

Summary Narrative:

“The University of Colorado Colorado Springs (UCCS) recognizes that we are in an era requiring leadership and innovative approaches to prepare our graduates for a rapidly changing global environment.” (Chancellor Shockley-Zalabak) UCCS provides this pivotal leadership by working to institutionalize a culture of sustainability, imparting both the knowledge and practices students can carry into their lives after college. UCCS is a Gold-rated university in the Association for the Advancement of Sustainability in Higher Education STARS (Sustainability Tracking Assessment and Rating System), which demonstrates comprehensive leadership in sustainability throughout the university. The university, with over 30 percent Pell-eligible and almost 30 percent first generation students, plays a unique and important role both in the region as well as nationally.

In a state with extremely limited higher education funding, UCCS works diligently to reduce its environmental impact and reduce costs for campus operations.

- UCCS utilizes a comprehensive Sustainability Strategic Plan (Version 3) to guide its efforts.
- UCCS has conducted 4 external energy audits and expended more than \$1.3 million for energy and water retrofit projects producing over 4 million dollars of avoided costs.
- The University was an early signatory to the American College and University President’s Climate Commitment which required a goal of carbon neutrality and short term actions to immediately reduce carbon emissions.
- Each year UCCS invests in more renewable energy from on-site solar photovoltaic and thermal systems, wind energy purchases, participation in solar gardens, and purchase of Renewable Energy Certificates.
- For over seven years students have directed a student approved and funded Green Action Fund, GAF, to conduct sustainability projects on campus, including a retrofit of showerheads and toilets in housing resulting in over \$25,000 savings per year.
- Between 2005 and 2015, UCCS waste diversion increased from 5 percent to 41 percent with the implementation of a comprehensive zero waste program.

Colorado residents are among the most active people in the nation and UCCS has exemplary academic, extracurricular, and organizational success with regard to health and wellness.

- The new student-supported and funded Student Wellness Center, a \$16.3 million addition to the Recreation Center, is an innovative model represented by co-location and integration of recreation, mental health, health, wellness promotion, and nutrition. As far as the university knows, this is the first higher education institution to integrate all five areas in order to treat students more holistically at lower costs.
- For the second consecutive year, UCCS faculty and staff participated at the highest rate (over 20 percent) of CU campuses in the Be Colorado SUCCEED Health Assessment program, the wellness component of the CU Health Plan.

- UCCS has achieved a Bronze level Bicycle Friendly University designation through investment in bicycle infrastructure, safety signage, classes and incentive programs. Pedal Perks is a year-long incentive program funded by Kaiser Permanente to increase health through commuting by bicycle and stationary bicycle exercise.
- UCCS offers a Bachelor of Science in Health Care Science with a Health and Wellness Promotion Option, a Master of Sciences degree in Health Promotion, and will introduce a Bachelors of Exercise Science in 2016.

UCCS prioritizes environmental education and sustainability to ensure that all graduates are prepared to contribute positively to the global environment.

- Comprehensive General Education requirements (Compass Curriculum) specifically require a sustainability course and an inclusiveness (global diversity) course for all students before graduation. Courses address social equity, environmental, or economic aspects of sustainability. There are few colleges and universities in the nation with this requirement.
- The Minor in Sustainable Development has been a growing and high impact academic program on the campus for over ten years. The Geography and Environmental Studies Department offers both undergraduate and graduate coursework in sustainability.
- The Sustainability Demonstration House, which houses the Office of Sustainability, provides education for students, staff, faculty, and the community on best environmental practices for a contemporary house as well as ways to reduce environmental impacts in general.
- The Sustainability Wellness and Learning program (SWELL) is a collaboration between the Office of Sustainability, UCCS Farm and Greenhouse, Health Sciences and Nutrition, and Dining and Food Services to provide experiential education and student learning.

The university is committed to a sustainability vision that builds on our early successes and utilizes all of our talents to create a legacy for future generations. This is a small snapshot of all of the green initiatives at UCCS. This application was prepared by both students and staff.

PILLAR 1: REDUCED ENVIRONMENTAL IMPACTS AND COSTS

Element IA: Improved Energy Conservation/Energy-Efficient Building(s)

Despite a period of significant growth, UCCS has made progress in reducing its environmental impact and establishing itself as a regional and national leader in sustainability. In 2007, the chancellor was an early signatory to the American College and University Presidents' Climate Commitment (ACUPCC). This action led to a commitment to educate students, faculty, and staff about climate change and sustainability, to achieve carbon neutrality by 2099 and to reach interim targets of 20, 50, and 80 percent reductions from 2006 levels by 2020, 2030 and 2050 respectively. UCCS completes an annual inventory of greenhouse gas (GHG) emissions and provides updated information to the ACUPCC biannually. UCCS developed the Climate Action Plan (CAP 2010) to detail how to achieve these greenhouse gas emissions reduction targets. In 2013 the chancellor convened the Climate Advisory Board, composed of staff, faculty, and

students, to review progress on the CAP and develop updated strategies to further reduce GHG emissions. Sustainability Strategic Plans (2007, 2012-2020) also inform our goals and efforts.

The local utility uses coal for two-thirds to three-fourths of electricity generation, so UCCS must demonstrate a leadership role in the region by targeting climate strategies including reduced energy use from efficiency and retrofit projects, energy efficient high performance buildings, behavioral change, and renewable energy.

