

Table 15.4 Living green: Tips for college and university students

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| 1. | Practice the three <i>Rs</i> : Reduce, Reuse, and Recycle. |
| 2. | Use less ink and paper. If possible, print on both sides of the page. Think twice about whether you need a hard copy of a webpage or document. Could you bookmark a page or save a file on your computer? |
| 3. | Limit your use of disposable products. This includes cups, plates, and paper napkins. The next time you grab a handful of napkins at your dining hall or in a restaurant, ask yourself if you really need that many. One might be enough. |
| 4. | Use compact fluorescent light bulbs in your dorm room or apartment. They may cost more, but they will last longer and save you money. |
| 5. | Walk, bike, and limit the use of your car. |
| 6. | Carry a refillable water bottle. Stop using bottled water. |
| 7. | Buy recycled products; this includes paper for printing. |
| 8. | Use refillable binders instead of notebooks. Or go electronic and take all your notes on your laptop. |
| 9. | Buy used clothing and furniture. It is a great way to save money, and it is a great thing to do for the environment. |
| 10. | Share your message: Tell others how you are living green on your campus. |

SOURCE: Adapted from Rockler-Gladen 2007.