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Online course: Become a CU sustainability champion [1]

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You may be thinking about ways to live a more sustainable, environmentally-conscious lifestyle. A new University of Colorado course can help you get started.

Skillsoft's Sustainability [3] course can help you identify ways to easily integrate sustainable practices into your daily life, with an emphasis on environmental stewardship, social responsibility, and economic prosperity. The course also highlights initiatives and efforts that helped CU campuses become more sustainable, efficient and innovative.

"Sustainability ensures a university community that is healthier, economically sound, and responsible," said CU President Mark Kennedy, in a video introduction to the course. "It is the contributions of all of us working together towards a sustainable future that makes a difference on our campuses, across the state and around the world."

This 30-minute course emphasizes sustainability's importance and effects on well-being. By focusing on "living within our means," the course details how a sustainable society seeks to maintain and improve the health, well-being, and opportunities of its people.

University of Colorado campuses have each made plans to instill this culture into daily life and reach their sustainability goals. Pitching in to grow CU's sustainability culture is beneficial for business, health and saves money.

The course highlights 10 everyday ways that faculty, staff, and students can adopt simple practices that support sustainability. If you're interested in doing more, the course includes details on joining campus committees and efforts.

Take the Sustainability course [3] in Skillsoft, and help CU reach its sustainability goals.

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