Honors College
REQUIREMENTS PLANNING GUIDE

Honors Outcomes

**Leadership**
Identify key leadership skills, apply these leadership skills in novel settings, and grow from reflection upon your own leadership as well as the leadership of others.

**Inquiry, Analysis, and Research**
Demonstrate intellectual agency, identify scholarly questions and rigorous pathways to answer those questions, and apply techniques that will allow you to push the intellectual boundaries of your chosen discipline.

**Civic Engagement and Responsibility**
Recognize one’s place in a pluralistic society, identify opportunities for and engage in community partnerships, and demonstrate awareness of how to serve others as well as the capacity to do so.

**Wellbeing**
Develop a holistic view of wellness and an evidence-based approach toward wellbeing, and cultivate a growth mindset, intrinsic motivation, and personal grit.

**Innovation**
Enhance your ability to identify meaningful problems, apply your knowledge, skills, and dispositions to real-world issues, engage in risk analysis, and take action for positive change.

**Multiculturalism**
Develop empathic perspectives, engage in multiple ways of knowing, develop cultural sensitivity, and know your own positioning in a globally connected and diverse society.

You should meet these outcomes through a combination of Honors Courses and Co-Curricular experiences. Honors College courses and Honors Option Points (HOPs) are designed to challenge you to excel personally, intellectually, academically and professionally. They offer you the opportunity to develop the breadth of academic and professional experiences and personal growth that will showcase your accomplishments for graduate school and career opportunities.

**Requirements to graduate from the Honors College:**
Students must earn 4 HOPs in each of the 6 outcomes listed above. Additionally, they must choose to double their efforts in 2 outcomes of their choosing (8 HOPs in 2 outcomes). This results in a need for 32 total HOPs. For a three-year student, earning 4 HOPs in each of the 6 outcomes is all that is required.

**Requirements to graduate from the Honors College with High Honors:**
Earn 8 more HOPs, spread across 1 or 2 outcomes of their choosing. This results in a need for 40 total HOPs for a four-year student or 32 HOPs for a three-year student.

When a student completes each outcome, it is at that point where you will have to write a reflective piece about that outcome. Each reflection is required to certify completion of each outcome. At the end of a student’s Honors experience, these 6 reflections will be pulled together into a portfolio/narrative/project that serves as the student’s Honors Thesis.

HOPs can be earned through either traditional Honors courses, or through Honors eligible co-curricular experiences. Honors courses are worth 4 HOPs, which allows each course to fully meet the minimum requirement in 1 outcome. Eligible co-curricular experiences vary in worth between 1 and 4 HOPs, being weighted to try to match the depth, power, and impact of traditional curricular experiences.
In order to ensure that Honors courses remain an integral part of the Honors experience, each Honors student must complete a minimum of 4 Honors courses, and at least 1 of those Honors courses must come from a college outside of the home of their first academic major. For three-year students, this number falls to 3 Honors courses, with 1 Honors course coming from outside of the college of their first academic major. To recognize the power and growth of HIP designated courses on campus, HIP designated courses will be worth 2 HOPs and will count as Honors courses (rather than co-curricular experiences) for the purpose of meeting the minimum requirements for Honors graduation.

**Illustrative scenario**

Student X takes Dr. Hilton’s Honors Diversity course, which represents 4 HOPs of the Multiculturalism outcome, and would satisfy the minimum requirement for that outcome for Student X.

Alternatively, Student Y might be involved in planning and attending the SOL Dia De Los Muertos event, which would be worth 1 HOP of Multiculturalism, might engage in a spring alternative break in Brazil that would be worth 2 HOPs of Multiculturalism, and might do 10 service-learning hours in a food bank for 1 HOP of Multiculturalism. Together these eligible co-curricular experiences satisfy the Multiculturalism outcome.

In either path, both Student X and Student Y ultimately write a reflective piece relating to what they learned throughout the Multiculturalism experience and how that learning empowers them to have a bigger impact in their future. The completion of this reflective piece allows the Honors College to verify successful completion of the outcome.

