



SUSTAINABLE FUTURES

REFLECTION JOURNAL



Empowering
planet-friendly
career pathways



Villiers Park
Educational Trust

Founders4Schools

MODULE 1: WHAT IS SUSTAINABILITY?

Understand basic concepts and context

- Unit 1: What is Sustainability?
- Unit 2: Sustainable Values
- Unit 3: The Sustainable Development Goals
- Unit 4: Systems Thinking for Sustainability

MODULE 2: SUSTAINABLE BUSINESS

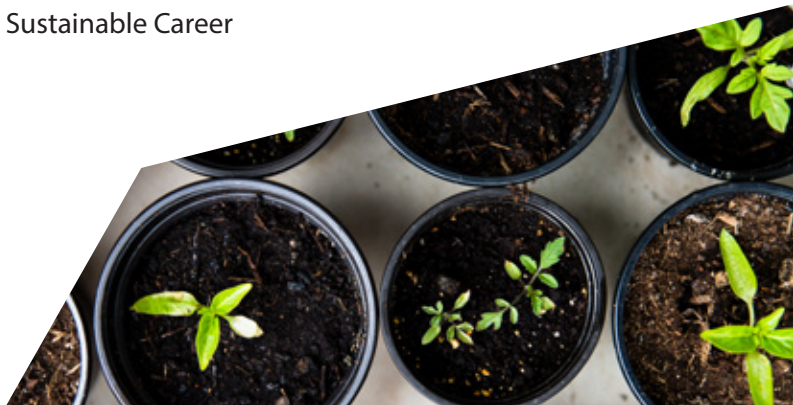
Understand the role of business and relevance of career pathways

- Unit 1: Doughnut Economics
- Unit 2: Sustainable Business
- Unit 3: Circular Economy
- Unit 4: Greenwashing

MODULE 3: SUSTAINABLE ME

How to apply your career pathway

- Unit 1: Sustainable Careers
- Unit 2: Sustainable Skills
- Unit 3: Shaping a Sustainable Career



MODULE 1: WHAT IS SUSTAINABILITY?



UNIT 1: WHAT IS SUSTAINABILITY?

What is sustainability? Write your definition below.

Reflections on completing the unit

By producing and sharing your definition of sustainability you have begun to consider the global issues that the planet is facing for its future survival. You are now more aware of how your own actions and perceived needs do and will have an impact on the health of the planet and the outcomes for future generations. Bearing all of this in mind, capture your reflections on the following:

What makes up my footprint?

In what ways do I currently contribute to climate change?

What personal changes to my current lifestyle can I make? What will be my first step?

MODULE 1: WHAT IS SUSTAINABILITY?



UNIT 2: SUSTAINABLE VALUES

How will I live my sustainable values now and in the future?

My Values Activity

Consider what makes you feel happy and fulfilled. Take 1 minute to write down 8 things in your life that you value the most.

e.g. friendship / fairness / freedom / fun / fitness

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Reflections on completing the unit

The content of this unit focused on you developing and understanding your 'self-concept' (who am I?) and your 'self-schema' (what are my beliefs and values and how do they influence my feelings and actions?).

Are the values I have listed what I expected, or are any a surprise to me?

How do these values show themselves in my everyday life? What actions do I already take to live by them?

What changes would I like to make in order to live more by my values?

MODULE 1: WHAT IS SUSTAINABILITY?



UNIT 2: SUSTAINABLE VALUES (CONTINUED)

My Green Charter: Changes for the Climate

Reflecting on the values you have identified earlier, devise your personal 'green charter' to define your commitment to sustainable action.

Step 1

List 5 actions (from the list below or from your own reflections) that you feel are important and achievable for you.

Step 2

Turn each action into a statement. When writing your statements, the language you use should reflect your passion and commitment to your actions. e.g. "I will...." "I am committed to..."

Step 3

Consider for each, how and where you will take action.
e.g. I will use a reusable water bottle **every day**.

Step 4

Write 5 full statements to create your personal green charter.

Example of Actions (you may have others)

- Raising awareness of the causes and consequences of climate change
- Using reusable water bottles to reduce single use plastic or cans
- Replacing cling-film and plastic bags with reusable alternatives
- Helping nature through creating habitat or providing feeders
- Replacing car journeys with walking/cycling/public transport
- Switching off lights and electrical items when not in use
- Lobbying local MPs and other government representatives to ask for their support in tackling climate change or nature loss

MODULE 1: WHAT IS SUSTAINABILITY?



UNIT 2: SUSTAINABLE VALUES (CONTINUED)

My Green Charter: Changes for the Climate

1)

2)

3)

4)

5)

MODULE 1: WHAT IS SUSTAINABILITY?