Energy Retrofits. In 2005, the university procured a \$1.3 million energy performance bond to finance campus energy efficiency projects. These projects included more efficient fluorescent lighting, LED lighting in parking lots, direct digital controls to monitor and manage building energy use, a chiller replacement, daylight and occupancy sensors and much more. Four separate energy audits have informed extensive retrofits of lighting, HVAC systems, and controls. A student-managed and funded Green Action Fund (GAF) has provided money for numerous campus energy projects that save money, including additional lighting retrofits, window film installation, and solar charging tables. To date, building energy use intensity has dropped by nearly 20% and UCCS has achieved an estimated \$4 million in energy cost avoidance savings. An Energy Star Appliance Purchasing Guideline has been in place since 2008.

Energy-efficient high performance buildings. UCCS Master Plans are updated frequently and include a prominent focus on sustainability. Since 2007 every new building has been constructed to U.S Green Building Council LEED Gold certification standards, representing nearly one-quarter of all square footage on campus. To date, seven buildings have achieved LEED Gold certification, one is awaiting certification, and three more are in process. These LEED buildings achieved significant credit points in optimizing energy performance, with reductions up to 41 percent, and have avoided roughly 17 million kBtu in energy use representing \$250,000 annually. Energy Star is a designation that does not apply to most college campuses due to mixed use. UCCS has registered for Energy Star with several residence halls.

Conservation. All members of the campus community are important to meet energy and greenhouse gas emissions reductions goals. UCCS has implemented user behavior, or energy conservation, programs to reduce energy use. The Greening of the Office (GOTO) program, partially run by students, engages staff and faculty toward reduction of energy and mitigation of greenhouse gas emissions. To date, ten departments and colleges and over 150 faculty and staff have participated in the GOTO program. Last year, UCCS inaugurated a Green Labs program to help faculty and staff in laboratory areas, the most energy-intensive spaces on the campus, to adopt best practices to save energy and water. Building dashboards on campus raise awareness of LEED features and energy use on campus. These dashboards are primarily in residence halls where they are used in energy and water conservation campaigns, such as Campus Conservation Nationals (CCN) that UCCS has participated in for the last several years.

Renewable energy. UCCS generates 80 kW of electricity from several rooftop solar photovoltaic systems on campus. A 64-panel solar thermal system on the Recreation Center provides the majority of energy required to heat the swimming pool, spa, and showers. The campus has adopted a strategy for all new construction to design and build with future rooftop solar in mind. UCCS leases solar panels from four community solar projects that provide 888 kW of power to the campus. In the past, UCCS has purchased up to 4 MWh of wind energy and will do so in the future if the prices are locally viable. Finally, UCCS purchases 2.6 MWh of RECs annually to cover energy use of new construction. With these strategies, the university gets 18 percent of its total energy and 31 percent of its electricity from renewable sources.

From base year 2006 to 2014, UCCS emissions increased overall by 8.8 percent. However, during that time, UCCS increased its student FTE population by over 28 percent and campus square footage by over 37 percent. When emissions are measured per student FTE and per building square foot, we have decreased GHG emissions by 3.8 and 10.4 percent respectively.

Element 1B: Improved water quality, efficiency, and conservation.

UCCS is dedicated to the protection of our watershed and water resources within Southern Colorado. While Colorado law prohibits the use of greywater or rainwater harvesting, UCCS has been innovative in redirecting water use through the implementation of rain gardens, berms and swales, and slanting parking lots toward planted beds. All LEED Buildings have pursued low-water or no-water use landscapes. UCCS Landscape Guidelines encourage native landscaping to be used as much as possible when designing and constructing on campus. Over 60 percent of the campus is native when the protected bluffs are included. UCCS has transitioned to xeriscape in a number of areas on campus and has installed several educational gardens featuring native plants, Plant Select, and xeriscape. UCCS piloted a smart irrigation system that will reduce water use in periods of actual or anticipated precipitation.

Programs to educate the campus community about best practices to reduce water use and the pollution of local streams are ongoing. The UCCS Stormwater Management Program works to prevent runoff pollution and educate the campus community about protecting water quality. Additionally, the campus partners with the City of Colorado Springs in their Adopt-A-Waterway program to clean up a stream adjacent to campus, the Templeton Gap Floodway, three times per year. Since adopting this stream five years ago, several hundred students, faculty and staff have participated in this stream clean-up.

All buildings have been retrofitted with low-flow fixtures and Construction Standards require these in new buildings. The campus uses dual-flush 1.6/1.28gpf toilets, one-eighth gallon urinals, (waterless piloted but not successful) 1.5 gpm showerheads, and .5gpm aerators. Two retrofit projects were conducted and funded by students for new high efficiency toilets and showerheads in the residence halls that have saved over \$25,000 annually. As part of energy and water conservation programs discussed in the above section, GOTO, Green Labs, and CCN include

education about strategies to conserve water and help maintain local water quality. Since 2013 UCCS has reduced its water usage by nearly 1 million cubic feet.

Element IC: Reduced Waste Production and Improved Recycling and Composting Programs

UCCS has a comprehensive waste reduction and management program. The university has implemented programs to greatly reduce paper use as well as food and packaging waste. Our waste diversion for FY 2014 was 41 percent by volume up from 5 percent in 2002. The diversion rate for all of Colorado is 26 percent. In addition to community education, UCCS has invested significantly in the infrastructure for recycling and composting with built-in units in all new buildings as well as e-waste recycling collection areas. In 2015 UCCS was recognized as a top performing institution for our waste program by AASHE's STARS program.

