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CAL POLY

State University

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*Student name*

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*Email*

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*Cal Poly ID (Empl ID)*

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# Think Green!



Be mindful of and sensitive to the natural environment in your daily life.

## Did You Know?

If everyone in the world used as many resources as the average American, we would need **FIVE** planet Earths! The problem is, we only have one.

## THE PATH TO LIVING GREEN AT CAL POLY...

### 1. Buy Recycled & Sustainable

“Closing the loop” is the term for recycling materials and then buying recycled products. When buying back-to-school supplies, purchase paper that is 100% Post consumer Recycled. Many fabrics come from recycled plastic too! It takes 17 plastic bottles to make 1 polyester sweater. Check out EcoSpun & Patagonia for their latest designs! Even computers are made sustainably—check out Dell’s new energy efficient line!

### 2. USB your Thoughts – Do it Digital!

Think before you print! Edit on screen instead of on paper, print double sided and use scratch paper for non-official documents, reduce margins to fit everything onto fewer sheets, and consider taking notes in class on a laptop to save paper.

### 3. Turn Off Your Electronics at Night

Even when your electronics are off but plugged in—or your computer is in sleep mode—they still drain a lot of energy. Computer monitors use 3x as much energy as a hard drive. Your phone only takes an hour or two to charge, so don’t leave it plugged in all night. Buy a Smart Strip. Plug your electronics into a power strip and turn them on only when necessary.

## Did You Know?

Americans throw away enough office paper each year to create a wall 12 feet high reaching from LA to NY.

## Did You Know?

You could operate a TV set for 3-4 hours with the energy saved by recycling just one aluminum can!

### 4. Green Your Laundry

Buy organic soaps and detergents! Biodegradable and non-phosphorous bath supplies and laundry detergents can be broken down by microorganisms and are non-toxic to aquatic species. Buy your supplies at a natural food store, like Trader Joes.

### 5. Reduce, Reuse, Recycle!

No, but really though. *Reduce* your consumption of plastic bottles. Americans use *2.5 million* bottles *each hour!* Don’t buy a flat of water from the store, instead buy a Nalgene or Kleen Kanteen bottle to use for water, coffee, tea, or juice. Get in the habit of using a *reusable* grocery bag at the store instead of plastic or paper. Carry a *reusable* cup for beverages, *reuse* plastic bags from stores, and avoid disposable or one-time-use items like razors and utensils. *Recycle everything!* Our local landfill accepts all plastic, glass, paper, cardboard, and aluminum—clean or dirty (including plastic grocery bags)—as long as they’re not filled with contaminants. All it takes is a small change in your daily habits, and you will be living *green!*

## Did You Know?

It takes *95% less energy* to produce a can from recycled aluminum rather than raw materials.

## What bike will you be bringing to Cal Poly this Fall?

You may think it would be cool to bring your car to San Luis Obispo, but think of all the cool stuff you could have if you rode a bike instead...