UNIT 3: THE SUSTAINABLE DEVELOPMENT GOALS

Reflection on completing the unit

The SDGs provide a global context for your personal sustainable values. It is important to have a more focused and comprehensive approach to leading a sustainable life successfully.

Thinking of your future sustainable self, how important is it to you that an organisation's values align to your values for a sustainable career?



How would you find out what values a potential employer has?

Make a checklist of your criteria for an employer, and what evidence or information you would want to see for each.

Criteria

Evidence

UNIT 4: SYSTEMS THINKING FOR SUSTAINABILITY

Consider something you'd like to change and map the system to identify how best to make change happen.

Identify the key influences and use a connection circle to identify how they are linked, and where a change would have most impact.

How will I live my sustainable values now and in the future?

Now

Future

What obstacles might I encounter?

Reflection on completing the unit

The challenge for individuals is how to be empowered to help shape the future through proactive behaviours and make sustainable choices, when faced with the different positive and negative possible future pathways.

MODULE 2: SUSTAINABLE BUSINESS



UNIT 1: DOUGHNUT ECONOMICS

Using the learning and information in this unit, annotate the doughnut template below:

- What 'basic needs' need to be met to get people out of the 'hole'. (The middle of the doughnut)
- What 'planetary boundaries' might be important not to cross. (The outside of the doughnut)
- How does this make you feel about the role of business in the future of the planet?



MODULE 2: SUSTAINABLE BUSINESS



UNIT 2: SUSTAINABLE BUSINESS

**What information do you need in order to make personal decisions about your future career, if prioritising sustainable values?
Where will you find this information?**

When reflecting on your sustainable values, can you transfer them to a business or job? Based on this, what are your priorities when thinking about your future career?

What kind of organisation/business do you want to work for? What would your ideal job be?

MODULE 2: SUSTAINABLE BUSINESS



UNIT 3: CIRCULAR ECONOMY

Practical considerations might sometimes mean that you cannot only be guided by your values. Which would be ‘red lines’ that you would never cross even if there were other benefits (such as higher pay that would give you more opportunity to make positive and sustainable choices).

Select a planet SDG and one other. What careers do you think could contribute to achieving either or both? Are there careers that could have good or bad impact depending on the way the career is undertaken?

Thinking about your sustainable future life, which careers or pathways do you feel will align best to your personal values?

How do you see your future self-influencing or being involved in enhancing the sustainability of an organisation?

What do you feel could empower you to be able to do this?

What skills do you feel will be needed for establishing, or working in, the Circular Economy?

MODULE 2: SUSTAINABLE BUSINESS



UNIT 4: GREENWASHING

You now have the knowledge and skills to effectively take more control to fulfil your aim to lead a sustainable life by critically analysing the decisions and choices you make and the products you use so that they align with your values. Here are some ways you can put this into practice in your daily life.

Observe when you when you believe or are influenced to consider a company or product to be doing good for the planet. What is influencing you and is it reliable?

Write a short action plan on how you intend to judge 'green' claims by businesses and how you might act on your conclusions.

MODULE 3: SUSTAINABLE ME



UNIT 1: SUSTAINABLE CAREERS

What actions will you put into place in order to have a successful sustainable career?

Reflection on completing the unit

You have further built upon the knowledge about sustainable values and skills you learned earlier in the course about the different sectors in the business world and the potential they have to become more sustainable. Please comment on the following statements and explain your response:

“I feel confident that I can apply the knowledge I have gained, to impact on the kind of sustainable career pathway I want to pursue.”

“I have an understanding now on how I can influence a business to become more sustainable, in order to help me to achieve my sustainable career pathway.”

MODULE 3: SUSTAINABLE ME



UNIT 2: SUSTAINABLE SKILLS

What could you do to improve your own sustainability skills?

Reflection on completion of the unit

You have been given the opportunity to reflect on your strengths, talents and skills. By choosing the sustainable skills you would like to focus on developing you can begin to imagine a future career pathway.

Identify one of the sustainability skills that you feel fit with your strengths and personal priorities.

How might you use this skill to help shape a sustainable future?

MODULE 3: SUSTAINABLE ME



UNIT 3: SHAPING A SUSTAINABLE CAREER PATH

Reflection on completing the unit

Can you think of any new careers which could emerge in the Green Economy?

What skills do you think will most valued in the Green Economy?

What questions would you want to ask in an interview to ascertain if the company was going to be able to offer you stability and opportunities?

What information do you need in order to make personal decisions and choices about your sustainable future and career? Where will you find this information? How will you use it?

What actions will you put into place in order to have a successful sustainable career?