Reduced Waste Production

- UCCS Paw Prints is a managed Pay-for-Printing service for all UCCS students, faculty, and staff since 2008. This has reduced student printed sheets by more than 50 percent.
- UCCS has initiated many paper reduction strategies including paperless billing, online course catalogs, pay stubs, annual budgeting process, and many others.
- Food waste has been reduced by programs within kitchens as well as tray less dining.
- The OZZI reusable to-go container program provides participants with 50 cents off each purchase when using the OZZI container. This initiative reduces single use containers, the hauling and transportation footprint, and the cost of waste.
- The CU system has switched to 100% recycled paper as the default for ordering.
- UCCS instituted an office recycling bin with a small sidesaddle landfill receptacle in all new faculty/staff offices to reduce waste, eliminate plastic bag liners, and give ownership of waste produced to each individual.
- In 2010, UCCS students led a Take Back the Tap campaign to ban the sale of bottled water on campus. Citing the negative impact on environmental and human health resulting from the production, consumption and disposal of plastic bottled water, as well as the social justice issue of corporate purchases of water reserves, students successfully passed a bill through the Student Government Association. This greatly decreased the amount of plastic water bottles in the UCCS waste stream. Hydration stations were installed in all buildings. First year students receive education and reusable water bottles to ensure this program is successful.

Improved Recycling and Composting Programs

UCCS collects the following items in a single stream system: plastic, glass, paper, aluminum, tin, and metal containers. Cardboard, e-waste, toner cartridges, batteries, plastic bags, compost, and organic yard waste are collected separately.

- The Office of Sustainability directs a zero waste program for basketball games as well as large events on campus. In FY14-15, 26 basketball games, 19 internal events, and 50+ campus events received zero waste services. Student employees and volunteers educate and assist participants to divert their waste. This has greatly reduced landfill amounts.

- All food facilities compost pre- and post-consumer food waste and paper towels from bathrooms of the student center are composted. Pre-consumer food waste is used for the campus greenhouse compost. All Dining and Food Service (DFS) to-go cups, napkins, utensils, and clam shells are made of compostable materials, which are also encouraged for campus programming and required for all catered events. DFS and the Office of Sustainability staff have collaborated to conduct food waste audits at the beginning and end of each semester. Preliminary audits have shown minimal waste.
- Students collect and bale cardboard via a solar electric cart. The sale of cardboard bales provides revenue and on-campus job opportunities for two students along with program ownership of logistics, improvements and cost analyses.
- UCCS partners with Goodwill during resident move-out to provide two large trucks for collection of unwanted items. Electronics and non-perishable foods are also collected. In 2016 UCCS will partner with Who Gives a Scrap, a creative reuse store, to upcycle materials.
- All electronic devices, components and batteries on campus are recycled through an E-Steward Certified recycler. The E-Steward recycling policy on the campus is more stringent than that of the state of Colorado.
- The copy and printer toner recycling program includes selling used toner, returning to the manufacturer for recycling, or sending to an offsite recycler for material recovery.
- All used oil generated on the UCCS campus (laboratory equipment, vehicle fleet, etc.) is recycled through a contract provider. Filters are properly drained and sent for metal recovery.
- UCC has achieved between 60 and 92 percent construction waste recycling rates on all LEED buildings. All but one project achieved rates of over 75 percent.
- An email listserv serves as an office swap for faculty and staff of office supplies, furniture, technology and miscellaneous items. Most items are claimed within the hour of posting.

Element 1D: Use of Alternative Transportation to and from Campus.

Once a mostly commuter campus, in the past 12 years UCCS has increased its residential population by 165 percent and now offers housing to over 17 percent of undergraduates. Roughly 30 percent opt to leave cars at home. UCCS is dedicated to diversifying faculty, staff, and student transportation and employs a student Sustainable Transportation Coordinator to direct education efforts and further multimodal transportation. Detailed transportation surveys have been undertaken every several years to determine multimodal split and obstacles to alternative transportation. Challenges that hinder progress in this arena include: campus location at the top of a significant hill, the campus is bordered by two 6-lane roads and a bluff, state funding rules and limitations regarding parking finances, and the regional bus system has only two lines to campus. Car commuting still makes up 80 percent of commuter transport, but bicycling, walking, bussing, and skateboarding are a growing percentage. Despite challenges, UCCS has been innovative and aggressively pursued alternative transportation options over the last ten years.

