do them rather than having to think and make decisions. Habits are automatic.
- To develop new habits, use the habit loop:
 - Cue/reminder (i.e. put dog leash on front door to remind you to walk dog)
 - Routine (i.e. walk the dog every day)
 - Reward (i.e. happy, tired dog)
- Developing new habits takes planning, work, determination, belief, and willpower.
- Research suggests that forming new habits may take 21 days or it may take a longer or shorter amount of time depending factors like personality and how difficult the new habit is.

Wendy will make a short handout on habit change techniques for the Sustainability Committee's Health and Wellness Fair table. Committee will consider how to incorporate these techniques into future behavior change projects.

4. 350.org & Keystone XL

350.org: Patty announced that there will be a 350.org start up meeting on Thursday, January 23 from 7-9 pm at the First Methodist Church on 13th and Olive. All are welcome. Patty said that attendees will try to determine three actions we can take together to affect the climate crisis.

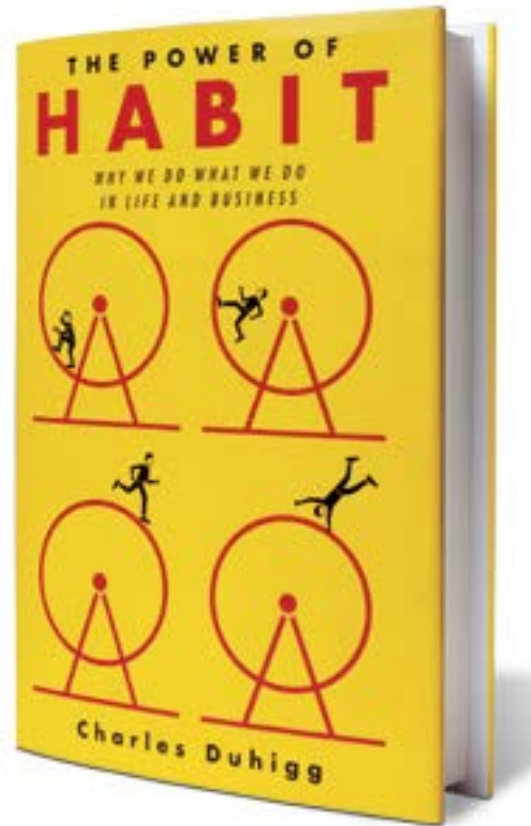
Keystone XL: Patty updated the Committee that there are two new trainings scheduled for those who would like to participate in Keystone XL Pledge of Resistance civil disobedience. The trainings are on Saturday, February 22nd from 9:00 am to 2:00 pm and Sunday, March 23rd from 1:00 to 6:00 pm. Both trainings will be at the First United Methodist Church on 13th and Olive. To RSVP, e-mail: stopkeystonexlnow@gmail.com or call 541-343-5091.

5. Health and Wellness Table Review and Preparation

Attendees reviewed materials prepared by the Health and Wellness Healthy Transportation Habits Subcommittee. Generally, the Committee was very impressed with the materials. The only suggested edit was to revise the "Bike To Lane Day" poster to "Bike and Walk to Lane." Attendees discussed potential pledge ideas that they could encourage visitors to make. Pledges included:

- Bus to work everyday
- Refuse to buy things that you do not need

THE POWER OF HABIT



Wendy Simmons,
Employee Wellness Coordinator

The Habit Loop

- Cue/Reminder: Tells your brain to go into automatic mode and which behavior to use, keeps you on track



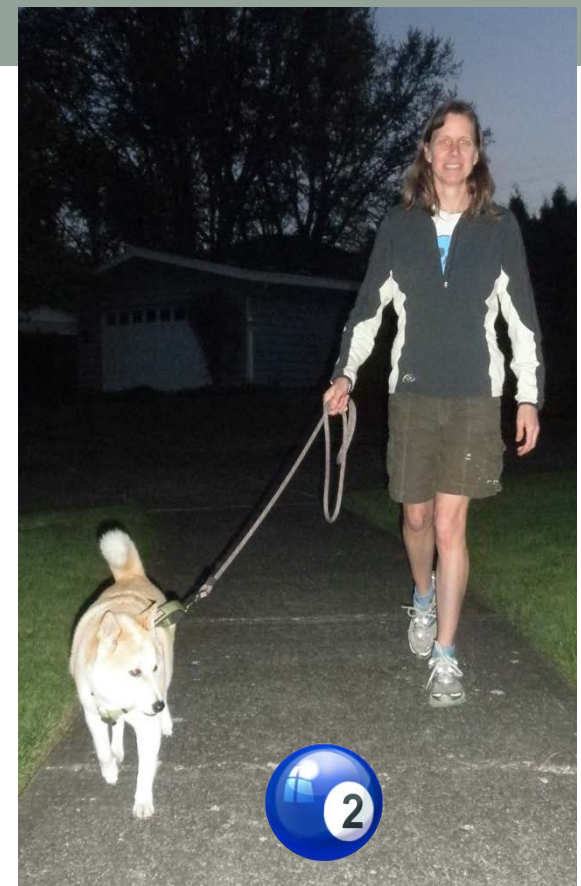
- Routine: Physical, emotional or mental



