

Honors Individual Project [HIP]

ALL Helen Louise Hawk Honors students are required to complete the **Honors Individual Project (HIP)**.

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.

The **Honors Individual Project** must be completed by the last semester of the students' senior year at CSUB.

An activity that satisfies a requirement for the student's major may be counted as HIP experience if it meets the criteria for one of the three options listed below.

Honors Individual Project Options

The Helen Louise Hawk Honors student has three options from which they can choose.

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 section.

Research/Reflective Paper Guidelines

The research/reflective paper should:

1. be a Word.doc or PDF document
2. be typed, 5-7 pages long, double-spaced, 12-font.
3. should have a title page
4. have a bibliography page with literature properly cited
5. 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 professional manner.
- **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.

Culminating HIP Product or Presentation

Each Honors Individual Project **may** lead to:

- Taking part in a video regarding their experience
- Participating in a panel discussion during CSUB's International Week
- A presentation at a scholarly meeting or a publication
- A performance or exhibit based on a HIP activity in the arts
- A reflective paper following a field placement or study abroad
- A poster or oral presentation at the CSU Honors Conference or at a CSUB venue such as Student Research Scholars or the CSUB Honors Conference.

HIP Submission

By the last semester of their senior year at CSUB, the HHP **graduating** students, whose **cumulative GPA is 3.2 and above**, are required to submit their Honors Individual Project on Canvas. The **qualifying** HHP seniors will receive an email from the director of the program with instructions to self-enroll to the course.