In 2015 UCCS received a Bronze level Bicycle Friendly University designation. Some of the features that led to this designation are:

- An active Bicycle Advisory Committee made up of students, faculty, and staff.
- Ample bike racks, some covered storage, bike lockers at 3 locations, and skateboard racks.
- A bike repair shop in the Recreation Center as well as an outdoor repair stand and air pump.
- Showers/changing rooms are available in nine buildings. All new buildings provide showers and changing rooms for commuters.
- Streets on campus are marked with Sharrow signs (shared lane pavement markings) to remind motorists to be mindful of bicyclists. Additionally a bike/pedestrian spine runs through the campus and has been extended several times.
- Campus community members that do not have access to a personal bike can participate in the UCCS Bike Share program. Commuter style bicycles are provided free of charge and mountain bikes are available for a reasonable rental fee.
- In 2015 UCCS piloted the Leave Your Car at Home Program, funded by the Green Action Fund, where 25 first year students who pledged not to bring a car received a new bicycle.
- The Sustainability Office has held an annual Bike to School, (Bike Jam) event for seven years and conducts a month long bike commuter incentive program. Participation: 200.
- Development of a Trails Master Plan which prioritizes walking and bicycling on campus.
- Collaboration with the Medicine Wheel and International Mountain Bicycling Association for a trail building clinic and work days on UCCS mountain bike trails.
- The library supports bike commuting by having complimentary bike locks available to take out if students or employees forget their own locks.
- UCCS has a strong Bike Patrol Unit that average 15-20 miles of riding per shift. Based on statistics, it is estimated the bicycle unit saves at least 300 gallons of fuel per year. Increased student contact with officers is a significant driver for this program and GAF recently funded three new bicycles.

Other Sustainable Transportation Initiatives:

- UCCS has No-Idling guidelines to reduce emissions and provide a healthier environment. “No Idling” is also printed on parking permits and on signs in each parking lot.
- The university runs free shuttles throughout the campus and provides service to free perimeter parking. During warmer months the busses utilize biodiesel. There are two outside bus lines that come to campus and in 2015 UCCS and Metro bus held an inaugural Rides Free Week to encourage the campus community to commute by bus.
- The university has a car share program that is managed by U-Haul. A second car was added in 2015 to accommodate increasing demand.
- The university offers a program to reduce the number of days to commute to the campus. For professional exempt employees the program is titled Alternative Work Site and allows for one day per week work at home. For state classified employees the program is 4 ten hour shifts. This effort reduces carbon emissions from commuting.

- The university uses a number of electric golf carts instead of full size vehicles. In 2014, an electric cart with a solar panel was purchased for the Office of Sustainability and the campus Greenhouse. Electric carts are used in several Facilities Services departments.
- Many new buildings have preferred designated parking spots for Low Emitting and Fuel Efficient vehicles (LEFE).
- UCCS has an EV Charging station with 4 ports available to faculty, staff, and students.
- In 2015 GAF funded the Global Exchange program to provide bus passes to foreign students.

PILLAR II: IMPROVED HEALTH AND WELLNESS

Element IIA: An Integrated Campus Environment Health Program

UCCS has a dedicated EH&S team. In collaboration with Facilities they monitor a wide variety of safety aspects of the campus. The university complies with relevant state laws related to pesticides, mercury, and other hazardous materials, ensures good ventilation, keeps relative humidity below 60 percent and complies with radon laws. EH&S, as well as the Physical Plant, promptly respond to and investigate indoor air quality issues.

UCCS has aggressively pursued all indoor air quality credits for LEED Buildings, which account for one quarter of total building square footage. As a result, UCCS Construction Standards also call for low Volatile Organic Compounds (VOC) materials. A smoking policy on campus limits smoking to designated spots, all of which are at least 25 feet from doors or air intakes.

Hazardous materials are managed in accordance with CDHE requirements. UCCS segregates waste streams in an attempt to broaden disposal options such as fuel blending programs for non-halogenated solvents and incineration programs. UCCS encourages labs to minimize the amount of hazardous waste being generated by reducing both the volume and toxicity of materials utilized on campus. Facilities Services collects and manages all fluorescent bulbs and CFL bulbs. These bulbs are crushed in an EPA approved bulb crusher with an approved mercury vapor filtration system.

Laboratories are annually inspected by EH&S in collaboration with the Office of Sustainability Green Labs Program. These inspections check the operational status of fume hoods, chemical storage and inventory, safety training and behaviors, and laboratory systems. Aspects of LABS 21 and I2SL standards are encouraged. If violations or safety concerns are identified, the EH&S team conducts a follow up interview with the laboratory manager or space supervisor to assure corrective action has been taken. All safety equipment is inspected internally and externally through regulated inspections. In LEED Gold buildings, UCCS monitors air quality, including carbon dioxide levels, and adjusts fresh air to spaces as needed. Lab spaces are designed to ensure safety and air quality in positive-pressure and negative-pressure rooms.

The University is currently pursuing options for Integrated Pest Management (IPM). An audit has been scheduled for February 2016 and research regarding other campus' best practices is in process. IPM is used at the UCCS Farm and Greenhouse.

The UCCS Department of Chemistry and Biochemistry is committed to promoting green chemistry practices. Funded by the National Science Foundation (NSF) the department hosted a Research Experience for Undergraduates (REU) site entitled “Green Chemistry in Colorful Colorado” on campus in the summers of 2013-2015.

In 2011, the CU system secured a green cleaning products contract for all three campuses, to ensure that all products that could meet Green Seal or Eco-Logo do so. Approximately 90 percent of products (by number) or more meet the standard (not disinfectants or floor cleaners). The UCCS Custodial Green Cleaning Program and Standards serves as a guide to best practices throughout the campus.

Additional health and safety practices include: annual fire drills of all buildings, extensive training in hazardous and biohazards handling, and high quality Personal Protection Equipment (PPE). The campus including EH&S, administration, Public Safety and Facilities Services conduct frequent Emergency Planning Exercises to activate an emergency operations center for simulated campus threats and evaluate responses.

