



To receive the Sustainability Recognition Graduation Cord, you must complete this Self-Tracking form with 60 or more sustainability focused volunteer and/or credit hours that meet the requirements below. If you are a transfer or graduate student, only 45 hours are required.

**PLEASE TYPE ALL RESPONSES AND EMAIL COMPLETED FORM TO
SUSTAINABILITY@TXSTATE.EDU**

SRGC Requirements

- All volunteer efforts must be sustainability focused
- Reported volunteer efforts must not be considered as employment nor court ordered community service
- Monetary compensation must not be accepted for volunteer efforts
- Hours must be completed during your time as a student at Texas State University
- Only 45 hours are required if you are a transfer or graduate student
- For volunteer work, the duration of volunteering will equal the number of hours earned.
 - *For example, if you work a volunteer shift at the food bank for 5 hours, then you will report 5 volunteer hours.*
- For credit hours, the course code will represent the number of hours to report.
 - *For example, if you completed SOCI 3323 Sociology of Consumption you would report 3 credit hours. If you completed GEO 3434 Water Resources, you would report 4 credit hours.*

For courses to be considered sustainability focused, the course title and/or description must include primary attention to sustainability. This includes courses that have explicitly defined and addressed the pillars of sustainable development, discuss and/or are related to the United Nations Sustainable Development Goals, and/or have explicitly defined the course as relating to the ecological and social or economic system as it relates to sustainability issues.

