



SECTION 1: VOLUNTEERISM IN SUSTAINABILITY

Reflect on how you've volunteered to help build a more sustainable future. Whether participating in student groups, campus initiatives, or community programs, you are developing professional skills.

Note that only activities completed during post-secondary education can go towards your Living Planet Leader certification. If you haven't completed any volunteer activities, turn to the reflection questions below.

Organization or initiative	Describe the activity and what you learned	# of hours completed

What type of environmental sustainability initiatives interest you the most?	
How can participation in these initiatives benefit you professionally? Personally?	

SECTION 2: SUSTAINABILITY IN ACADEMICS

The goal of this section is to give all students the opportunity to critically think about how their area of study and future career path could incorporate sustainability principles.

To complete this category requirement, you can either:

- 1) Take a course related to environmental sustainability before you graduate;
- 2) Take a non-sustainability-related course and apply environmental sustainability to it;
For example:
 - a) if you're a culinary student you use locally sourced foods or implement composting in your kitchen
 - b) if you're a visual arts student, you could use sustainably sourced materials for your next art installation
 - c) if you're an engineering student, you could explore solutions to common sustainability issues
 - d) if you're a journalism student, you can complete an assignment investigating a sustainability issue from different anglesor
- 3) Complete and submit a reflection paper on how you *would* apply environmental sustainability to your area of study and future career path.

What program are you studying?	
Is your program related to environmental sustainability?	
If your program is not traditionally related to the environment, how could you apply environmental sustainability to it?	

SECTION 3: PERSONAL APPLICATION OF SUSTAINABILITY

Reflecting on your day-to-day and community contributions, complete the following personal checklist by marking an 'X' next to the actions that you already perform regularly, and a '!' next to the ones you find extra challenging.

	Bring my own mug
	Use reusable containers for packed lunches
	Bring my own bags
	Refuse plastic straws and cutlery when eating out
	Recycle waste and help keep plastic out of our watersheds
	Print responsibly and print double-sided
	Donate gently used items (clothing, household items, etc) for reuse
	Use eco-friendly or natural cleaning products
	Reduce plastic and buy powdered laundry detergent in a box
	Reduce plastic and use bar soap instead of liquid soap
	Power down my computer and appliances at home
	Wash clothes with cold water and eco-friendly detergents
	Hang clothing to dry when possible
	Unplug my phone charger to save energy
	Turn off computer monitors on campus / at work
	Turn off the lights at home

	Turn off the tap while brushing my teeth
	Have signed a petition to support environmental change
	Compost food and other organic waste through campus or community program
	Recycle electronic waste through campus or community program
	Ask for my favourite take-out food in my reusable container
	Educate my favourite take-out place to stop using black plastic containers that can't be recycled
	Eat sustainably grown, locally sourced food regularly
	Buy gently used items instead of new
	Use sustainable transportation regularly
	Reduce food waste
	Have organized a student goods exchange day to promote reuse
	Have led or participated in a clean up activity
	Have led or participated in an Earth Hour event
	Volunteer with a local campus or community conservation organizations
	Have led or participated in an environmental student or community group
	Have helped create habitat for birds and bats on campus or at home
	Plant native plants in campus gardens or at home

	Have participated in the removal of invasive species from natural habitat on campus or in the community
	Have joined a food co-op or support a local farmer through Community-Shared Agriculture
	Keep learning about the environment and sustainability by taking courses
	Expand knowledge and connections by attending events that focus on the environment or sustainability
	Participate in citizen science (Christmas Bird Count, butterfly counts, frogwatch, etc)
	Inspire friends and family to adopt some sustainable practices
	Engage friends or family to participate in a conservation or sustainable event with me
	Dress for the season rather than heating or cooling your home more than necessary
	Reduce single-use plastics and products (cleaning supplies, razors, non-compostable coffee pods)

Total number of actions completed to date

Of the actions you practice, which ones can you easily engage others to take and how?	
Which actions are more challenging, and how could you overcome this?	

SECTION 4: LEADERSHIP AND TEAMWORK IN SUSTAINABILITY

How have you demonstrated leadership or teamwork in sustainability? This can include participation in sustainability groups, associations, or university governance.

To complete this category requirement, examples include:

- Helping to lead an environmental awareness campaign, program, or service
- Helping to organize campus or community events of any size related to conservation or sustainability
- Helping to lead or organize hands-on projects related to conservation or sustainability
- Participating in WWF-Canada's Designing Change for a Living Planet competition

Note that only activities completed during post-secondary education can go towards your Living Planet Leader certification. If you haven't completed any Leadership and Teamwork activities yet, turn to the reflection questions below.

Sustainability-related activity	What was your contribution?	What did you learn?

<p>If you have ever had experiences in leadership or teamwork, even if they weren't sustainability-related, how you can translate those skills into engaging others around sustainability?</p>	
<p>What are your top 3 skills, talents, or qualities as a person? How can you bring those skills into engaging others around sustainability?</p>	

SECTION 5: SUMMARY OF LIVING PLANET LEADER REQUIREMENTS

You can count applicable actions starting from the first day of your first post-secondary program up until 3 months after graduating from your final post-secondary program.

CATEGORY	WWF-CANADA REQUIREMENTS	SUMMARY OF YOUR ACTIONS TO DATE
CAMPUS, COMMUNITY & GLOBAL VOLUNTEERISM	40 hours	
SUSTAINABILITY IN ACADEMICS	One <ul style="list-style-type: none"> • environmental course • one sustainability project, or • completion of a reflection paper 	
PERSONAL APPLICATION OF SUSTAINABILITY	40 checklist items	
STUDENT LEADERSHIP AND TEAMWORK	One experience	

SECTION 6: MY LIVING PLANET LEADER GOALS (OPTIONAL)

1) Which categories will be the simplest for me to complete, and why?

	Volunteerism:
	Leadership:
	Personal application of sustainability:
	Application in academics:

2) Which categories might I experience challenges with, and why?

	Volunteerism:
	Leadership:
	Personal application of sustainability:
	Application in academics:

3) What steps can I take to overcome these challenges?

4) What are two goals I can set to complete Living Planet Leader before I graduate?

GET STARTED!

- **Step 1:** Register a WWF Living Planet @ Campus profile at campus.wwf.ca
- **Step 2:** Under Activities, select Living Planet Leader
- **Step 3:** Start submitting the activities you've already completed during your post-secondary career
- **Step 4:** Assess what you need to complete for the certification, and create a personal plan to finish and submit all category requirements.

Note: You have until 3 months after graduating from your final post-secondary program to submit all the requirements to be named a WWF Living Planet Leader!

RESOURCES AT CONCORDIA

CATEGORY	WWF-CANADA REQUIREMENTS	HELPFUL CAMPUS RESOURCES
Volunteerism	40 hours	Sustainability Volunteer Program
Academics	One <ul style="list-style-type: none"> • environmental course • one project application, or • completion of a reflection paper 	Sustainable Course Directory Sustainable Program Directory
Personal Application	40 checklist items	Sustainability Brochure Green Living in Residence Guide Office of Sustainability Instagram Zero Waste Concordia Instagram
Leadership & Teamwork	One experience	Student Sustainability Ambassadors Program Student Sustainability Groups
General	Keep up with sustainability news, events, and opportunities!	Sustainability newsletter

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