Element IIB: High standards of health and wellness

As stated in the UCCS Strategic Plan 2020 goals UCCS will, “Cultivate a vibrant, healthy, engaged campus community that unites students, faculty, staff, alumni and friends of the University in support of the goals of the institution.” There are numerous innovative health and wellness initiatives that make UCCS a leader.

Housed in the Lane Center for Academic Health Sciences at the University of Colorado Colorado Springs, UCCS HealthCircle is a unique and cutting-edge partnership that fuses the various mental and physical health services of UCCS to create an outstanding model for integrated healthcare education, research, and preventive primary, and specialty care services. These include:

- The Primary Care Clinic works with adults to provide affordable, effective primary care.
- The UCCS Aging Center improves life for older adults and their families through innovative mental health and family services.
- The Center for Active Living provides personal training services and group exercise classes to adults and focuses on enhanced fitness and chronic disease management.
- Peak Nutrition Clinic helps individuals with a combination of personal counseling, workshops, and team services. In addition to weight management, the clinic addresses eating disorders, sports nutrition, gluten intolerance and allergies, gastrointestinal disorders, and nutrition for older adults and teens.
- The Veterans Health and Trauma Clinic works with psychological challenges associated with military service, natural disaster, domestic violence, auto accidents, sexual assault or first responder trauma as well as a broad range of anxiety, mood, and eating disorders.

Through the Sports Health and Wellness Promotion Minor, each semester more than 40 students are paired with faculty and staff to complete complementary fitness training.

Food is a significant aspect of health and wellness. In 2014 UCCS terminated its contract with a corporate food vendor and initiated its own Dining and Food Services (DFS). DFS is working to cultivate and nurture a healthy campus culture where access to wholesome, seasonal and local food directly links to wellness, sense of place and environmental protection. Aligning DFS with campus sustainability efforts allows for the integration of academic programs and community action, thereby providing students invaluable experiential learning opportunities. Local and organic purchases have significantly increased since transitioning to in-house food service. DFS, along with the Office of Sustainability and the Nutrition program, are in the process of developing better systems for tracking and reporting.

The new Roaring Fork Dining Hall provides an open format kitchen and dining area with a focus on international food, gluten-free and allergen identification, and nutritional information that can be accessed on line and in the facility. Clyde's, opened in 2010, is inspired by the East Coast gastropub scene, featuring locally sourced ingredients and offers an informal gathering place for the campus and greater community. UCCS has an active campus farm and greenhouse. In 2015, this facility utilized sustainable farming practices to provide UCCS's food service and the campus with over 3700 pounds of organic fruits and vegetables. Additionally this facility acts as an education center for students and community members to learn about sustainable farming within the Pikes Peak Region. There are two other food gardens on campus: one managed by Students for Environmental Awareness and Sustainability that operates the Yawn Valley Market on campus, and the other by the UCCS Family Development Center, an early care and learning center for children ages 2-6. There are also three instructional kitchens distributed on campus to teach food preparation and nutrition.

Through the Sports Nutrition Graduate Program two initiatives have formed as the foundation of Local Food Literacy. The Flying Carrot is a collaborative effort between the Pikes Peak Community Foundation and the Sport Nutrition Graduate Program. It is an innovative mobile project (old school bus) that fosters food awareness and empowers individuals to improve the well-being of themselves, the community, and the planet by providing creative hands-on food experiences, building cooking skills and improving access and awareness to local, seasonal food. Graduate students use food leftover from farmers as base ingredients for their recipes. This ensures that the food is in season and the community members tasting the food at local farmers markets are able to find the locally sourced ingredients at the next booth over.

In collaboration with the UCCS Farm and Greenhouse and DFS, students have established Food Next Door. This program, developed by students in a first year seminar course Sustainable Me, incorporates food education within campus dining options by educating staff, students and faculty on food miles, healthy options, and less meat options. Sports Nutrition graduate students and faculty prepare, cook, and serve food harvested from the UCCS Greenhouse and Farm and

the local food shed. Roughly 500 plates are served per day. Numerous volunteers help with food prep while learning cooking skills and the importance of local and sustainable food.

UCCS offers a Bachelor of Science in Health Care Science with a Health and Wellness Promotion Option. The Master of Sciences degree in Health Promotion is designed to prepare students for advanced study and practice in Health Promotion related areas. The Health Promotion professionals trained in this program will possess the skills and knowledge to affect lifestyle choices and improve a person's community or organizational health & wellness.

Element IIC: Coordinated Campus Health, Mental Health, Campus Climate and Safety

UCCS has a variety of service centers that further health, wellness, and diversity across our student body. In addition to these centers the campus has organizations such as the Multicultural Office of Student Access, Inclusiveness, and Community which are dedicated to assuring a safe and inclusive campus that nurtures all people. The UCCS Office of Veteran and Military Student Affairs provides a wide variety of support services and works to match student veterans with community non-profits. In Best for Vets: Colleges 2016 edition, Military Times ranked UCCS highly placing 90th in the nation among four year colleges across the country.

In January 2016 UCCS will open one of the first in the nation integrated Recreation and Wellness Centers that will house the recreation, health services, counseling services, nutrition, and wellness promotion all under one roof. This innovative model, supported and funded primarily by student fees, has been in design for over two years with five subcommittees collaborating to best meet the needs of all students. All services are offered to students for a maximum of \$15 per session and there are options for those who cannot afford co-pays.

