

Serving as an Undergraduate Sustainability Fellows Researcher and Research Assistant has been a remarkable opportunity to dedicate my passion for sustainability outside of the classroom and one of the highlights of my undergraduate career at GW. Working alongside and collaborating with six other undergraduate researchers to create a project on how to increase the awareness of sustainability on campus has been nothing short of an amazing experience.

Originally, I was not exactly sure where to start regarding what specific project I wanted to concentrate my efforts on throughout the school year, but I am glad I made the final decision to concentrate my project on increasing the presence of sustainability in the dining halls, specifically District House. The main mission was to focus on increasing the presence of composting and proper food & waste disposal within the dining hall. After seeing a message stating tons of food waste were diverted from landfills at the end of the fall semester on of the District monitors in January, I knew concentrating on contributing on those efforts was the right way to go, as that message on the monitor was made by Sustainable GW and proper food waste is one of their key missions. After a semester of hard work, I am very proud of the final result resulting from all my tireless efforts throughout this whole project.

Although this was definitely not the most exciting part of the whole project process, I began by collecting data by observing the use of the original Shadow Box made by Caylee and Hannah and the proper waste disposal into recycling/landfill/composting. I recorded the results in multiple spreadsheets to keep track of the data efficiently. The main points of data I collected in the experiment were essentially if every person I observed used the Shadow Box/proper waste disposal methods and how long they took to throw out their trash. To acquire even more efficient data, I created a few surveys and asked peers of mine in a few of student of my student organizations if they eat in District House often and if they do dine in District House frequently,

do they use the Shadow Boxes by True Burger to sort their trash out when they are done eating. Building on if they use the Shadow Boxes to sort out their trash, I asked if they take at least 20-30 seconds to sort out their waste properly into trash, recycling, and composting. If they do not use the Shadow Box, I asked if they also take 20-30 seconds to properly sort out their waste into trash, recycling, and composting in one of the non-Shadow Box disposal spots in District House. I asked these survey questions in the District Debrief (GW-TV sketch comedy show) Group Me prior to Spring Break and implementation of the new composting stations in the non-Shadow Box spots in District House. I asked the same survey questions to acquire more data I was looking for in the GW Alt Breaks Costa Rica and KOA (Kappa Omega Alpha- public policy fraternity) after Spring Break and the implementation of the new composting stations in the non-Shadow Box spots. I unfortunately did not receive any responses in the GW Alt Breaks Group Me, but also received a great deal of data from responses in the KOA Group Me. The general feedback I received from my survey questions informed me that not a great deal of people are aware of the implementation of the Shadow Boxes, and they discard their waste at one of the non-Shadow box stations, but did not discard their waste properly. Therefore, I was inspired to create a Shadow Box of my own to hopefully increase the quantity of people that discarded their waste properly into recycling/landfill/composting. I spent a great deal of time collecting recycled recycling, landfill, and composting materials for my shadow box. Then, I cut out several pieces of white styrofoam board and assembled all of the pieces into one brand new Shadow Box in the Innovation Center, which is currently on display in District House next to Baba's Pizza. Although the project took a great deal of time and effort to finally complete, all my hard work was well worth it in the end, as I was determined to increase the amount of proper food/waste discardment to the greatest extent possible on campus, especially in District House.

All of this hard work was done in an effort to why I was dedicated to doing this entire project, which was to build upon the goal of Sustainable GW, aiming as much food waste from being sent to landfills as possible. I was fully appreciative of all the help I received from Sustainable GW, as I was determined to be as great of an asset to their goal of diverting food waste as much as possible.

After I conducted the surveys, I learned that a great deal of folks in District Debrief and KOA frequently dine in District House. However, in both Group Me's I learned not a lot of people know a lot about the Shadow Boxes and even those who utilize the non-shadow box stations do not sort their waste out properly into trash, waste, and recycling. Therefore, I feel the Shadow Box was very underrepresented this past semester, which I actually found to be a bit surprising, as I remember a Hatchet article was published on Caylee and Hannah's Shadow Box, which made great effort in increasing the presence of promoting sustainability throughout campus. Although this is a bit more of a general overview of the issue, I have provided statistics from both the District Debrief and KOA Group Mes at the bottom of the report. In regard to the statistics I gathered on the Google spreadsheets, I noticed the majority of people that eat and then throw out their waste in District House do not use the Shadow Box, but rather use the regular trash disposal stations. Although more people did not take advantage of the Shadow Box, I noticed in the results shown in the spreadsheets that people did not accordingly threw out their trash into trash, recycling, and composting and certain people just tossed their trash in with the one second they had as they were walking on their way to their next location. Even the majority of people that discarded their waste where the shadow boxes were did not take the time to sort their trash properly into the three separate categories and just tossed their trash in within one second as they were on their way to their next location. I feel the idea that a lot of people who

