Final Reflection

I have thoroughly enjoyed this past semester in the Sustainability Seminar. Through this class, I was exposed to a variety of perspectives on sustainability which enabled me to expand my own understanding. I was consistently inspired by the guest speakers and the admirable work they doing for the well-being of our community and planet. At the same time, I drew inspiration from my classmates and how they’ve incorporated sustainability into their unique fields of study. This experience has shown me all the incredible things that can come out of passionate individuals collaborating and pursuing shared goals.

This semester several of our speakers discussed the relationship between food and sustainable development. A speaker that stood out to me was Jenn Thompson. I really resonated with what she said about making informed nutritional decisions and appreciating the labor that went into your food. She provided concrete advice about ways to eat more sustainably without completely giving up foods that you enjoy. Her talk inspired me to partake in “Meatless Mondays” which allows me to reduce my carbon footprint significantly without completely altering my diet. I have also been more mindful about buying produce seasonally and wasting less food. These are habits that I can not only build upon, but also share with others.

Another speaker that I found particularly interesting was Kristen Lear’s presentation on bat conservation. Prior to this class, I did not perceive bats in a very fond manner. I thought they were kind of creepy and had a negative connation from vampire stories. However, after hearing from Kristen, I now understand their significance for the environment. They play very important roles for pollinating and pest control. I have officially transformed into a fan of bats and actually find them kind of adorable.

A particular moment that had a considerable impact on me was volunteering at UGArden. It inspired me to dedicate more of my time to service opportunities. The experience also showed me how easy and enjoyable that gardening can be. Next semester, I plan to get more involved with UGArden and the hard-working people that make the operation possible.

Looking toward the future, I hope to continue to grow, learn, and build on my understanding of sustainability. At the same time, I will set new goals for myself and look for new ways to serve the world around me. I also plan to continue to draw inspiration from peers while incorporating sustainable habits into my everyday life.