Additional health and wellness features include:

- Health and counseling services are in the process of implementing a shared medical records system to assist with a collaborative approach for those in need of both services.
A shared waiting room and unmarked wings allow for privacy and prevent stigma associated with mental health and group counseling.
- The UCCS wellness promotion coordinator assists departments and individuals across the entire campus with wellness events including: Body Project train the trainer program for body image issues, coordinating a speaker for eating disorder month, sexual health outreach in housing, and events related to sexual assault and domestic violence.
- UCCS has a full-time psychiatric nurse practitioner that manages mental health medications.
- There is an eating disorder group with members from Recreation Center, health, counseling, nutrition and wellness promotion to assist students.
- There is no cost for students in mental health crisis or for those that have been or believe to have been sexually assaulted.
- UCCS offers three free visits with a registered dietitian for all actively enrolled students. Visits are only \$15 each after that.

- Counseling services has implemented a Gateway Guides program that provides two free 90 minute sessions to incoming freshmen that are struggling with adjustment issues such as, homesickness, relationship difficulties, sleep issues, etc.
- UCCS received gold status for its Exercise is Medicine program which refers students, seen at the Health Center that are not meeting the minimum recommendations for daily activity, to the recreation center for a consultation. Exercise is Medicine is a national health based initiative that is a collaborative effort between the American Medical Association and the American College of Sports Medicine
- UCCS was a recipient of Kaiser Permanente's Walk and Wheel grant program. The grant is designed to engage Colorado communities in creation of safe environments that foster access to a variety of healthy ways to commute. This grant led to the development of a bike incentive program, Pedal Perks. From August 2014-2015, the campus community was rewarded for: commuting via bike to campus: attending bike clinics on maintenance, winter riding, easy tips and tricks, safety, and creative commuting; and engaging in events such as Bike Jam, Beat the Hill, Halloween Costume Ride, Litter Clean-Up Ride, and Bike for Bagels. Roughly 150 campus community members participated this first year.
- Located in the Student Life and Leadership Office within the University Center, Clyde's Cupboard is a UCCS food bank which offers struggling students a viable source of food.

Be Colorado, CU's health and wellness program, encourages faculty and staff to actively work to improve their physical, mental and financial health. Through a free health assessment faculty and staff can receive checks including blood pressure, a lipid profile with glucose, body mass index and waist circumference, tools used by health providers to assess risk of coronary disease and diabetes. Participants may also receive a free flu shot. An incentive program pays eligible staff and faculty \$25 per month for 12 thirty minute workouts.

In 2015 UCCS opened the Alpine Field, a unique and innovative facility that is incorporated as the top level of a 5 level parking garage. The field encompasses almost 85,000 square feet and is lined to accommodate flag football, soccer, rugby, and lacrosse. The field hosts UCCS Campus Recreation intramural games, club sports games, innovative group fitness classes, and allows for drop-in recreational use to the campus community, all with a spectacular view of Pikes Peak.

The University supports numerous outdoor activities. Large outdoor events include Bash the Bluffs, Walktober, Bike Jam, and many more. Fall outdoors intramurals include flag football, soccer, kickball, spikeball, grass volleyball, cornhole, and tennis (singles). Spring outdoors intramurals include flag football, ultimate frisbee, softball, bubble soccer, disc golf, golf scramble, and Kick It Soccer. Club Sports include baseball, soccer (men's & women's), rugby (men's & women's), lacrosse, tennis, and equestrian. Intramurals host 27 different programs with over 2,380 total participants and club sports have 16 active clubs with 534 total participants.

The Student Outdoor Learning Experience (S.O.L.E.) program provides the university community with safe, educational and fun outdoor recreation opportunities. In 2015, 398

students participated in outdoor adventure trips and 279 students attended educational clinics. The S.O.L.E. Center, located in the Recreation & Wellness Center, operates a free bike and ski workshop, bouldering wall, outdoor equipment rental, and Bike Share.

PILLAR III: EFFECTIVE ENVIRONMENTAL AND SUSTAINABILITY EDUCATION

Element IIIA: Interdisciplinary learning about the key relationships between dynamic environmental, energy and human systems.

Academic. UCCS is committed to ensuring that all students receive education on environmental impact and sustainability and are therefore better prepared to act on these issues after graduation. In 2014 UCCS implemented a unique set of General Education requirements called the Compass Curriculum. Within this program students must take a course that focuses on sustainability as well as a course on inclusivity and global diversity before graduation. The sustainability courses enable students to cultivate self-awareness and understanding of their impact on economic, social or environmental sustainability at the local, national, and international levels. Courses aim to promote an understanding of sustainability as a set of conditions that enable humans to live compatibly with the environment to allow social and economic needs of present and future generations to be met. This new requirement is driving the development of new innovative transdisciplinary courses.

