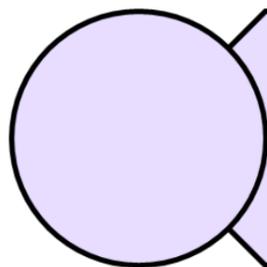
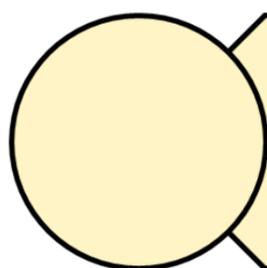


Guide to annotations

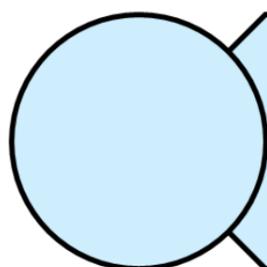
What do the colours mean?



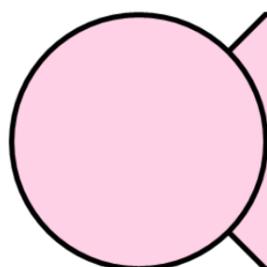
Shows the general purpose related to the whole annotated text-type and that of entire sections. Titles of sections or headings are defined in terms of purpose and content.



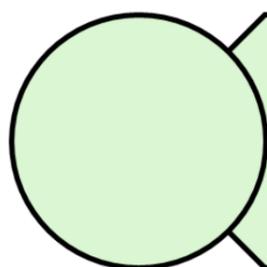
Indicates the function of a paragraph or of group of sentences in terms of content and relation to the whole text



Key-words and terms related to the general content and concepts and main themes.



Grammar features or discourse markers that are important to the annotated text-type.



In-text citations and general reference to papers and books within the annotated text

Note: 'Discourse markers' refers to words used to start and end conversations and topics.

Examples: also, therefore, thus, similarly, however, for instance, in conclusion, besides

Note: The reference style for this text follows the CDU APA 7th referencing format. Please check with your lecturers if there are different referencing requirements for your unit.

Reflective writing can have various formats. Its overall purpose is conducive to transformative learning. By reflecting on experiences in a systematic way (through structured text writing) we are enabled to: justify actions, solve problems, examines assumptions, attitudes, values and propose change.

Title

Reflection on 'sustainability' and its challenges

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ABC123 Exploring Sustainable Approaches

Unit code and name

Lecturer/supervisor name

Dr. Lavender Fields

August 11, 2023

Date of submission

Shows the general purpose in relation to the text-type. Section titles/headings are defined by purpose and content.

Indicates the function of a paragraph or of group of sentences in terms of content and relation to the whole text

Key-words and terms related to the general content and concepts and main themes.

Grammar features or discourse markers that are important to the annotated text-type.

Referencing elements. Format requirements, in-text citations and references to relevant theories/research.

Reflection on 'sustainability' and its challenges

My reflections on sustainability, are linked to my awareness of the serious impact our day-to-day actions have on the space we live in, and, long term, on the wider environment. I have also been more and more conscious of the need for change we all face. I am increasingly concerned with the challenges that applying even the basic principles of sustainability, may hinder our response to the problem. As a social human being, though, I feel a personal responsibility to contribute towards finding solutions for a more sustainable future.

The first serious consequence of the lack of sustainability measures that comes to mind is 'climate change'. I consider it a pressing issue since it has manifested in the most devastating ways a few times in the last two or three decades. We have all witnessed the increasing frequency of extreme weather events and the irreversible damage they have had on entire regions, communities and ecosystems. I have been thinking of how, even my individual choices can make a difference. A simple action such as reducing my carbon

Author's experience/ observation is described and justification provided

Introduction of object of reflection and context

Each paragraph considers a different aspect of the issue

Direct reference to author's personal engagement with issue expressed by 'I', 'my' and other discourse markers (I feel, I am concerned, etc.)

Key word introduces the paragraph's theme

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footprint and using renewable energy sources can make a difference if others would do the same. Why use the car if we can ride a bike to work? Have we considered buying an electric car?

The irresponsible exploitation of natural resources is another issue that deserves attention. It seems to be happening at the expense of weaker countries which are exploited for their natural riches. I often watch documentaries showing what habitat loss, deforestation, and the ever diminishing biodiversity has done to what once were the most beautiful parts of the world (Sen, 2017). It is hard to believe that we find it so difficult to give up our luxury goods when we witness the devastating consequences of our consumption patterns. It is clear in my mind that our efforts should focus on advocating for responsible production and consumption and on somehow prioritising remedies and compensation for those regions who suffered the loss of these resources (Mckenzie-Mohr, 2011).

Personally, I have gradually but consistently adopted sustainable practices, such as buying locally sourced products, reducing waste, and supporting businesses that prioritise sustainability.

New paragraph marker

Reference to research to support solution
Parenthetical citation:
one author

Proposed solution by author

Strategy adopted or proposed solution

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New paragraph introduces a new issue to reflect on

Another problem hard to ignore is waste management widespread malpractices. The sight of plastic pollution in our sea-shores and the detrimental impact it has on marine life is deeply concerning. I have decreased my use of single-use plastics and I'm now recycling everything. I have also started advocating these practices in my community. My neighbours have soon started to follow my examples in simple actions which testify to their increased awareness. The challenge here is again, letting go of old habits and the thought that all we can so easily dispose of after use, can be just as easily replaced.

From a social perspective, addressing social inequalities in the context of sustainability is also a recurring cause of reflection for me. I realize that vulnerable communities are disproportionately affected by environmental degradation and lack of access to basic services. I have become increasingly motivated to support initiatives that promote environmental justice, equitable access to resources, and development (United Nations Development Programme, 2023).
Advocating for disempowered communities and for inclusive

New paragraph = new issue

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solutions, would greatly contribute to a more just and sustainable society.

Preparing the reader for the conclusion

My final thoughts regard the importance of personal growth and continuous learning in sustainability practices as an individual. I strive to stay informed about the latest advancements in sustainable technologies, practices, and policies (United Nations Educational Scientific and Cultural Organization, 2021). I am committed to sharing my knowledge with others to join the collective effort for a more sustainable future.

Parenthetical citation: organisation as author

Strategy adopted as an example to others/ recommendations

In conclusion, sustainability is not just an abstract concept for me. It is a deeply personal matter that influences my everyday decisions and actions.

Reiteration of personal engagement

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Referencing elements. Format requirements, in-text citations and references to relevant theories/research.

- ◆ Title References centred and bold
- ◆ Reference list in alphabetical order
- ◆ References have a hanging indent

6

References

Book/eBook

McKenzie-Mohr, D. (2011). *Fostering sustainable behaviour: An introduction to community-based to social marketing*. New Society Publisher.

Online Document

Sen, A. (2017). *Pathways to deforestation-free food. Developing supply chains free of deforestation and exploitation in the food and beverage sector*. Oxfam.
<https://doi.org/10.21201/2017.0650>

Webpage:
Organisation as author

United Nations Development Programme. (2023). *Sustainable development goals: The SDGS in action*. <https://www.undp.org/sustainable-development-goals>

United Nations Educational, Scientific and Cultural Organization. (2021). *Education for sustainable development*. <https://en.unesco.org/themes/education-sustainable-development>

For reference examples and more information check out the CDU APA 7th referencing guide: <https://libguides.cdu.edu.au/cdureferencing>

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