<div align="center">**Honors Individual Project [HIP]**</div>

Each student of the Helen Louise Hawk Honors Program [HHHP] is required to complete the Honors Individual Project (HIP). The is to be completed by the last semester of the senior year at CSUB. The **Honors Individual Project** gives the honors students a chance to gain unique experiences outside the traditional classroom setting and serves as a valuable transition from undergraduate studies to advanced study in the discipline or directly into a career.

HIP Options

The student has three options from which they can choose. All of them share [a] an individual supervision by a CSUB faculty mentor, typically in the student's major, with regular individual interactions; [b] the student having primary responsibility for his/her HIP experience; and [c] a culminating written product or oral presentation. The three options are:

1. **Research or Creative Activities.** This could be an individual research project guided by a faculty mentor in a research-based discipline. The project could be student-initiated or an element of the faculty mentor's research. On any project, the HHHP student must be the "lead student" or responsible for a specific aspect of the research.

2. **Internship/Field Placement.** An internship – for example, in accounting, public education, or a helping profession – can help the student get a taste of a possible career and develop community contacts. The internship should be developed via conversations with the faculty-mentor and possibly coordinated through the Center for Career Education & Community Engagement on campus.

3. **Study Abroad.** There are many enriching possibilities available in global citizenship. A faculty-mentor may have international contacts, experience, and interests. There are a number of Study Abroad programs available at CSUB, some specifically for HHHP students. Students who choose to study abroad have more options for their culminating project. They may complete any of the options described in the next paragraph, but they also may [a] take part in a video regarding their experience or [b] participate in a panel discussion during CSUB's International Week.

Culminating Product or Presentation: Each HIP will lead to a: [a] presentation at a scholarly meeting or a publication; [b] performance or exhibit based on a HIP activity in the arts; [c] a reflective paper following a field placement or study abroad; or [d] poster or oral presentation at the CSU Honors Conference or at a CSUB venue such as Student Research Scholars or the CSUB Honors Conference.

Timing: The HIP product or presentation must be completed prior to graduation. HHHP students often carry out their HIP during their senior year, but it is encouraged that the HIP activity be undertaken earlier. An activity that satisfies a requirement for the major may be counted as the HIP experience if it meets the criteria for one of the three options listed above.

HIP Submission: Once the HIP has been completed, it should be submitted on Canvas. The **Helen Louise Hawk Honors Program Canvas** course will become available to the honors students by the last semester of their studies at CSUB.

<div align="center">**Research/Reflective Paper Guidelines**</div>

1. The research/reflective paper should be 5-7 pages long, double-spaced, 12-font.
2. The research/reflective paper should have a title page
3. When appropriate, the research/reflective paper should have a bibliography page with literature properly cited

4. The research/reflective paper should comply with the most current CSUB policies regarding academic integrity and appropriate use of AI

Reflective Writing

- **Reflective Writing** is a creative form of writing where the writers engage in a learning journey that encourages them to explore their thoughts, feelings, and knowledge in a <u>professional manner</u>.
- **Reflective Writing** will include references to reading and documentaries that the writer has been critically exposed and informed his/her learning.
- **Reflective Writing** gives the writer insights that can lead to further learning, provide an opportunity for self-knowledge, provide a way to achieve clarity and better understanding on a given subject matter.