- As of 2015, 40 of the 61 academic departments provide a large variety of sustainability focused course work with more being added each year. Currently 81 sustainability courses are offered at the undergraduate level and 31 courses are available for graduate level study.
- UCCS offers an interdisciplinary Sustainable Development Minor. This minor provides both inquiry-based and project oriented academic work. In the required capstone course, students have completed projects on lighting retrofits, an ozone garden, skateboard infrastructure, and preparation of the STARS report. An assessment is given to all graduating students within the Sustainable Development Minor that measures their understanding of sustainability.
- The Minor in Energy Science program is designed to prepare students for careers in energy fields. Courses are offered in energy science, solar energy, wind energy, nuclear energy, and related fields such as remote sensing and climatology.
- UCCS offers an Innovative Drivetrains in Electronic Automotive Technology Education program (IDEATE). Students in this program explore the development of electric vehicles which ties into the Graduate Certificate in Electric Drivetrain Technology and the Masters of Science in Electrical Engineering focusing on battery controls, or vehicle power electronics. A specific direction of research is control systems as applied to the management and control of high-capacity battery systems, such as found in hybrid and electric vehicles.
- The UCCS Geography and Environmental Studies (GES) Department offers four academic tracks: Human and Cultural Dynamics, Physical Systems, Environmental and Sustainability Studies, and Geospatial / GIScience. A key goal of the program is to foster understanding of human-environment interactions and sustainability.

- There are numerous opportunities for experiential and field work courses in Geography that focus on environmental impact. Field study programs such as GES 4460 explore the cultural and environmental issues related to sustainable development, including deforestation, indigenous rights, water resource problems, economic development of export agriculture, and transnational migration faced within Guatemala.
- Academic internships are offered through the Office of Sustainability. This program pairs students with staff to develop their understanding of sustainability and work on projects.
- Gateway Program Seminar is a required innovative, three credit, multidisciplinary course that helps incoming students succeed in college by building relationships with faculty and other students, and integrating students into the rigor of academic life. While each course has a different topic, the intent is to support and retain students with small classes, Junior Teaching Assistant mentors, one-on-one meetings with faculty, and orientation to the campus. Two of the courses, *Sustainable Me* and *School in the Woods* include an introductory camping trip and focus significantly on sustainability.

Extracurricular. Students, faculty and staff at UCCS have a unique opportunity to bring their ideas to life with the student-funded and managed Green Action Fund. Small and large (over \$15,000) grants are provided for projects that increase sustainability on campus. Students on the committee get hands-on experience in fund management, project selection, and project management. To date GAF has supported over 30 projects that include: solar tables, greenhouse structures, wind power, toilet retrofits, lighting retrofits, tree plantings, campus bicycles, a solar electric cart, a Tree of Peace, and many more.

Each year the Office of Sustainability holds a Sustainnovation conference for the campus and the community. Themes have included Food, Climate, and Transportation and the goal is for participants to **Learn, Connect, and Act**. Community organizations interact with students about possible jobs or internships. Sustainability awards are given to students and alumni for exemplary contributions on campus and in the community.

The Sustainability Demonstration House, SDH, opened in 2015, focuses on food, transportation, recycling, and high performance building, and develops conservation programming in energy and water. With a plan to make this a net zero facility, the house serves as an educational tool to demonstrate options with a 2000 vintage house, as well as a meeting place for students to learn and connect. In its first year, SDH hosted Auxiliary Services Mentorship Program for student employees, Housing and Residence Life training, 10th Anniversary program, Gateway Program Seminars, Grain School, PASF Board meetings, and other activities. As the number of students taking the sustainability general education requirement increases, it is expected that programming with academics as well as the community will increase significantly.

The Galleries of Contemporary Art, GOCA, sparks engaged dialogue about contemporary culture through visual art exhibitions, public programs, and special events that articulate aesthetics, current issues and diverse perspectives. Numerous exhibits have focused on human

interaction with the environment, including *Destiny Manifest*, *Styrobot*, *A Body in Fukushima* and many more. Jose Luis Torres, an Argentinian-born, Canadian artist worked with students and community volunteers to collect local salvaged building materials for an installation based on the fires and floods of the Pikes Peak region. GOCA partnered with the Office of Student Activities to collect over 3000 items of clothing from the campus community for the exhibit *SCARP Project 2012* by Jarod Charzewski, which explored Western consumer culture and environmental issues. After the exhibition, all items were donated to those in need.

Professional Development. The Professional Development Committee is for any Classified Staff, PESA, or System employee on the UCCS campus who is interested in developing professionally. Enriching speakers and developmental opportunities are offered monthly. The Professional Development Committee also oversees the planning and executing of the annual Staff Enrichment Day every February.

The Leadership Academy provides a path for faculty and staff of UCCS to develop as leaders and to exercise leadership effectively. Leadership Academy offers training in various aspects of leadership, starting with the 1 ½ day course, *Understanding Yourself as a Leader*, and followed by ½ day offerings on topics relevant to leading in the context of a University.

The year-long Excellence in Leadership Program provides opportunities for selected faculty and staff to become more effective leaders (10 per year). Throughout the program, participants gain personal knowledge and skills as well as understanding of the university system. The program includes participation from all Colorado University campuses and the Office of the President.

Element IIIB: Use of the environment and sustainability to develop STEM content, knowledge and thinking skills.

The UCCS Center for STEM Education (CSTEME) and PIPES are the foundation of the UCCS STEM education program. CSTEME, through the UCCS Partnership in Innovative Preparation for Educators and Students (PIPES) program, seeks to respond to the looming shortage of skilled science, technology, engineering and math workers and the lagging performance of students in science and math through innovative and supportive partnerships with parents, educators and professionals. This partnership works to not only keep the STEM pipeline full, but also to increase its diameter by attracting a new generation of creative, artistic and innovative students to solve future problems related to science and math. Through CSTEME, educators and K-12 students receive hands-on science experiences including workshop field trips to UCCS.

