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Lesson Plan: "Fostering Behavior Change for Sustainability"

The following semester-long journal assignment is applicable to ENC 1101H, ENC 1101 and ENC 1102 classes, with appropriate modifications. What I have outlined here will be assigned to ENC 1101 and ENC 1101H classes. Since the 1102 class writes a research paper as their main semester project, this assignment will be shorter.

The Semester Journal will be submitted during the final week of the semester, and will constitute the following:

Students will submit between 15-25 pages of a journal (typed, double-spaced) culled from a handwritten journal they have written in throughout the semester. Though the writing must be as good as the student is capable of achieving, the typed journal will not be graded on writing but rather on quality of observation, level of engagement, and rigor and clarity of conclusions. This journal should be a place for students to observe and engage with their own and others' behaviors, and to ideally challenge, clarify, and change these behaviors. It should also be, to a certain extent, fun.

Procedure:

--Students will keep a semester-long journal in a notebook which they will type up, tightening and focusing for the final submission. Due at the end of the semester: handwritten notebook (which will not be read) and 15-25-page journal (which will).

--There will be three central "subject" foci for these journals:

1. Recycling;
2. Modes of transport;
3. Food

--There will be four central points of observation:

1. Personal behavior;
2. Attempts to become conscious of and to change behaviors;
3. Observations of self and others in groups and alone;
4. Conclusions

--Additionally, to get things started, all students will write journal entries in response to the following prompts (in their notebooks; these may or may not become part of the typed journal):

- Who are you (how do you identify yourself)?
- What behaviors define you to others, to yourself?
- To what extent are your behaviors consistent with your values and ideals?
- How knowledgeable are you about.....

--How concerned are you about....

--To what extent do your behaviors color and define your sense of yourself & to what extent do they contradict that sense of self?

--To what extent do you think your behaviors influence others?

Questions will be intended to orient the students to this project. As with all the journal writing, students will not be judged on content, and they may choose whether or not these responses go into the typed journal.

I will be concerned, in directing them through their journals, that they observe their own and others' behaviors to discover to what extent behavior determines attitudes and beliefs and/or is a reflection of attitudes and beliefs. I will be attempting to use the journal as a way of bridging the gap between "idealism" (so-called) and practicality, and teaching them to engage more deeply in their writing at the same time. But this is only part of what I hope this journal will achieve.

--During the course of the semester, many of our readings and presentations will be focused on the need for changes in our thinking & behaviors. The journal itself will be focused on the confluence of these things. Our curriculum will include, among other texts, the following:

"The Big Here and the Long Now," Brian Eno;

"An Elephant Crackup," Charles Siebert;

"Notes from a Very Small Island," Erik Reece (for journal structure and content);

"The World is too Much With Us," William Wordsworth

We will also examine some actual journals, and will read other texts which deal with questions of the relationships between identity and behavior.

--We will also watch at least one movie from the EEI library and discuss its content through the lens of our "journal project."