

30-Day Sustainability Challenge - Student Questionnaire

PRE / POST Evaluation - 62 Students

Tick one box: PRE ☐ POST ☐ Class: _____ Date: _____

Scale: 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree

N o	Statement	1	2	3	4	5
1	I understand what sustainability means.	☐	☐	☐	☐	☐
2	I understand how beach pollution affects the environment.	☐	☐	☐	☐	☐
3	I know why walking or cycling to school is more sustainable.	☐	☐	☐	☐	☐
4	I understand why reusable bottles reduce plastic waste.	☐	☐	☐	☐	☐
5	I know what composting is and why it is useful.	☐	☐	☐	☐	☐
6	I can explain how waste should be sorted correctly.	☐	☐	☐	☐	☐
7	I understand how small daily actions can help the planet.	☐	☐	☐	☐	☐
8	I use a reusable water bottle at school.	☐	☐	☐	☐	☐
9	I try to avoid single-use plastic.	☐	☐	☐	☐	☐
10	I walk or cycle when possible.	☐	☐	☐	☐	☐
11	I recycle correctly at school or at home.	☐	☐	☐	☐	☐
12	I try to save water and energy every day.	☐	☐	☐	☐	☐
13	I feel responsible for protecting the environment.	☐	☐	☐	☐	☐
14	I am willing to participate in environmental actions.	☐	☐	☐	☐	☐
15	I encourage others to act in a more sustainable way.	☐	☐	☐	☐	☐

Teacher note: For the results, answers 4 and 5 were counted as positive responses.

PRE / POST Results - 62 Students

Hypothetical completed results demonstrating the success of the 30-Day Sustainability Challenge

The following table presents positive responses, meaning students who selected 4 = Agree or 5 = Strongly Agree.

Indicator	PRE	PRE %	POST	POST %	Improvement
Understanding sustainability	29/62	47%	55/62	89%	+42%
Understanding beach pollution	31/62	50%	56/62	90%	+40%
Understanding green mobility	28/62	45%	53/62	85%	+40%
Understanding reusable bottles	34/62	55%	58/62	94%	+39%
Knowledge of composting	18/62	29%	51/62	82%	+53%
Correct waste sorting	26/62	42%	54/62	87%	+45%
Small actions help the planet	33/62	53%	57/62	92%	+39%
Using reusable bottles	27/62	44%	56/62	90%	+46%
Avoiding single-use plastic	23/62	37%	50/62	81%	+44%
Walking or cycling when possible	24/62	39%	45/62	73%	+34%
Recycling correctly	25/62	40%	52/62	84%	+44%
Saving water and energy	30/62	48%	51/62	82%	+34%
Environmental responsibility	35/62	56%	56/62	90%	+34%
Willingness to participate	38/62	61%	58/62	94%	+33%
Encouraging others	22/62	35%	49/62	79%	+44%

Overall Summary	Result
Students who participated	62 students
Participation rate	100%
Average PRE positive responses	45%
Average POST positive responses	85%
Overall improvement	+40%

Conclusion: The comparison between PRE and POST results shows a clear positive change in students' knowledge, attitudes and everyday sustainable behaviour. The strongest improvements were recorded in composting knowledge, reusable bottle use, single-use plastic reduction and correct recycling behaviour.