

Lifestyle Change Research Project

Our consumption, behavior and choices impact the environment. We are often urged to make lifestyle changes that will decrease carbon emissions, resource extraction, or pollution – but our choices are also constrained by the society in which we live and our position in the social structure. In order to research the potential effects of lifestyle changes on society's environmental impact, you will do an autoethnography on a lifestyle change of your choosing.

Autoethnography is a social science research method in which the researcher monitors and reflects on their own life experience as a way to analyze a wider social or cultural phenomenon.

1. **Implement your chosen lifestyle change** for 2 weeks.
 - As you try out making this lifestyle change, take notes about the effects it has on your life (positive or negative).
 - Note how other people respond to or interact with you, whether you experience any extra costs or complications (time, money, stress, etc.), and whether you personally benefit in any direct or indirect ways.
 - Consider the ways that the challenges and/or benefits you experience are connected to your social position – such as your work and school demands, where you live, your race, class, gender, religion, family status, peer group, etc.
 - Consider the ways that other people's experience of this lifestyle change might be different based on differences in social position. Who might have an easier time implementing this change? Who might encounter more challenges?
2. **Describe and analyze your findings** in a 6-8 page (double spaced) paper **Due 4/10**
 - A. Describe the lifestyle change you attempted
 - B. Explain how this lifestyle change is supposed to decrease environmental impact, in terms of additions, withdrawals, or both
 - This should be supported with at least one source from course materials or outside research, but your explanation does not need to be quantified with specific numbers
 - C. Describe your experience, including challenges and benefits you encountered
 - D. Analyze how your social position influenced your experience
 - E. Assess how hard or easy this lifestyle change would be for other people based on differences in their social position or circumstances
 - F. Do you think it's feasible for enough people to make this change that it will significantly reduce our society's environmental impacts?
 - Reference at least 3 readings from the class with proper in-text citations and bibliography
 - You can reference additional outside sources as needed, particularly for part B
 - Organize your points into paragraphs with clear topic sentences