

Honors Outcomes/HOPs Worksheet

Step #1: Begin by listing everything you think you have done at SRU (or elsewhere) that would/might be worth HOPS. Please reference the Honors Requirement Guide if needed.

Step #2: Consider the 6 outcomes below and assign each of the items on your list an outcome that best fits.

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.

Step #3: Use the guide below to determine how many HOPS you think each experience from the list has earned.

Honors Class = 4	Research or Creative Project = 2-4	Student Org Leadership = 2-4
Contract Course = 4	Publication Undergrad Journal = 2	Alternative Break Participant = 2
Study Abroad = 4	Publication Professional Journal = 4	Alternative Break Leader = 4
International Student Teach = 4	Dual Major, Dual Degrees = 4	Service Learning through OCEL = 4
Shorter Study Abroad = 2	Minor = 2	Special Honors Project = 2-4
Regional Conference Presentation = 2	Honors EBoard = 4 per year	Mini-Capstone = 2
National Conference Presentation = 4	Honors Subcommittee = 2 per year	Honors Eligible Co-Curricular Event = 1-4
NCHC Presentation = 2	FLSP/ELE = 2	HIP designated course = 2

Step #4: Follow the directions on the "HOPS Verification Form" on CORE under "Forms" to submit your experience to the Honors Director for HOPS credit.

Remember that a student who graduates in 3 years requires 24 HOPS (4 in all 6 outcomes), 4 years requires 32 HOPS (4 in all outcomes + 8 additional). If you want to earn High Honors, you must earn 8 more HOPS than what is required for your number of years.