



# **Threading Environmental Sustainability into Occupational Science Education: An Undergraduate Course in Wellness and Sustainable Living**

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# Undergraduate Minor in Occupational Science | Courses





# OT 312 Creating a Sustainable Lifestyle

## Course Objectives

Students will be able to:

- Explain the relationship between environmental sustainability, wellness and daily occupation
- Describe how sustainable living and connection to nature can increase health and wellbeing
- Navigate the commercial and cultural dimensions of everyday life with regards to sustainability
- Provide peer education and health promotion activities related to sustainability





# Common sustainable behaviors and lifestyle choices



# Outline of Course Topics



- Lifestyle Redesign®
- Cognitive, psychological and physiological benefits of exposure to nature
- Stewardship, conservation and our relationship to nature
- Tempo, the pace of life and mindfulness
- Waste and “stuff”
- Healthy, sustainable food and where it comes from
- Transportation and the built environment
- Water, air and energy on the consumer level
- Chemicals in daily life





# Occupational Science

Daily activities and lifestyle choices affect health and wellbeing.

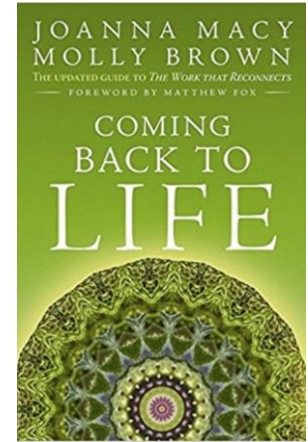
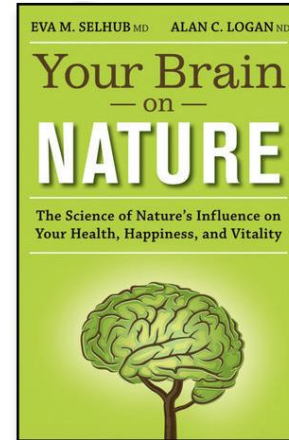
- **Habit** (Neal, Wood, & Quinn, 2006) (Brockelman, 2002) (Wood and Neal, 2007) (Brockelman, 2002)
- **Identity** (Christiansen 1999)(Howie, 2003)(Unruh, 2004) (Laliberte-Rudman, 2002)(Hannam, 1997)
- **Transcendence** (Zemore and Kaskutas, 2004) (Galanter, 2006) (Zemore, 2007)(Christiansen, 1999)(Manuel, 2003)(Brockelman, 2002)(Cox, 1995)(Ulrich, Dimberg, Driver, 1991)
- **Self-efficacy** (Burke, 1977)(Gage and Polatajko, 1993).
- **Tempo** (Clark, 1997) (Yerxa, 1998) (Whybrow, 2005)(Christiansen and Matuska, 2006)(Bellamy, 1997)





# Course Methods

- Readings, journaling, discussion
- Student presentations and small group projects
- Community outreach





# Course Evaluation

- Increase in attendance over eight years
- Student self-report and discussion of behavior changes
- Peer education and health promotion activities related to sustainability

“This course should be required for every student.”





# Community Outreach Joint Educational Project (JEP)

- Students assigned to local under-resourced elementary school
- Students teach course concepts to first and second grade classes

## Next Step: Community Garden

- Students have access to a university-owned community garden
- Plan to incorporate gardening into course activities this fall





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