**One tank of gas could buy you...**an ipod shuffle and 31 songs, or a new outfit.

**100 gallons of gas could buy you...** a Nintendo Wii, or a round-trip ticket to New York.

**One year of gas could buy you...**a new computer, or a vacation in Puerto Rico!



**Help make Cal Poly a more sustainable campus.  
Green is IN!**



## QUICK REFERENCE

<b>QUESTION</b>	<b>How to get more info...</b> (References the 2009-11 Catalog found at <a href="http://www.calpoly.edu/~acadprog/">http://www.calpoly.edu/~acadprog/</a> )
What <b>GE Courses</b> should I take?	<b>Portfolio:</b> Tab 1 (p.12-17) <b>Catalog:</b> p.51-54 <a href="http://www.ge.calpoly.edu/GEClassSchedules/allge.htm">http://www.ge.calpoly.edu/GEClassSchedules/allge.htm</a>
What is the <b>USCP</b> ?	<b>Portfolio:</b> Tab 1 (p.5) <b>Catalog:</b> p.55 <a href="http://www.academicprograms.calpoly.edu/academicpolicies/Policies-Undergrad/USCP-courses.htm">http://www.academicprograms.calpoly.edu/academicpolicies/Policies-Undergrad/USCP-courses.htm</a>
What is the <b>GWR</b> ?	<b>Portfolio:</b> Tab 1 (p.6) <b>Catalog:</b> p.48 <a href="http://www.calpoly.edu/~wrtskils/gwr/">http://www.calpoly.edu/~wrtskils/gwr/</a>
Do I get credit for the <b>AP Tests</b> I passed in High School?	<b>Portfolio:</b> Tab 1 (p.1-4) <b>Catalog:</b> p.45 <a href="http://www.ess.calpoly.edu/records/Degree_Progress/other_ac_credit.htm">http://www.ess.calpoly.edu/records/Degree_Progress/other_ac_credit.htm</a>
Can I take classes at a <b>Community College</b> ?	<b>Portfolio:</b> Tab 3 (p.5-6) <b>Catalog:</b> p.45 <b>Tip:</b> Use <a href="http://www.assist.org">www.assist.org</a> to see if courses from a CA Community College will count at Cal Poly. Use the "CSU GE Breadth" link to search GE Courses.
How do I take a class with a <b>Credit/ No Credit</b> grade?	<b>Portfolio:</b> Tab 1 (p.7) <b>Catalog:</b> p.59
What is my <b>major</b> ?	<b>Portfolio:</b> Tab 1 <b>Catalog:</b> p.9
What <b>college</b> am I in?	<b>Portfolio:</b> Tab 1 <b>Catalog:</b> p.9
Who is my <b>Advisor</b> ?	<b>Portfolio:</b> Tab 3 (p.1-2) <b>Catalog:</b> p. 18
How can I get a <b>tutor</b> for my classes?	<b>Portfolio:</b> Tab 3 <b>Catalog:</b> p. 30 (Acadmeic Skills Center) <b>Tip:</b> Many departments offer tutoring for specific courses. Contact the department of the course in which you want tutoring or ask your instructor for a tutor recommendation. For Math or Science courses, you can enroll in supplemental workshops: <a href="http://www.sas.calpoly.edu/sw.html">http://www.sas.calpoly.edu/sw.html</a>
How do I <b>drop a class</b> ? How do I <b>withdraw</b> from a class?	<b>Portfolio:</b> Tab 2 (p.4-5) <b>Catalog:</b> p.57 & p. 60 <a href="http://www.ess.calpoly.edu/_records/">http://www.ess.calpoly.edu/_records/</a>
How can I find a <b>job</b> on campus?	<a href="http://www.careerservices.calpoly.edu">www.careerservices.calpoly.edu</a> <a href="http://www.asi.calpoly.edu">www.asi.calpoly.edu</a>

*Flip page for more resources!*

## QUICK REFERENCE

Why is there a <b>HOLD</b> on my account?	<b>Portfolio:</b> Tab 2 <b>Catalog:</b> p.56 <b>Tip:</b> <i>View your portal account to find out what kind of hold you have and then contact that department for more information.</i>
What do I have to do to <b>graduate</b> ?	<b>Catalog:</b> p.47 <b>Portfolio:</b> Tab 1 <a href="http://catalog.calpoly.edu/">http://catalog.calpoly.edu/</a>
How can I get assistance with my <b>disability</b> ?	<b>Catalog:</b> p.29 <a href="http://www.drc.calpoly.edu">http://www.drc.calpoly.edu</a>
How do I find a <b>building</b> or <b>classroom</b> on campus?	<b>Portfolio:</b> Back Cover <b>Catalog:</b> inside Back Cover <a href="http://www.maps.calpoly.edu">http://www.maps.calpoly.edu</a>
How do I find out what my <b>Registration Rotation</b> "order" will be in future quarters?	<a href="http://www.ess.calpoly.edu/_records/registration/gen_reginfo.html">http://www.ess.calpoly.edu/_records/registration/gen_reginfo.html</a>
How many classes can I <b>repeat</b> ?	<b>Catalog:</b> p.60
Where can I get <b>medical</b> assistance on campus?	<b>Portfolio:</b> Tab 3 (p.2) <b>Catalog:</b> p.29 <a href="http://www.calpoly.edu/~hps/">http://www.calpoly.edu/~hps/</a>
Where can I get <b>counseling</b> for my <b>personal problems</b> ?	<b>Portfolio:</b> Tab 3 (p.2) <b>Catalog:</b> p.29 <a href="http://www.calpoly.edu/~hps/">http://www.calpoly.edu/~hps/</a>
Where can I get help on my <b>resume</b> or <b>career</b> options?	<b>Portfolio:</b> Tab 5 <b>Catalog:</b> p.28 <a href="http://www.careerservices.calpoly.edu">www.careerservices.calpoly.edu</a>
How can I <b>Study Abroad</b> ?	<b>Catalog:</b> p.19 <a href="http://iep.calpoly.edu/">http://iep.calpoly.edu/</a>
How do I pick a <b>concentration</b> or <b>specialization</b> in my Major?	<b>Portfolio:</b> Tab 1 <b>Tip:</b> <i>You should see your academic advisor in the college for more information. Not all majors have concentrations or specializations.</i>
How can I add a <b>Minor</b> ?	<b>Catalog:</b> p.49 <b>Tip:</b> <i>To add a minor, you must be approved by the department that offers that minor. Requirements and prerequisites vary. Many minors are listed on department websites and are easy to find if you use the "Quick Search" on the Cal Poly homepage.</i>
Can I have a <b>double-major</b> ?	<b>Catalog:</b> p.50 <b>Tip:</b> <i>To add a major, you must be approved by the department of the "added major" and your current major.</i>
What is my <b>Degree Progress Report</b> ?	<b>Portfolio:</b> Tab 1 (p.8-9) <a href="http://www.ess.calpoly.edu/_records/Degree_Progress/index.html">http://www.ess.calpoly.edu/_records/Degree_Progress/index.html</a>

