

# LIVING SMART - Pre Course QUESTIONNAIRE

Name: \_\_\_\_\_

1. What are your reasons for participating in this program?

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2. Where did you first hear about the Living Smart program?

- The Meeting Place newsletter 0
- A friend or family member that came to last years Living Smart course 0
- A friend or family member that had heard about the course from somewhere 0
- A newspaper article 0
- A radio show 0

3. Answer whether you believe the below statements to be true or false.

Lights are the biggest consumer of energy in the home	T	F
Natural Gas produces less greenhouse gases than electricity	T	F
Rainfall in the South West of Western Australia has been below average since 1975	T	F
Most households use only a small amount of water on their garden	T	F
Over half of a households waste is estimated to be food scraps and garden waste	T	F
West Australians generate 1.4 tonnes of solid waste per person each year	T	F
A single litre of petrol emits an insignificant amount of greenhouse gases (less than 0.1 kg)	T	F
Cars are the biggest contributor to smog in Perth	T	F
It takes a lot more energy and resources to grow a field of wheat than to maintain a herd of cattle	T	F
Chemicals that are used in the home are unable to contaminate groundwater	T	F

4. How often do you carry out the behaviours listed below? (Circle one)

Purchase products that have little packaging	Always	Usually	Sometimes	Never
Purchase products that are reusable or refillable	Always	Usually	Sometimes	Never
Purchase products that are recyclable	Always	Usually	Sometimes	Never
Making gifts and cards for families and friends rather than buying them?	Always	Usually	Sometimes	Never
Repair clothes, tools and appliances rather than replacing them?	Always	Usually	Sometimes	Never
Hiring, sharing or borrowing things rather than buying new ones where possible?	Always	Usually	Sometimes	Never
Reuse unused side of paper	Always	Usually	Sometimes	Never
Reuse gift wrapping paper, cardboard boxes	Always	Usually	Sometimes	Never
Reuse glass jars and plastic containers	Always	Usually	Sometimes	Never
Composting organic/ garden waste	Always	Usually	Sometimes	Never
Place recyclable items into the curbside collection	Always	Usually	Sometimes	Never

5. How often do you carry out the behaviours listed below? (Circle one)

Check and repair all water leaks	Always	Usually	Sometimes	Never
Buy water efficient appliances	Always	Usually	Sometimes	Never
Don't leave tap running while brushing your teeth, shaving or washing	Always	Usually	Sometimes	Never
Plant natives	Always	Usually	Sometimes	Never
Minimise the amount of water you use in the garden	Always	Usually	Sometimes	Never
Catch and reuse cold water while waiting for water to heatup	Always	Usually	Sometimes	Never
Open windows or use fans rather than turning on the airconditioning	Always	Usually	Sometimes	Never
Use cold water whenever hot water is not necessary	Always	Usually	Sometimes	Never
Turn off lights when leaving a room	Always	Usually	Sometimes	Never
Use alternative transport(walk, bus, bike) when possible	Always	Usually	Sometimes	Never
Hang washing out rather than using a clothes dryer	Always	Usually	Sometimes	Never
Only run full loads in dishwasher/ washing machine	Always	Usually	Sometimes	Never
Take shorter/ cooler showers	Always	Usually	Sometimes	Never
Turn off appliances at power point rather than leaving on standby function	Always	Usually	Sometimes	Never
Buy energy efficient appliances	Always	Usually	Sometimes	Never

6. How often do you carry out the behaviours listed below? (Circle one)

Eat vegetarian meals	Always	Usually	Sometimes	Never
Buy takeaway processed meals	Always	Usually	Sometimes	Never
Exercise three times a week for at least twenty minutes	Always	Usually	Sometimes	Never
Buy locally grown/ made products	Always	Usually	Sometimes	Never
Buy organic food	Always	Usually	Sometimes	Never
Avoid the use of chemicals in your home	Always	Usually	Sometimes	Never
Use non toxic chemical alternatives for cleaning	Always	Usually	Sometimes	Never

7. Please indicate how much you agree or disagree which the below statements.

SA=strongly agree, A=Agree, DN=Dont know, D=Disagree, SD=Strongly disagree

	SA	A	DN	D	SD
a) We are approaching the limit of the number of people the earth can support	0	0	0	0	0
b) The balance of nature is very delicate and easily upset	0	0	0	0	0
c) Household waste significantly contributes to the amount of waste going to landfill	0	0	0	0	0
d) Humans have the right to modify the natural environment to suit their needs	0	0	0	0	0
e) Humans must live in harmony with nature	0	0	0	0	0
f) Consumers have the right to use as much power as they want and can pay for	0	0	0	0	0
g) The earth has only limited room and resources	0	0	0	0	0
h) The production of consumer goods uses valuable resources and energy, and therefore consumer choices should be made wisely	0	0	0	0	0
i) There are limits to growth beyond which our industrialized society cannot expand	0	0	0	0	0
j) Water is a basic human right and therefore we should be able to use as much as we want	0	0	0	0	0
k) It is important that we reduce, reuse and recycle as much of our waste as we can	0	0	0	0	0
l) Humans should adapt their daily lifestyle so as to have minimal impact on the local natural environment	0	0	0	0	0
m) Domestic power use can significantly contribute to the level of greenhouse gases in the atmosphere	0	0	0	0	0