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**HOPs Quick Guide**

| Honors Course = 4 HOPs | Research or Creative Project = 2-4 HOPs |
| Contract Course = 4 HOPs | Publication, Undergraduate Journal = 2 HOPs |
| HIP Designated Course = 2 HOPs | Publication, Professional Journal = 4 HOPs |
| Dual Major/Dual Degrees = 4 HOPs | Honors EBoard member = 2 HOPs |
| Minor = 2 HOPs | Honors EBoard President = 4 HOPs |
| Semester Study Abroad = 4 HOPs | Honors Subcommittee Membership = 2 HOPs |
| International Student Teaching = 4 HOPs | FLSP = 2 HOPs |
| Shorter Study Abroad = 2 HOPs | Student Organization Leadership = 2-4 HOPs |
| Service-Learning through OCEL = 2-4 HOPs | Alternate Break Participant = 2 HOPs |
| Student Symposium Presentation = 2 HOPs | Alternate Break Leader = 4 HOPs |
| Regional Conference Presentation = 2 HOPs | Special Honors Project = 2-4 HOPs |
| National Conference Presentation = 4 HOPs | Mini-Capstone Project = 2 HOPs |
| NCHC Conference Presentation = 2 HOPs | Honors Eligible Co-Curricular Event = 1-4 HOPs |

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**HONORS COURSES** *(Try to complete your Honors courses in your first two years, if possible)*

Honors classes are the curriculum of the honors experience and provide students with unique learning opportunities. Because they are limited to 25 students, honors classes are typically much more discussion-oriented and allow for more interaction with the professor. They are not designed to increase the class workload, but to give students an enhanced classroom experience. Honors classes fulfill Rock Studies (General Education) requirements and thus can be integrated into any major. Honors courses also introduce you to Honors faculty who can assist you with your academic development as an Honors student. **Strive to enroll in 1 - 2 Honors courses each semester during your freshman and sophomore years. Talk with your academic advisor about ways to help you fulfill your Honors course requirements as well as your major and Rock Studies requirements.** Make an appointment with the Honors Director if you are have questions about meeting the Honors College requirements.

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**SPECIAL HONORS PROJECTS** *(1 to 2 HOPs)*

In some cases, students undertake Honors Special Projects. Proposals must be approved by the HC Director prior to beginning the project, and the completed project must be approved by your supervising professor and by the Honors Director. See the Honors Special Projects form for details.
**CONTRACT COURSES**

A **Contract course** is designed to allow you to gain Honors credit for a course that is not an Honors course. A contract course involves completing a significant paper or project under supervision and guidance from your professor. Papers and special projects create wonderful opportunities for you to present your work at regional and national conferences and the SRU Research Symposium. **Contract proposals must be approved by the Honors Director prior to beginning a contract course, and the completed project must be approved by your professor and by the Honors Director.** You must receive permission from the Honors Director to do more than two contract courses.

**FOR HC CREDIT:** Turn in the Honors Contract Course Proposal form, proposal and a copy of the completed project.

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**INTERNATIONAL EXPERIENCE (See individual HOPs values below.)**

- **International Study Abroad Programs** allow you to study abroad for a semester or year of study. These programs are either exchange (students from each university swap places) or direct enrollments (SRU students enroll at the host university at a reduced cost.) Both offer reasonable and affordable options. Contact Office of Global Engagement for additional information.  **(4 HOPs)**

- **International Student Teaching** is specific to education majors and is offered in different locations. Contact the College of Education  **(4 HOPs)**

- **Shorter Study Abroad Programs** such as month-long summer programs or spring break trips may be eligible for **2 HOPs:** Talk to the Honors Director for details.

**FOR HC CREDIT:** Complete and submit the Honors Options Points Verification Form when you return to SRU.

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**CONFERENCE PRESENTATIONS: (See individual HOPs values below.)**

This option gives you the opportunity to present your research or creative activity at a regional or national conference. Contact the HP director or your professor to get started.