just took their food up to their rooms in District with them also served as another factor resulting in that outcome. Certain people spent more time than others discarding their trash. Otherwise people who only spent up to 5 seconds discarding their trash definitely did not sort their trash as accordingly who spent at least 10 seconds and even up to 20 seconds properly discarding their trash properly in District both using the Shadow Box and non-Shadow Box stations. Similar to the information collected by the Group Me surveys, this information provides more of a general overview, but specific data is attached at the bottom of this report. Although I have not had the time to collect specific data based on the Shadow Box I created and placed by Baba's Pizza, I feel the results would not have been not significantly different and new tactics should really be considered to be included in District to increase the significance of proper waste disposal and composting in District.

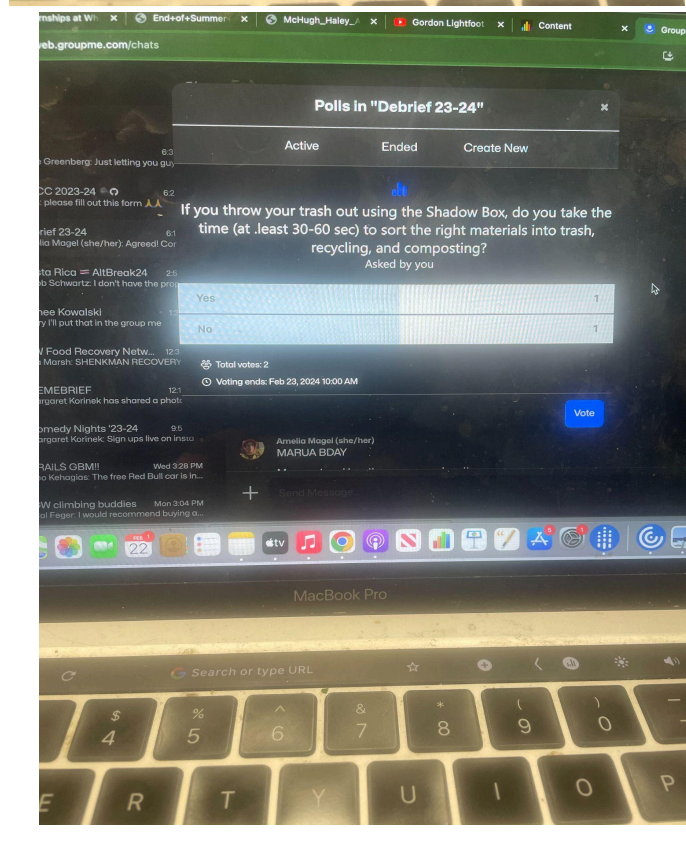
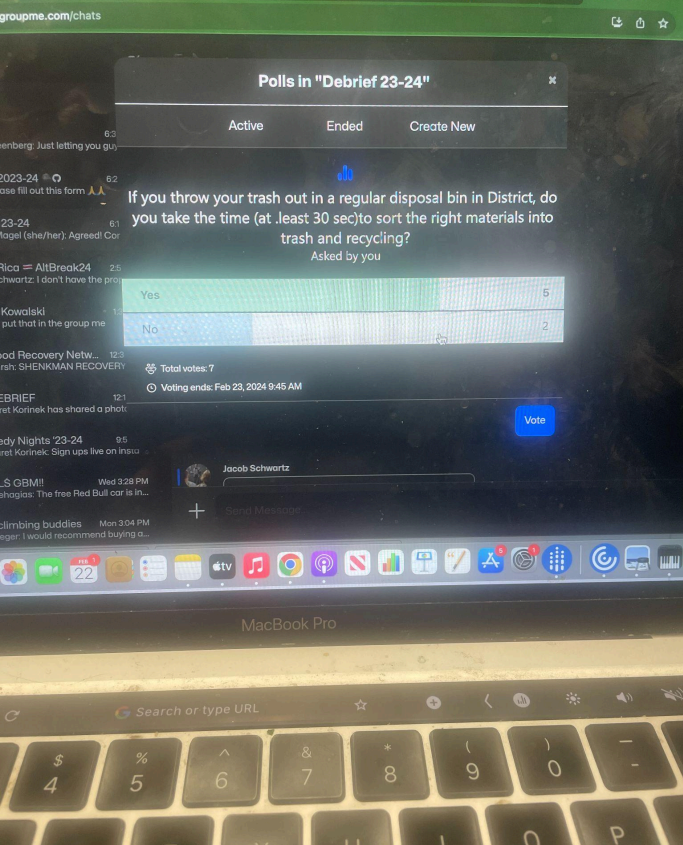
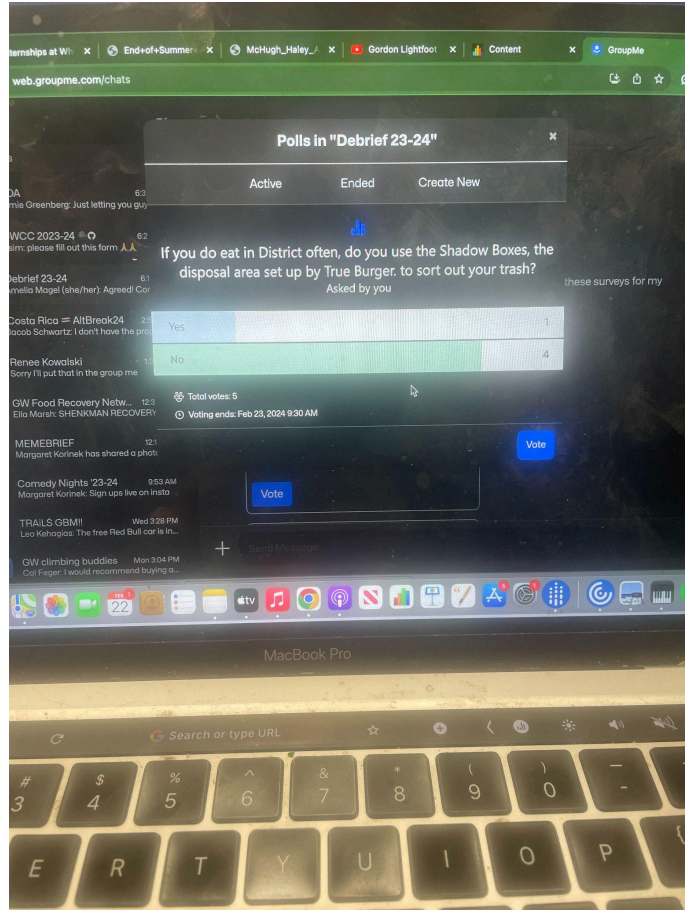
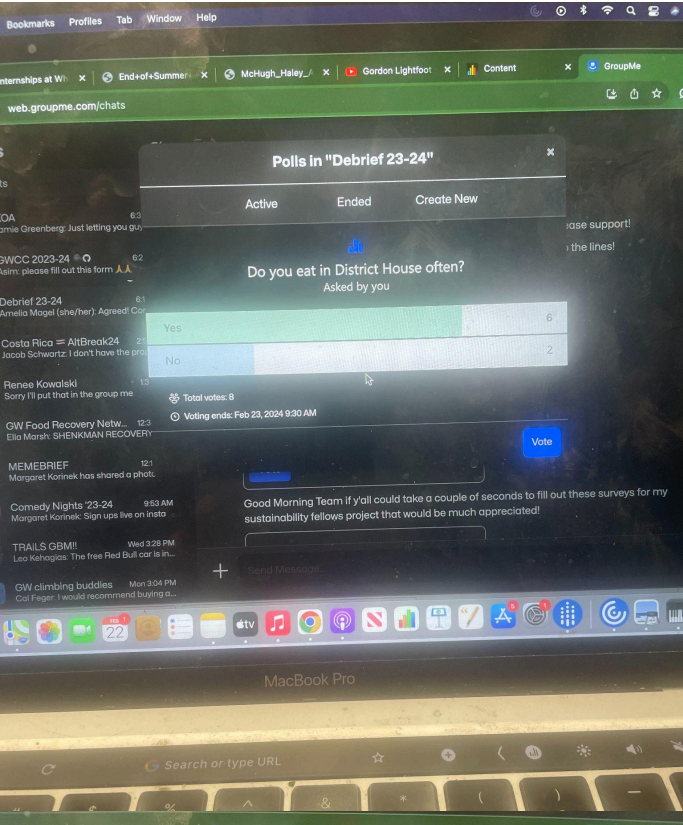
Despite not receiving the exact results I was hoping for, I am very proud of all the hard work I put into this entire project. However, I have a couple of recommendations that would potentially want to take over this project or project idea in the future. The first recommendation would be to collect data on the statistics mentioned above as early in the semester as possible to ensure there is enough adequate data to utilize for the project right from the beginning of the semester. I feel not starting on collecting this data earlier in the semester caused a little bit of a disadvantage, as I did not have as much sufficient statistical information for use in comparison throughout my project. Although I had to scrap this idea out of my project due to time constraints, I feel it would be in one's interest to create and approve signs describing and informing people about the benefits of composting and properly disposing of waste, especially at the Shadow Box, that is ready to be discarded. I strongly feel having these signs placed all over District House will encourage as many people as possible to contribute to my goal all along