*Flip page for more resources!*



### **Freshman Year**

- Meet with your academic/faculty advisor before registration for the next quarter.
- Join a campus organization in an area of interest. (<http://asi.calpoly.edu/uu/clubprograms/>)
- Validate your major choice by reviewing the Career Planning area of the Career Services web page, "What can I do with my major?" (<http://www.careerservices.calpoly.edu>)
- Attend a résumé/cover letter workshop given by Career Services. Begin to work on your résumé.
- Research and apply for a summer job or internship.

### **Sophomore Year**

- Meet with your academic/faculty advisor every quarter.
- Plan your coursework for the coming year.
- Meet with your career counselor to further define your goals.
- Join a campus organization related to your major or your career goals.
- Update your résumé.
- If you are interested in a career in research, become involved in a research experience in your major.
- Participate in a volunteer/community activity. (<http://www.studentlife.calpoly.edu>) -The community Center

### **Junior Year, Winter Quarter**

- Fulfill the Graduation Writing Requirement. (<http://www.writingskills.calpoly.edu>)
- Apply for a summer job/internship/research fellowship or Co-op.
- Meet with academic/faculty advisor to review six quarter plan to graduation.

### **Junior Year, Spring Quarter (four quarters before graduation)**

- Apply for a graduation evaluation (depending on your major, this may require the completion of concentration or restricted electives forms to include with your request).
- Find out requirements for senior project from your department and begin talking to faculty about possible projects.
- Discuss graduate/professional school and career options with your academic advisor or career counselor.
- Begin working on personal statement if you're applying to professional school.

- Schedule professional school entrance exams.

### **Junior Year, Summer Quarter**

- Participate in a summer job/internship/research experience.
- If you're interested in graduate school, begin researching possible schools to apply to.

### **Senior Year, Fall Quarter**

- Review your graduation evaluation with an academic advisor and plan out remaining classes and requirements.
- If you're interested in graduate school, take the Graduate Record Exam. (<http://www.testoffice.calpoly.edu>)
- Begin your senior project.
- If you're applying to graduate school, solicit letters of recommendation.
- Apply to graduate school.

### **Senior Year, Winter Quarter**

- Continue working on your senior project.
- Check with your academic/faculty advisor during registration period for spring to insure all requirements for graduation are accounted for.
- Update your résumé and cover letter.
- Research employers, salaries and hiring trends for your major through Career Services.
- Complete applications for graduate school, if applicable.
- Submit your résumé to Mustang Jobs. (<http://my.calpoly.edu>; click on Mustang Jobs)
- Prospective graduate students, schedule mock interview with Career Services counselor.

### **Senior Year, Spring Quarter, Graduation**

- Complete your senior project and turn it in to your faculty advisor.
- Interview for appropriate jobs.
- Check with your academic/faculty advisor to insure that all paperwork is submitted for substitutions, technical electives, etc.
- Visit the grad center at El Corral to prepare for graduation ceremony.

### **Summer Quarter, After Graduation**

- After grades have been posted, order a transcript to confirm that your degree has been awarded and that there are no errors on your transcript.