



## COURSE SYLLABUS

### Beteendeförändring för hållbarhet

#### Behaviour change for sustainability

7.5 credits (7,5 högskolepoäng)

**Course code:** SLI416

**Main field of study:** Strategic Leadership towards Sustainability

**Disciplinary domain:** Technology

**Education level:** First cycle

**Specialization:** GIN - First cycle, has only upper-secondary level entry requirements

**Language of instruction:** English

**Applies from:** 2022-01-17

**Approved:** 2021-09-01

#### 1. Decision

This course is established by Dean 2021-04-20. The course syllabus is approved by Head of Department of Strategic Sustainable Development 2021-09-01 and applies from 2022-01-17.

#### 2. Entry requirements

General entry requirements

#### 3. Objective and content

##### 3.1 Objective

Are you interested in learning how to support behaviour change for sustainability? This is half-time distance course that provides learners with a theoretical grounding in, and practical experience of designing, behaviour change interventions for sustainability.

The purpose of educating students in behaviour change for sustainability is to provide organisations and communities with knowledge and skills that are useful for promoting sustainable development. Transitioning towards sustainability is a complex challenge and considering human behaviour is important for succeeding with the transition. The knowledge and skills are applicable in many contexts, such as in commercial or public sector sustainability work, in grass-roots action or in other work seeking to contribute to sustainable development.

##### 3.2 Content

Why behaviour change is important for sustainable development

- The human behavioural system and theories of behaviour change
- The self-determination theory of motivation
- Psychological barriers to sustainable development
- Criticisms and ethics of using behaviour change approaches
- How to apply various behaviour change approaches for sustainability, including nudging

#### 4. Learning outcomes

The following learning outcomes are examined in the course:

##### 4.1 Knowledge and understanding

On completion of the course, the student will be able to:

- Use established models and theories to describe the behavioural system
- Explain various behaviour change approaches for sustainability
- Apply various behaviour change approaches in a project to address a sustainability issue

##### 4.2 Judgement and approach

On completion of the course, the student will be able to:

- Describe criticisms of and ethical considerations when taking a behaviour change approach
- Describe how to implement behaviour change techniques ethically

## 5. Learning activities

The course is given online. Students should expect to participate 20 hours per week, with live/synchronous seminars during 'usual' school hours.

Learning activities will be designed to encourage active engagement in order to foster deeper learning. Activities will include reading, watching videos and participating in discussions, seminars and project work in small teams. In order to facilitate higher levels of learning, students will work with staff to create a safe space with a trusting atmosphere where students can participate in deep, open dialogue, give feedback to each other and share their own reflections.

## 6. Assessment and grading

Modes of examinations of the course

Code	Module	Credits	Grade
2205	Take-home examination	4 credits	GU
2215	Written report	3.5 credits	GU

The course will be graded G Pass, UX Fail, supplementation required, U Fail.

Students will also have to submit three mandatory written assignments for formative feedback during the course. These assignments are for completion and, as such, do not contribute the final grade for the course.

The information before a course occasion states the assessment criteria and make explicit in which modes of examination that the learning outcomes are assessed.

An examiner can, after consulting the Disability Advisor at BTH, decide on a customized examination form for a student with a long-term disability to be provided with an examination equivalent to one given to a student who is not disabled.

## 7. Course evaluation

The course evaluation should be carried out in line with BTH:s course evaluation template and process.

## 8. Restrictions regarding degree

The course can form part of a degree but not together with another course the content of which completely or partly corresponds with the contents of this course.

## 9. Course literature and other materials of instruction

This book is available in print and as an e-book via the university's library:

TITLE: Engaged: Designing for Behavior Change

AUTHORS: Amy Bucher and Jeff Kreisler

PUBLISHER: Rosenfeld Media, 2020

PRINT ISBN: 9781933820422

EBOOK ISBN: 9781933820415

Other material will be made available on the learning management system.

## 10. Additional information

This course replaces the course SL1411