throughout this entire project which has been to divert as much food waste from landfills as possible. Finally, my third recommendation would be to potentially be to work with the Office of Sustainability and see if it would be possible for any of the Compost Interns who work for Colin to spend time tabling in front of either or both Shadow Boxes directing as many people as possible to properly sort their waste into landfill, recycling, and composting. I even feel the addition of the compost bins the Compost Educator interns used when they table in Kogan would be a beneficial inclusion to the potential tabling idea in front of either of the Shadow Boxes.

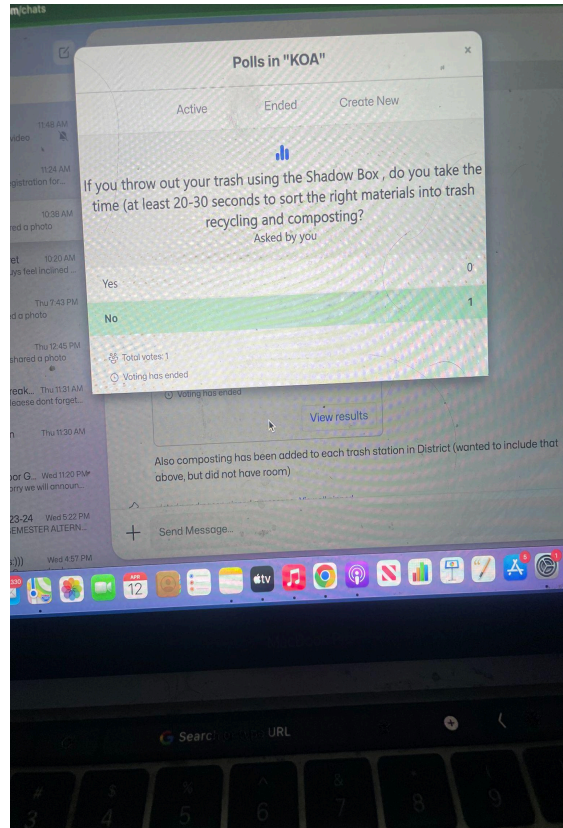
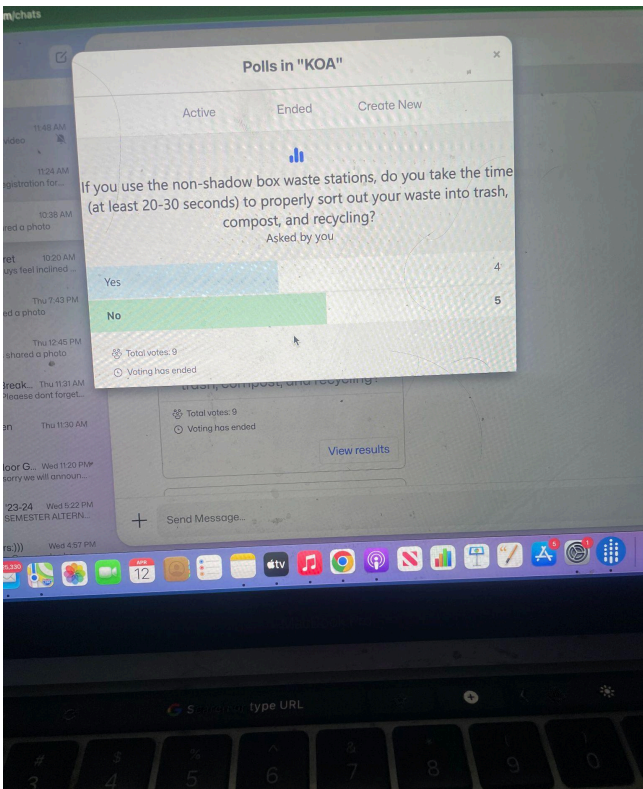
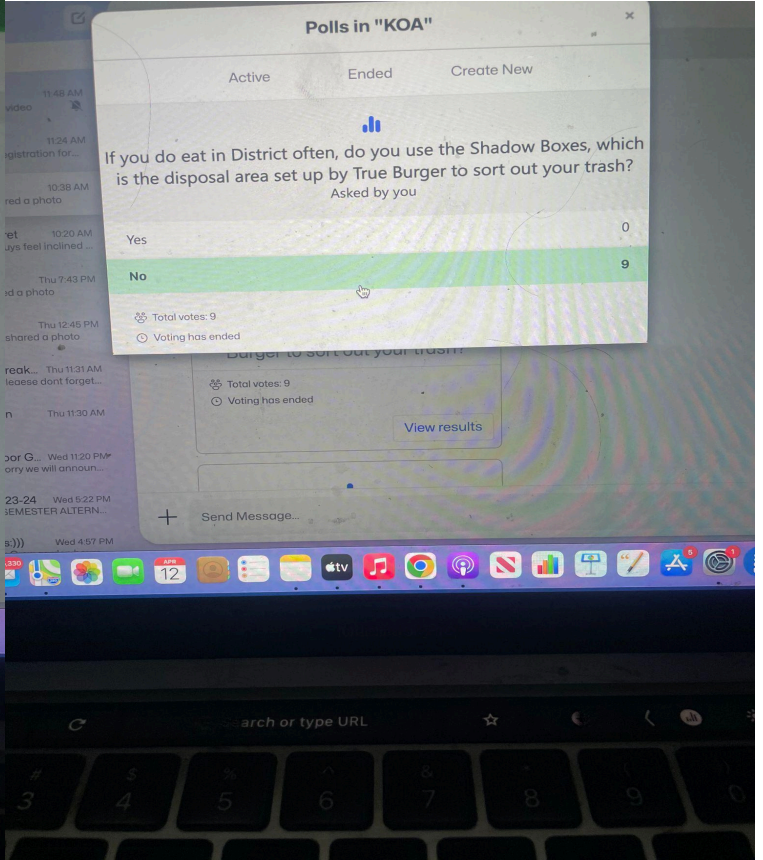
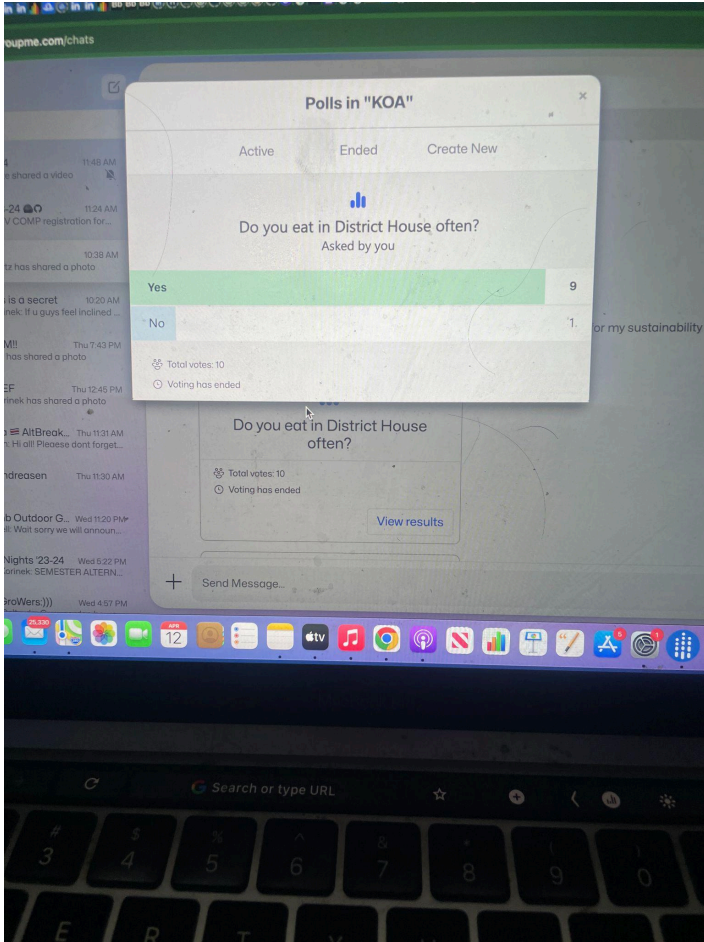
Although the results of my overall project were probably not exactly what I anticipated or hoped for, I am still very proud of all the hard work I put into this project throughout the semester and would not trade this amazing opportunity I had this year for the world.