	SA	A	DN	D	SD
n) When humans interfere with nature it often produces disastrous consequences	0	0	0	0	0
o) My daily activities can contribute to the degradation of the local natural environment	0	0	0	0	0
p) There is sufficient land available for large amounts of landfill, therefore recycling and minimising waste is not important	0	0	0	0	0
q) Humans need not adapt to the natural environment because they can remake it to suit their needs	0	0	0	0	0
r) Water is a valuable and scarce resource and it is everybodys responsibility to conserve it	0	0	0	0	0
s) To maintain a healthy economy we will have to develop a stable economy where industrial growth is controlled	0	0	0	0	0
t) It is important for people to use their car as little as possible to reduce air pollution	0	0	0	0	0
u) It would be a chance happening if my boycott of an ecologically unsound product was to coincide with a halt in the manufacture of those product	0	0	0	0	0
v) Environmental quality is the result of decisions made by a select few, therefore any positive ecological practice on my part would have little influence on the quality of the environment	0	0	0	0	0
x) Even if I stop buying products because they degrade the environment, it would make little difference because the purchasing habits of other individuals and groups are more important than mine	0	0	0	0	0
y) Overall environmental quality is a result of chance happenings so any conservation practices I could implement would be useless	0	0	0	0	0
z) The ecological practices of a person like myself will influence the quality of the environment	0	0	0	0	0

8. If you wanted to significantly change the amount of impact your household activities have on the environment, do you think you would have the ability to make those changes?

Strongly Agree 0 Agree 0 Undecided 0 Disagree 0 Strongly Disagree 0

9. What factors do you think may be important in preventing you from making those changes?

Keeping motivated	Not important	Sometimes important	Very important
Influencing other household members	Not important	Sometimes important	Very important
Time	Not important	Sometimes important	Very important
Money	Not important	Sometimes important	Very important
Other priorities	Not important	Sometimes important	Very important
Don't know how	Not important	Sometimes important	Very important

10. Please indicate how much you agree or disagree with the below statements.

SA=strongly agree, A=Agree, DN =Don't know, D=Disagree, SD=Strongly disagree

	SA	A	DN	D	SD
I can always manage to solve difficult problems if I try hard enough	0	0	0	0	0
It is easy for me to stick to my aims and accomplish my goals	0	0	0	0	0
Thanks to my resourcefulness, I know how to handle unforeseen events	0	0	0	0	0
I can remain calm when facing difficulties because I can rely on my coping abilities	0	0	0	0	0

11. On a scale of 1 to 10, (1 being low and 10 being high) please rate,

Your knowledge of local community resources and services

1 2 3 4 5 6 7 8 9 10

How much you feel a part of the Fremantle community

1 2 3 4 5 6 7 8 9 10

How active you are within the Fremantle community

1 2 3 4 5 6 7 8 9 10

Your ability to make a difference in the Fremantle community

1 2 3 4 5 6 7 8 9 10

Your ability to express your opinions in a group discussion

1 2 3 4 5 6 7 8 9 10

Your confidence in talking in front of a group

1 2 3 4 5 6 7 8 9 10

12. Is English your first language? Y / N

13. Sex: \_\_\_\_\_

14. Age: \_\_\_\_\_

15. Please tick the category that best describes your occupation

Manager or Administrator	<input type="checkbox"/>
Professional	<input type="checkbox"/>
Tradesperson	<input type="checkbox"/>
Student	<input type="checkbox"/>
Clerical	<input type="checkbox"/>
Sales or Service Worker	<input type="checkbox"/>
Production or transport worker	<input type="checkbox"/>
Labourer or related worker	<input type="checkbox"/>
Home carer	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>
Other _____	

16. Please tick the highest level of education you have achieved?

Year 10	<input type="checkbox"/>
Year 12	<input type="checkbox"/>
TAFE certificate	<input type="checkbox"/>
Apprenticeship	<input type="checkbox"/>
Undertaking a university degree	<input type="checkbox"/>
Completed a university degree	<input type="checkbox"/>
Post graduate education	<input type="checkbox"/>

17. Please tick your current total household income

Less than 35,000	<input type="checkbox"/>	65,000 - 80,000	<input type="checkbox"/>
35,000 - 50,000	<input type="checkbox"/>	80,000 - 100,000	<input type="checkbox"/>
50,000 - 65,000	<input type="checkbox"/>	Greater than 100,000	<input type="checkbox"/>

18. How many people currently reside in your home? \_\_\_\_\_

19. What is your current form of home ownership?

Renting	<input type="checkbox"/>
Mortgage	<input type="checkbox"/>
Own outright	<input type="checkbox"/>

**THANKYOU**

If you have any further question please don't hesitate to contact me, Lucy Sheehy