**Title of Proposal**

# **Student Name**

# **Email Address**

# **N Number**

A Capstone Reflection

Hicks Honors College

# **Capstone Mentor Name**

# **Capstone Mentor Email**

# **Department**

Intended Graduation Date: Month Year

## **Capstone Project Summary**

This is a one-paragraph summary of your capstone project/experience. This is where you talk about the type of work you are doing, the company or faculty member you worked with, and the project outcomes. Remove template instructional text in your final document.

## **Learning Outcomes Reflection**

Refer to each of the learning outcomes listed in your Capstone Proposal. For each learning outcome, write a separate paragraph that addresses each of the following questions: Did you achieve this learning outcome in your capstone project/experience? How was the learning outcome realized? Include specific examples from your capstone experience that demonstrate how you met the learning outcome. List the original learning outcome as a secondary heading. You are welcome to include new learning outcomes if any arose during the capstone project/experience. If a learning outcome was not realized, reflect on why the outcome was not realized. The learning outcomes reflection portion of your capstone reflection should be at least 2-3 pages in length. Remove template instructional text in your final document.

## **Career/Professional Reflection**

In this section of the Reflection, consider how the project/experience impacted your future career or profession. How did your capstone project clarify your thinking about your post-graduate educational or employment plans? Discuss knowledge and/or skills learned or reinforced that can help you meet your career or professional goals. Remove template instructional text in your final document.

## **Honors College Reflection**

Address how the actual capstone experience conformed to or diverged from your expectations for this experience. How did the capstone project/experience “cap” your overall educational experience at UNF, specifically your Hicks Honors College experience?

Reflect on the focus areas of student development embraced by the Hicks Honors College (Critical Thinking, Leadership, Engagement, Interdisciplinary Perspective, and Global Awareness). Review your Capstone Proposal to see which focus areas you previously selected as areas of focus for your capstone experience. Write at least one paragraph for each selected focus area discussing how your capstone experience supported your growth in that particular focus area. Provide specific examples from your capstone experience in your writing. This section of the document should have a minimum of three paragraphs. Remove template instructional text in your final document.

## **Areas of Strength**

In this section of the reflection, write 3-5 paragraphs describing areas of strength that make you a marketable candidate for employment, graduate school, or professional school. For each area of strength, provide specific examples from your capstone experience and/or your time as an undergraduate at UNF. This section of the reflection is not limited to your capstone experience and can include a discussion of coursework and experiences from your time as a UNF undergraduate student. Remove template instructional text in your final document.

## **Areas for Growth**

Consider your goals for the future. Use this section of the reflection to write 3-5 paragraphs describing areas where you would like to expand your knowledge or improve a specific skill. This section can include a discussion of hard skills (e.g., knowledge of Python computer programming language) or soft skills (e.g., overcoming fear of public speaking). For each area of growth, write why you believe this area of growth is necessary and important for you and how this area of growth is important for your future career.

## **Capstone Reflection Signature Page**

#### **Student Name:** Click or tap here to enter text.

By signing below, I attest that all work contained in this document is my own and reflects my personal capstone project experience.


#### **Mentor Name:**Click or tap here to enter text.

By signing below, I attest that the student listed above has completed all requirements necessary and important to encompass a meaningful Honors capstone experience.

