

**YOUR PERSONAL ENERGY SURVEY**  
**BEFORE-YOU-WATCH KILOWATT OURS**  
**ACTIVITY 3**

**Overview**

The purpose of this pre-viewing activity is to encourage students to begin thinking about energy and their own use and habits at home. This activity is not intended to be an assessment, but an introduction to *Kilowatt Ours* and energy.

**Objectives**

1. To increase awareness of personal energy consumption
2. To understand energy production and consumption
3. To identify possible solutions to energy issues

**Skills**

Critical Thinking  
Observation

**Time**

1 hour (including viewing of 25-minute *Kilowatt Ours National Edition*)

**Materials**

*Kilowatt Ours National Edition* DVD (2007)  
Pre-viewing Activity 3 Student Pages (pages 13-15)

**Procedure**

1. Ask your students to respond to the twenty questions in the Personal Energy Survey. They should be as honest and accurate as possible.
2. Answer the students' questions as they work through the survey. If they are not sure how to respond to a question, they should make their best guess.
3. When the students complete the survey, they will total their points. Let them know how they scored, according to the legend.
4. The activity may also be completed at home with assistance from adults.
5. Show *Kilowatt Ours: A Plan to Re-Energize America* to your students.
6. Discuss solutions and individual actions that students can take to save energy at home, using the Personal Energy Survey and the Easy Energy Saving Actions from the "Kilowatt Ours Challenge" activity as a guide.

*For each survey question, response 1 = one point, response 2 = 2 points, response 3 = 3 points.*

**27 or less:** *You have lots of room for improvement! You can start to make changes to save energy and money. There are many different simple actions you can take, beginning with the ideas in this survey and at [www.kilowattours.org](http://www.kilowattours.org).*

**28–51:** *You have made a great attempt to save energy, but you can still improve your habits to save even more. Think about areas in which you can make changes in your life.*

**52–60:** *Congratulations! You have done an excellent job with energy conservation! Your habits save both energy and money. Keep it up! (Challenge yourself to save even a little more, support green power, and become a net-zero home!)*

STUDENT PAGE

**YOUR PERSONAL ENERGY SURVEY**  
**BEFORE-YOU-WATCH KILOWATT OURS**  
**ACTIVITY 3**

Name \_\_\_\_\_ Date \_\_\_\_\_

**Circle the most accurate response** for each of the questions below:

1. People in my home wait until they have a full load of clothes before doing laundry.  
1 - Never  
2 - Sometimes  
3 - Often
2. I close the refrigerator door quickly after I decide what I want to eat.  
1 - Never  
2 - Sometimes  
3 - Often
3. The thermostat in my home during **winter** is set at (pick the closest one):  
1 - 80° F (degrees Fahrenheit) (very warm)  
2 - 70° F (warm)  
3 - 65° F (cool)
4. When I leave a room, I turn the lights off.  
1 - Never  
2 - Sometimes  
3 - Often
5. My family uses low-wattage light bulbs or compact fluorescent lights when possible, instead of incandescent light bulbs.  
1 - Never  
2 - Sometimes  
3 - Often
6. During the **summer**, the thermostat in my home is set at (pick the closest one):  
1 - 65° F  
2 - 72° F  
3 - 78° F
7. I close the windows and doors when the heat or air-conditioning is on.  
1 - Never  
2 - Sometimes  
3 - Often

STUDENT PAGE

**YOUR PERSONAL ENERGY SURVEY**  
**BEFORE-YOU-WATCH KILOWATT OURS**  
**ACTIVITY 3**

Name \_\_\_\_\_ Date \_\_\_\_\_

8. When no one is home for 4 hours or more, I adjust the thermostat (lower the temperature to 60° F in the winter and turn it up to 85° F in the summer).
  - 1 - Never
  - 2 - Sometimes
  - 3 - Often
  
9. I turn off or unplug the TV, CD player, computers and other appliances when no one is around or not using them.
  - 1 - Never
  - 2 - Sometimes
  - 3 - Often
  
10. When possible, people in my home dry their clothes outside on a clothesline instead of in the clothes dryer.
  - 1 - Never
  - 2 - Sometimes
  - 3 - Often
  
11. I use fans to help cool my home during the summer.
  - 1 - Never
  - 2 - Sometimes
  - 3 - Often
  
12. People in my home wait until they have a full load of dishes before using the dishwasher.
  - 1 - Never
  - 2 - Sometimes
  - 3 - Often
  
13. We recycle in our household (metal, plastic, glass, cardboard and paper).
  - 1 - Never
  - 2 - Sometimes
  - 3 - Often
  
14. When it is cold in the house, I put on a sweater or hat to help stay warm.
  - 1 - Never
  - 2 - Sometimes
  - 3 - Often
  
15. In our home we wash our clothes in cold water instead of warm or hot water.
  - 1 - Never
  - 2 - Sometimes
  - 3 - Often

STUDENT PAGE

**YOUR PERSONAL ENERGY SURVEY**  
**BEFORE-YOU-WATCH KILOWATT OURS**  
**ACTIVITY 3**

Name \_\_\_\_\_ Date \_\_\_\_\_

16. I take showers for (pick the closest one):  
1 - 20+ minutes  
2 - 10 minutes  
3 - 5 minutes
17. We set our hot water heater between 120° F and 130° F.  
1 - Never  
2 - Sometimes  
3 - Often
18. When my family leaves the house for more than one day, we adjust the temperature on the hot water heater, thermostat (air conditioner or heater), and refrigerator.  
1 - Never  
2 - Sometimes  
3 - Often
19. I know how to read the electric and gas meters at my home.  
1 - No  
2 - I think so/Sort of  
3 - Yes
20. I look at my electric and gas bills each month to keep track of my household's energy use.  
1 - Never  
2 - Sometimes  
3 - Often

Add up the total score of your responses.

Total = \_\_\_\_\_

Your teacher will tell you what your score means.

To start saving more energy—and money—at home, you and your family can do the simple actions in this survey. Ask your teacher for more ideas!