

Maya Kapur

Professor Godelnik

PUDM 3365 A

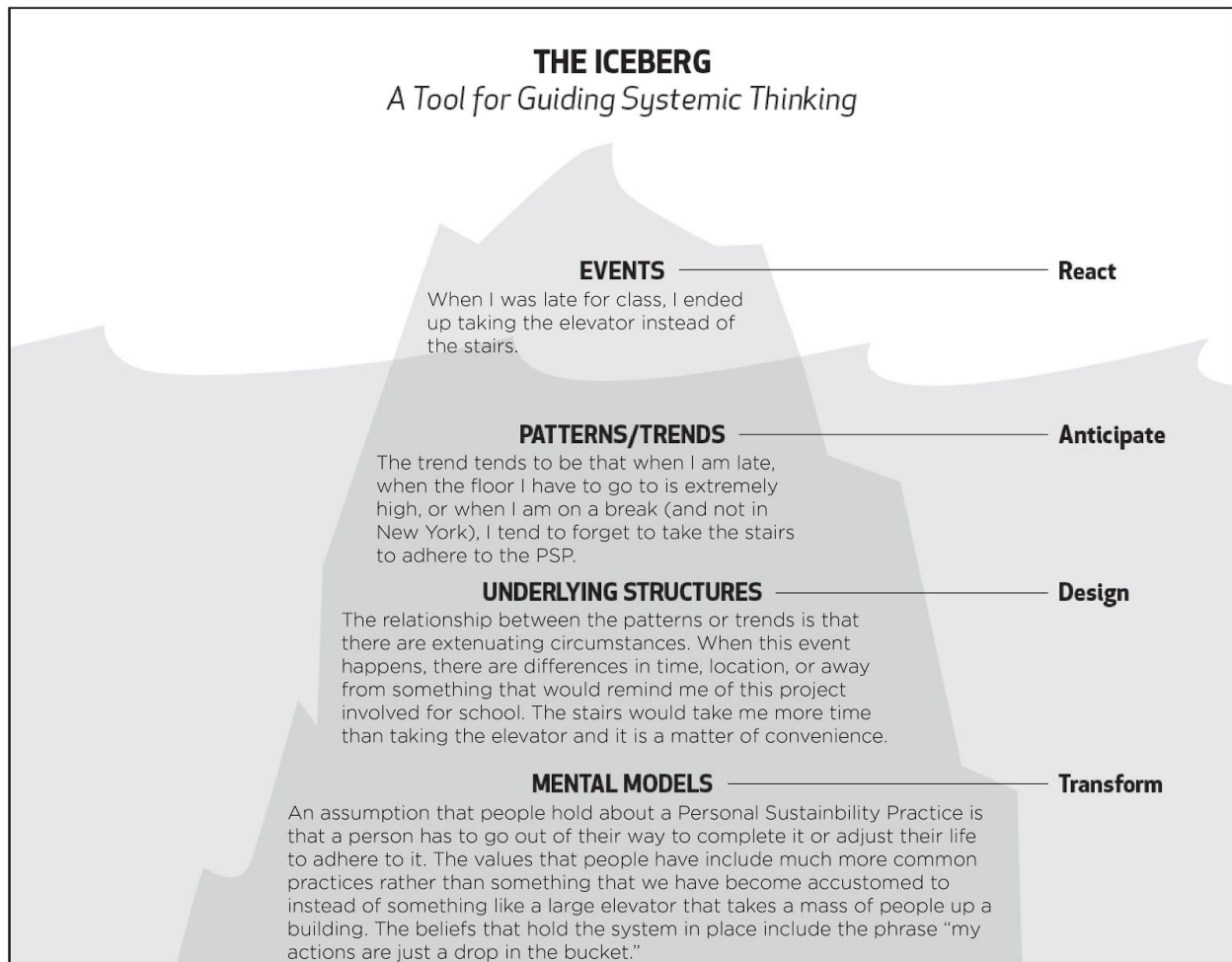
8 April 2019

PSP Progress Report 2

My chosen Personal Sustainability Practice is #15, which is to use the stairs instead of taking the elevator. In my previous report, I talked about why I chose this particular PSP and how it related to me specifically.

We were assigned to do an iceberg model for a recent event that happened to us regarding our PSP. So far, the PSP has been going well and I've been able to keep the practice up relatively. I've been able to integrate it into my daily life. This shift in mindset was important to be able to keep up the practice. I have had a hard time wanting to stick to it but do so out of obligation. I have now had personal experience in having to change my habits through doing this particular PSP and it definitely took commitment and empathy.

Model:



In our analysis, we can ask: 1) Does the iceberg model help broaden your perspective? If so, how might this new perspective be helpful? 2) Consider the concept of entry or “leverage” points. These are points at which to intervene in a system that could lead to systemic transformation. Does the exercise show you any new entry points at which you are inspired to intervene?”

The iceberg model is helpful in that we are unsure whether it broadens our perspective, but rather deepens our understanding of the subject. I think this is a useful model to better

comprehend any event. By identifying the mental models (the beliefs and assumptions the public has on the subject), we can consider the concept of entry or “leverage” points. These are points at which to intervene in a system that could lead to systemic transformation are incredibly important. This exercise shows us new places in the system to intervene. For example, in the readings and through this class, we see how the main pattern is that the PSP works well. However, in this iceberg model, there is an event that happens that is an obstacle. There is a trend behind the obstacle that is the reason why it occurs. One leverage point that could be a point to intervene is the buffer, where using planning and strategic organization. This allows us to normalize extra time in our routines in order to not come across this obstacle. Another leverage point is information flows. One important mental model is that people think their actions are a “drop in the bucket.” However, if we provide more information with facts and figures on the large scale of elevator energy that is used, perhaps this gives more context and is a better, more conscious way of living. Lastly, another leverage point is the goals and incentives. By having this as a class project, I am more incentivized to complete the PSP. I had mentioned in my last progress report that I am able to see how this project can easily become school-wide. Personally, I could share what I learned from this assignment as well to encourage participation. This is one way to break the cycle and create an eventual, sustainable transformation.