



Sustainable Self

(Resource ID: 341)

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This teaching resource is allocated to following University:

RIINVEST - Riinvest College

Institution:

Riinvest College

<http://www.sustainicum.at/en/modules/view/341.Sustainable-Self>



Individual work



**More than 30
students**



**4-7 lecture
units**



**Internet
connection
necessary**



English, Shqip

“Sustainable Self” according to Murray (2011) is a way of being and acting in the world by the sustainability principle through the development of six attributes, awareness, knowledge, motivation, skilful means, empowerment, practice. In business, success and sustainability are associated with the ability of companies to manage their profit, people and assets and balancing financial, social and environmental risks, obligations and opportunities. Students will evaluate sustainable self attributes and produce an action plan for development of these attributes.

The aim of this activity is:

- To evaluate the sustainable self attributes as defined by Murray.
- Compare these attributes with those defined in the study programme (optional)

- Produce an action plan for the development of Sustainable Self attributes

Work produced from this session can be included in the reflection about the Personal Development Plan (PDP) as part of the MANAGEMENT SKILLS (ENHANCING YOUR CAREER AND PERSONAL SUCCESS) or may be used as general reflective activity in other modules or sessions about sustainability.

The “Sustainable Self” according to Murray (2011) is a way of being and acting in the world by sustainability principle through development of six attributes: 1. awareness, 2. knowledge, 3. motivation, 4. skilful means, 5. empowerment, 6. practice.

In business, success and sustainability are associated with the ability of companies to manage their profit, people and assets and balancing financial, social and environmental risks, obligations and opportunities. Business Students throughout their study, extracurricular activities and personal experience develop different attributes. For example at Staffordshire University Programmes at Riinvest College the graduate attributes are embedded in the programmes. Refer to Staffordshire Graduate Attributes

<http://www.staffs.ac.uk/study/staffordshiregraduate/attributes/> to view an explanation of the attributes: 1. Discipline Expert ;2 Professional;3 Global Citizen; 4 Communication & Teamwork;5 Reflective & Critical Learner;6 Life Long Learning. The sustainable self attributes may be included in more than one general attribute.

When people discuss the sustainability agenda they commit themselves to actions that support the attitudes, values and beliefs related to sustainability. These are not easily changed therefore personal insight from stakeholders on how they change their beliefs and commit to sustainability will help student to relate to the topic. Therefore stakeholders are informed in advance what the aim of the session is and they are asked questions in relation to the attributes. Alternative versions could be video interviews with project stakeholders.

The footprint calculator will help students locate themselves in the discussion about the life style and their consumption practices.(See step 2 in the instructions)

When students evaluate the development of attributes they are asked to rate the level of confidence on each of them. Students at Riinvest College are familiar with the rating strategy because they rate the graduate

attributes. In one way the teacher will check the level of understanding from previous session, and on the other hand students will be able to give examples of their level of confidence. (see step 3 in the instructions).

Finally students will be able to choose one or two objective to pursue for the rest of the semester and include them in the Personal Development Plan(See step 4 in the instructions).

This teaching resource takes approx. 4 lecture units depending on the interview with the stakeholder. The assignment done individually by students will require additional 10 hours.

Teaching Tools & Methods



Mini-project



Simulation program



Simulation

Integration of Social Stakeholders

Individuals are important in pushing the sustainability agenda. They may be business leaders, NGO leaders, government leaders, educators. Their actions and choices may influence families, businesses and wider community.

Influential personalities will be invited to the College for a talk with students related to sustainability topic, in class or via skype. The speaker will concentrate on the sustainable self attributes and how they put them into practice through their activities. Students will have the opportunity to make questions as well as reflect on the stories from speakers and relate them to their objectives. A reflection input for the event will be included in the PDP.

Alternatively students may interview sustainability champions and try to see the link between the attributes and their actions.

Strength

By evaluating attributes and assessing their footprint students will be able to talk about sustainability from a personal level.

Weakness

Some of the attributes are difficult to reflect upon.

Learning Outcomes

- To interview a Sustainability champion and evaluate personal attributes with involvement in the sustainability agenda
- To assess personal footprint
- To evaluate the sustainable self attributes as defined by Murray
- To compare these attributes with those defined in the study programme (optional)
- To produce an action plan for the development of the Sustainable Self attributes

Relevance for Sustainability

Sustainable self attributes are important for taking action on the sustainability agenda

Related Teaching Resources

Students should have covered Sustainability See the links prior to engaging with this resource

Preparation Efforts

Low

Preparation Efforts Description

There is no need for a lot of preparation. However students may require guidance on attributes and taking examples. The teacher must check if students understand the attributes.

Access

Free

Assessment

Students will choose one to three objectives that help them develop the Sustainable Self Attribute using the questions below. These objectives are included in the Personal Development Plan used in the University or part of

the Personal Development Assignment.

Note: (the format is taken from PDP guide of Staffordshire University which is used for students enrolled at Riinvest College for the franchise awards. Other forms can be used to evaluate sustainable self attributes).

Credit/Certification Description

Part of module weighting

Sources and Links

Murray, P. (2011). The sustainable self: A personal Approach to sustainability Education. Routledge.

http://www.footprintnetwork.org/en/index.php/GFN/page/personal_footprint/

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