

Energy Conservation: What Can One Person Do?

This question prompted me to reflect on my daily behaviors and those of my family members, and I have discovered that there are several ways in which one person can make a difference in energy conservation. The first of these is an obvious one. The heating and cooling systems in our homes require quite a bit of energy to run. By adjusting the thermostat to lower temperatures in the winter and higher temperatures in the summer, tons of energy can be conserved. The dryer that dries our clothes is also one of the biggest culprits in consuming household energy. If one took the time to line dry or hang dry some of the loads of laundry instead of heat drying, a great deal of energy conservation would take place. My entire life I have watched my dad go from room to room after us turning off lights and televisions that weren't needed. I never really considered this before now, but ensuring that unnecessary lighting and televisions are turned off is another simple but excellent way to aid in energy conservation. Proper insulation of our homes also plays a big part in this process. By insisting on the installation of energy efficient windows and proper insulation in your house, you can reduce energy loss and waste dramatically. This ensures that heat is not lost in the winter and that our homes remain as cool as possible in the summertime, and as you all know, Texas summers can be absolutely brutal! Using large appliances like the dishwasher and oven less frequently can also help with the conservation of energy. Allowing dishes in the dishwasher to air dry by opening the door and using small appliances like the toaster, toaster oven, or microwave are also useful tips that I know I will keep in mind as I move into my new space at college.

While we typically think of energy conservation as conserving electricity, it can also be thought of in broader terms as all energy. There are multiple precautions one person can take to

help conserve vehicular energy as well. To conserve energy on the road, one can try to carpool as often as he or she can to reduce the amount of vehicles on the roads. It is also a good idea to rid your vehicle of any heavy items you do not need on a daily basis so that you are not weighed down more than you need to be. By performing regular and routine maintenance checks of your vehicle, one can ensure that it stays running as efficiently as possible. One can also make sure he or she drives the posted speed limits as often as possible to boost the fuel economy of his or her vehicle.

Through my examination of this question, I have discovered just how important one person can be when it comes to the conservation of energy. During the recent ice storm that hit our area, all Texans got a first-hand look at how important energy is in our daily lives. I believe we should all do our best to take these steps to conserve it.