Reward: Helps the brain figure out if this is worth remembering

The Habit Loop

- Cue: Leash is out or dog sits by door
- Routine: Walk the Dog
- Reward: Happy, tired dog, the right thing



Daily Decisions

- Habits are at the root of how we behave
- Habits: behaviors that occur without thinking, both a curse and a benefit
- Can emerge without our permission
- Habits are delicate
- The cue and reward become intertwined until a powerful sense of anticipation and craving emerges



Success at Starting Exercise/Eating

- Choose a specific cue
- Choose a clear reward
- For changing eating habit, use a predetermined cue such as creating menus in advance and simple rewards



Cues → Routine → Craving

- Cue and reward aren't enough for a habit to last
- The brain needs to start expecting the reward
- The cue needs to trigger the routine and a craving



Planning, Work, Determination

- Often we do a habit for so long we don't know what triggers it
- Doesn't mean they are easy to change
- You can plan how to change the pattern
- Works for smoking, gambling, obsessive-compulsive disorders and much more



Belief = Another Key Ingredient

- Believing “in something bigger than me”
- e.g. AA
- Believing one can cope and “I can change”
- Beware when stresses get too high or at critical times
- Being with a group is very important



Keystone Habits

- Habits that influence all others: how we work, play, exercise, spend \$ and over time they transform everything
- Exercise
- Family dining together
- Make bed daily



Keystone Habits

- Michael Phelps e.g., emotional and anxious before meets
- Piling on too much change at once makes it impossible for any of us to stick with it



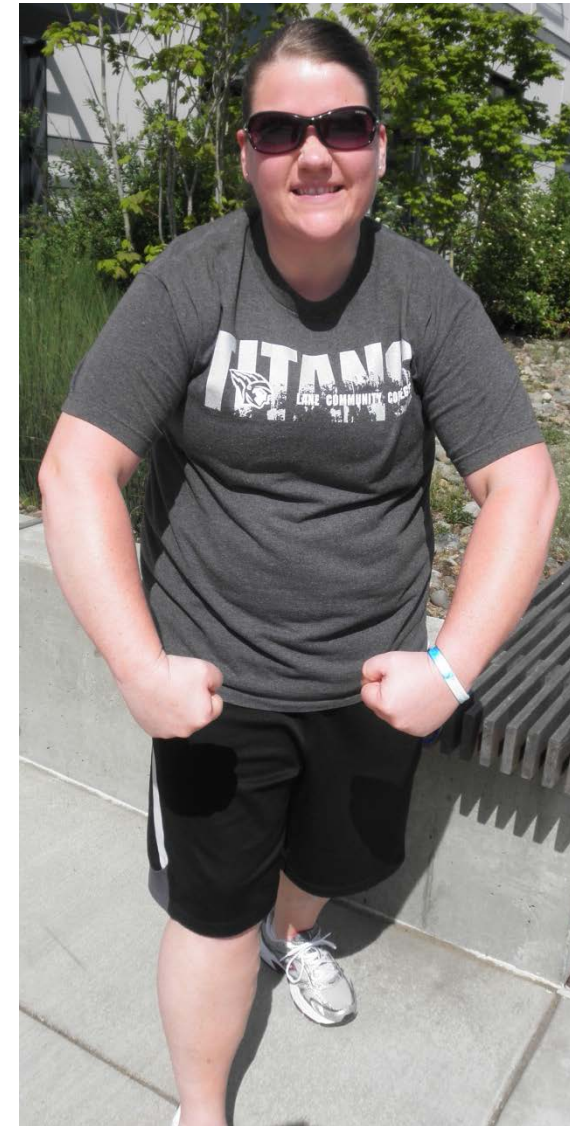
Willpower

- Willpower is #1 factor in success, biggest effect on academic performance (more than IQ)
- Willpower is a learnable skill, can be taught
- e.g. 1960's study on kids who resisted marshmallows



Willpower

- Not constant day to day, like a muscle
- If you force yourself to go to the gym or eat salad vs. burger you start changing how you think and start regulating your impulses



Isolating the Cue

- Write down five things the moment the urge hits (for 3-4 days):
- Where are you?
- What time is it?
- What's your emotional state?
- Who else is around?
- What action preceded the urge?



Have a Plan

- To change the routine, we need to begin making choices again
- Plan = “Implementation Intentions”
- E.g. At 3:30 p.m. every day, I will walk to a friend’s desk and talk for 10 minutes, and set alarm for 3:30
- Didn’t work immediately, had to keep trying; after a few weeks didn’t need to think much



Major Life Events

- Habits do change when going through major life events; might buy different things, makes people more vulnerable
- We can choose our habits
- 100's of habits influence our days
- They are practical, emotional, intellectually and systematically organized for our benefit or demise



What will work for you?

- Individuals and habits are all different so the specifics of changing a habit differs from person to person and from habit to habit
- Different behaviors are driven differently by the same person and we all have different cravings
- Need more research on why some people create will power habits easier than others



Summary

- Every habit is malleable: you decide to change them
- Habits can change and you have the freedom to remake them
- If you believe you can change, you are more likely to be successful
- Bring awareness
- There were two fish...

