

# “Research in Action” Podcast Instructor Guide

Use the following episode description, learning objectives, guiding questions and activity suggestions to more easily include “Research in Action” podcast episodes as a supplemental resource for your course.

# Dr. Mary Ellen Dello Stritto and Stephania Fregosi on Data and Methods in Sustainability Research [00:00-35:38]

Research in Action - Episode 173

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## Podcast and Episode Information

“Research in Action” is a weekly podcast about topics and issues related to research in higher education featuring experts across a range of disciplines.

On this episode of the podcast, the guest is Stephania Fregosi, Sustainability Analyst at Portland Community College. In her role, Stephania completes greenhouse gas inventories, the Sustainability, Tracking, and Rating system report, does research, and provides other support for the college. She earned her Master’s Degree in Environmental Law from the Vermont Law School and her Bachelor of Arts in Environmental Studies from Oberlin College. Stephania has worked in a variety of sustainability roles including sustainability coordination, project management, environmental assessment, community development, and environmental education. She has a passion for social justice, equity, and inclusion and recently served on the Diversity & Inclusion Committee as part of the advisory board of the Association for the Advancement of Sustainability in Higher Education.

*Segment One* [00:00-16:47] - In this segment, Stephania discusses what data and methods she uses in her role as a sustainability analyst.

*Segment Two* [16:48-35:38] - In this segment, Stephania discusses data analysis and the role of data in her work.

*Bonus Clip* [00:00-04:49]: Stephania's Educational Background and Professional Pathway

Show notes and a transcript for this episode can be found at:

<http://ecampus.oregonstate.edu/research/podcast/e173/>

## Learning Outcomes

By listening to this episode, students will be able to:

- Describe sustainability in higher education
- Discuss examples of areas that may be studied within the field of sustainability
- Provide an example of a data-informed decision making with regard to sustainability

## Guiding Questions for Listening

- How does Stephania Fregosi define sustainability?
- What types of data does Stephania Fregosi describe she uses in her current position?
- What are some examples of areas that may be studied within the field of sustainability?
- What are greenhouse gas emissions?
- What are some of the data conversions and data manipulations Stephania Fregosi performs in her work?
- What are some examples of the various data analyses Stephania Fregosi conducts in her research?
- According to Stephania Fregosi, what are some of the challenges associated with analyzing sustainability data?
- What led Stephania Fregosi to her current area of study? (See also, Bonus Clip)

## Possible Activities

- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e173/>) and look at an additional resource that is linked in connection with this episode. Students can write a short review of that resource to share with their peers.
- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e173/>) and post an additional resource connected to the content of the episode in the comments section.
- Have students share questions that are raised for them based on the content of this episode. What would they ask Stephania Fregosi if they could?

## Suggested Citation (APA, 6th edition)

Linder, K. (Producer/host). (2019, September 30). *Dr. Mary Ellen Dello Stritto and Stephania Fregosi on data and methods in sustainability research* [Audio podcast]. Retrieved from <http://ecampus.oregonstate.edu/research/podcast/e173/>

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## Notes

## About the Research in Action Podcast

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“Research in Action” (RIA) is a podcast about topics and issues related to research in higher education featuring experts across a range of disciplines. Episodes are posted weekly and include guest interviews and occasional solo episodes. Guests are from a range of higher education institutions and share their expertise on qualitative, quantitative and mixed methods as well as their personal experiences as researchers, research and writing practices, organizational and productivity strategies, and much more. Some weeks, bonus content will also be posted.

“Research in Action” is hosted by [Dr. Katie Linder](#), research director for Oregon State University Ecampus.

Visit the podcast website to view [show notes and transcripts for each episode](#), explore our [episode guide](#), learn more about how to [contact us](#), or [suggest a future guest or topic](#).

You may subscribe to the [“Research in Action” RSS feed](#) or access the podcast via [iTunes](#), [Soundcloud](#) or [Stitcher](#).

“Research in Action” is also listed on [MERLOT](#).

The “Research in Action” podcast is a resource funded by Oregon State University Ecampus, the university’s top-ranked online education provider.

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