Additionally, it feels truly gratifying to have received a great deal of praise on the Shadow Box. I worked tirelessly hard in the Innovation Center and I never wanted to stop working hard until all the essential components of my project were completed. I would be interested in being connected with any potential future sustainability researchers or Research Fellows who would be interested in doing similar research regarding improving the presence of sustainability on campus by contributing to the diversion of waste from landfills as much as possible. Since I am very passionate about supporting one of the Office of Sustainability's missions, which is to divert as much food waste as possible from landfills, I would be inspired to help out any potential future student who would also be dedicated to the same mission. It has been an amazing experience this year and I am truly grateful for this remarkable opportunity.

Data Collected from District Debrief Group Me



Data Collected from KOA Group Me



Data Collected in District House on New Composting Stations and Shadow Boxes

The screenshot shows a Google Sheet with the following data:

Person	How Long	Y/N
1	3 10 sec	Y
2	2 12 sec	Y
3	8 sec	Y
4	4 2 sec	N
5	5 5 sec	N
6	64 15 sec	Y
7	7 7 sec	Y
8	8 6 sec	Y
9	9 9 sec	N
10	10 10 sec	Y
11	11 5 sec	Y

The screenshot shows a Google Sheet with the following data:

Number of People	How Long	Do they throw things out accordingly?
1	10 seconds	No
2	10 seconds	No
3	5 seconds	Yes
4	7 seconds	Yes
5	4 seconds	No

Chrome File Edit View History Bookmarks Profiles Tab Window Help

docs.google.com/spreadsheets/d/15XEpljInNk4SnuvKdri_LDBRITm-b2OLUSrUU3CTJA/edit#gid=0

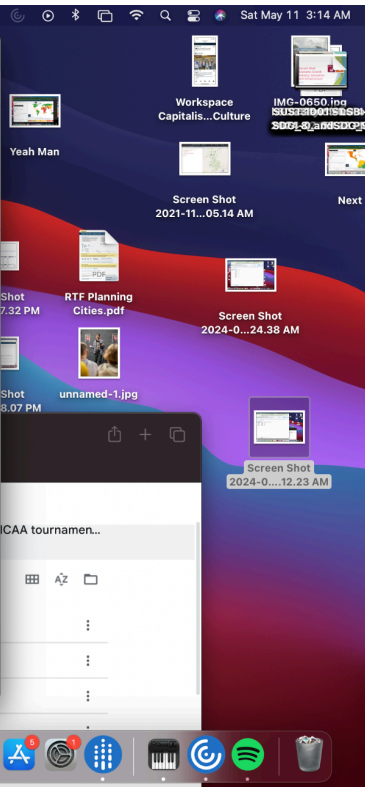
Non Shadow Box at Lunch Time

File Edit View Insert Format Data Tools Extensions Help

100% 123 Default...

People	How Long?	Throw out accordingly
	1 2 sec	N
	2 2 sec	Y
	3 2 sec	Y
	4 2 sec	Y
5 (Me)	7 sec	Y
6 (me again)	30 sec	Y
	7 5 sec	N
	8 5 sec	N
	9 5 sec	N
	10 10 sec	Y
	11 10 sec	Y
	12 4 sec	Y
	13 4 sec	Y
	14 4 sec	Y
	15 6 sec	N
	16 4 sec	Y
	17 4 sec	Y
	18 4 sec	N
	19 6 sec	Y
	20 4 sec	Y
	21 5 sec	Y

Sheet1



Chrome File Edit View History Bookmarks Profiles Tab Window Help

docs.google.com/spreadsheets/d/166XvgPOzuRTWNSrxNACUXnl2_z-3TdDcyV-9T1v3NBs/edit#gid=0

Non-ShadowBox Wednesday at Dinner

File Edit View Insert Format Data Tools Extensions Help

100% 123 Default...

People	How Long?	Throw Out Stuf Accordingly?
	1 5 sec	Y
	2 5 sec	N
	3 5 sec	N
	4 5 sec	Y
	5 5 sec	Y
	6 2 sec	N
	7 5 sec	Y
	8 5 sec	Y
	9 2 sec	Y
	10 2 sec	Y
	11 1 sec	N
	12 2 sec	Y
	13 2 sec	Y
	14 2 sec	Y
	15 2 sec	Y
	16 4 sec	Y

Sheet1