An environmental focus is demonstrated in projects include building a solar powered model car and environmental forensics cases. In 2014, CSTEME engaged Engineers Without Borders volunteers to work with K-12 students on a simulated water delivery project for Bolivia. In the past year 754 students participated in workshop-based STEM programs. An additional 350 girls participated in the Girls in STEM workshops.

PIPES collects and analyzes data from students, teachers and parents to increase effectiveness in stimulating STEM subjects and long-term attraction and retention in STEM careers. The program provides a wide variety of educator professional development, student/parent learning engagement, and higher education/high school mentorship programs.

Each year UCCS hosts a Cool Science Carnival Day which draws over 5000 to enhance science literacy in the region through informal learning experiences. This event, which kicks off the nine day Colorado Springs Science Festival, provides over 100 fun activities, exciting shows and informative open labs.

Element III C: Development and application of civic engagement, knowledge and skills

UCCS actively seeks opportunities to collaborate, partner and engage with external organizations and community partners. These collaborations work to further our academic mission and increase engagement that results in higher retention and more robust learning experiences. UCCS members served on the regional sustainability planning committee and continue to work to promote the resulting plan, *Looking to our Future: Pikes Peak Region 2030*. Additionally university representatives participate with the utility-directed Electric Integrated Resource Plan (EIRP), the Colorado College Sustainability Council, the City of Colorado Springs Sustainability Committee, the Food Policy Advisory Group, and many others.

UCCS has a wide variety of academic courses that require students to partner with the greater community. The Service-Learning Internship and Community Engagement Center (SLICE) within the College of Letters, Arts & Sciences (LAS) fosters quality experiential learning opportunities for students, supports faculty in community-based outreach activities, and facilitates campus-community partnerships. There are over 35 courses within LAS that include service learning and more within other colleges. Students can choose from over 200 organizations to complete a service-learning experience. Additionally, the Global Engagement Office (GEO) at UCCS supports international education for the UCCS community.

The Chancellor's Leadership Class (CLC) is a four-year undergraduate academic leadership development scholarship program at UCCS initiated in 1997. The program is designed to engage scholars with the members of the Colorado Springs community to nourish positive community impact through leadership and training. Students are empowered to become leaders by facilitating opportunities for self-reflection, service learning, and professional development.

UCCSlead is a larger new student leadership development program at UCCS with the goal of developing engaged and ethical world-changing leaders. The program, open to all undergraduate students, incorporates leadership training, academic coursework, individual mentoring, and engaged leadership experiences. Upon successful completion of the program requirements and graduation from UCCS, students receive recognition on a co-curricular leadership transcript, as well as graduation recognition. Over 350 students are in this new program.

The Restoration Club integrates student knowledge with local land restoration. Within this organization students work with faculty and facilities staff to develop land restoration projects. The club has restored vegetation along Austin Bluffs in denuded areas to prevent soil loss and erosion, protecting the Bluffs ecosystem.

Students for Environmental Awareness and Sustainability (SEAS) work toward creating a more environmentally conscientious campus community with regard to conservation of resources and creative, efficient ways to use them. SEAS participated in Waldo Canyon Fire Workdays and regularly conduct work days within the student garden. They demonstrate civic involvement on issues such as divestment, bottled water, climate change, sustainable transportation, green buildings, and numerous other topics.

The Office of Sustainability works with outside organizations to put together educational opportunities for student volunteers at the Sustainability Demonstration House. Energy audits, window film, carpet selection and installation are projects that students have participated in toward learning more about sustainable living.

The UCCS College of Business, through the Daniels Fund Ethics Initiative, funds faculty or approved UCCS student organizations to support activities that provide opportunities for students to interact with the business community and apply learned material relating to responsible and ethical management in business.

Participation in Green Programs and/or Awards for Environmental and Sustainability Efforts

UCCS is a signatory of the American College and University Presidents' Climate Commitment and an active member of the Association for the Advancement of Sustainability in Higher Education. Both organizations serve to benchmark progress in sustainability. UCCS has participated in STARS, Sustainability Tracking Assessment and Rating System in 2009, 2011, and 2015 and achieved a Gold level certification in 2015. Additionally, STARS recognized UCCS as a top performing institution in coordination & planning, and for its waste program.

UCCS has also received sustainability awards from the Southern Colorado chapter of the U.S. Green Building Council, and has 7 LEED Gold buildings. Additionally, in 2014 the Princeton Review recognized UCCS as 1 of 24 institutions out of 864 to receive its highest sustainability scores. In 2015 UCCS was recognized by the Sierra Club as a Cool School, and bestcolleges.com named UCCS as one of the Greenest Colleges in the country. In 2014 UCCS received the regional Pikes Peak Earth Day Greenie Award. Internally, each year an individual or department on campus is presented with the Campus Sustainability Award by the Chancellor and students and alumni are given sustainability awards at the annual Sustainnovation event.

More information about sustainability at UCCS can be accessed at www.uccs.edu/sustain. The University of Colorado Colorado Springs appreciates your commitment and consideration of this application for the US Department of Education Green Ribbon Schools Postsecondary Sustainability Award for 2015-2016.