- **SRU Student Symposium (2 HOP)**

- **Regional conference presentation in a relevant discipline (2 HOP)**

- **National Conference presentation in a relevant discipline (4 HOPs)**

- **National Collegiate Honors Council (NCHC) presentation (2 HOP)**

**FOR HP CREDIT:** Complete and submit the Honors Options Points Verification Form after conference.

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**RESEARCH or CREATIVE PROJECT / THESIS (See individual HOPs values below.) **(Maximum 2 HOPs)

This option offers you the opportunity to carry out research or to experience writing a thesis under the direction of a faculty mentor. Contact your professor or academic advisor, and the Honors Director about this option. **Honors Research Project proposals must be approved by the HC Director prior to beginning a research project, and the completed project must be approved by your professor and by the Honors Director.**

- **Research/creative activity project** completed under the direction of a faculty member that is not part of a course or contract course  **(2 HOPs)**

**FOR HC CREDIT:** Complete and submit the Honors Options Points Verification Form. Outstanding projects may be considered for an Honors Scholar Research Award.

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**PUBLICATION OF RESEARCH (See individual HOPs values below.) **(Maximum 4 HOPs)

Contact a professor in your discipline about your interest, or talk to the Honors Director about honors publications.

- **Refereed undergraduate journal in a relevant discipline (2 HOP)**

- **Refereed professional journal in a relevant discipline (4 HOPs)**

**FOR HC CREDIT:** Complete and submit the Honors Options Points Verification Form after your publication is accepted.
Dual Majors or Dual Degrees (4 HOPs)

If you desire to earn two or more majors or dual degrees you should first seek the advisement from the specific academic departments that would be involved. This should take place normally after your freshman year. (This does not include Pre-Physical Therapy, Pre-PA or LECOM.)

Minors Earned (2 HOPs)

A minor is a set of courses that meet specific guidelines and that allow you to complete a sub-major concentration in a specific area of study. Discuss your interest in a minor with your advisor as well as the academic department of that area of study.

FOR Honors CREDIT: Provide a Degree Audit showing major/minor completion.

HONORS STUDENT LEADERSHIP HOPS (1-2 HOPs, repeatable)

There are a variety of student leadership experiences that can enrich your academic experience by assisting you to develop your skills, abilities and practices of leadership.
- First-Year Leaders Scholar Program (2 HOPs)
- Honors EBoard membership (2 HOPs per year)
- Honors EBoard president (4 HOPs per year)
- Student Organization Leadership (2-4 HOPs per year)

ALTERNATIVE BREAK PROGRAM (2 to 4 HOPs)

This is for participants or student leaders of SRU Office of Community Engaged Learning Winter and Spring Alternative Break Programs. Please see the Honors College Alternative Break HOP Application for details.
- Alternative Break Participant (2 HOP)
- Alternative Break Student Leader / Coordinator (4 HOPs)

MINI-CAPSTONE PROJECT (2 HOP)

For students that need one more HOP to fulfill Honors College requirements, there is an option to write a 3,000 word mini-capstone paper covering the following three areas: 1) a review of your experience as an Honors student; 2) reflection on how the Honors College experience impacted your studies at SRU, and how it relates to your major(s) and; 3) recommendations for improving the Honors College.

Contact the Honors College Director for more information on this option.

Semester to Semester Requirements

All Honors students are required to complete semester to semester requirements to remain a member in good standing of the Honors College:
1. Attend 2 Honors General Meetings each semester
2. Complete 5 hours of Community Service
3. Attend at least 2 honors events or the majority of 1 Honors series event. Examples include: attending a guest lecture, helping out with honors recruiting events, attending a community service event (i.e. Blood Drive), attending the majority of events in a particular Honors series event (i.e. Trivia Nights)
4. Join or be an active member of at least one other student organization