Self-Designed Experience Proposal

**Guidelines**

* **Timeline**: Submit proposals and revisions to the UHP database by the 5th of each month. Proposals should be submitted one month prior to the expected start date of the experience. International travel experiences require at least two months’ notice.
* **Format**: Maintain the proposal format (e.g. headers, layout). Do not delete boxes.
* **Submission process**: Access the UHP Database (<https://webapps.uc.edu/uchonorsstudent>). Add a new record in the “Tracking Project” tab and upload your proposal document as an attachment (Word documents only – no PDFs).

***Note regarding Financial Aid and Honors Grants****: All proposals with a grant request are reviewed in collaboration with the Office of Student Financial Aid. There is no guarantee of grant funding nor of a specific grant amount. Honors grant awards are typically 20% or less of the approved budget. The quality of your proposal can also impact a grant award. Honors grants are posted to students' accounts as scholarships and can affect an individual student’s financial aid. Some students may not be eligible to receive a grant due to their financial aid status. If awarded an honors grant, students acknowledge full awareness of possible financial aid implications.*

**Independent International Travel**

If you are proposing travel independent of UC faculty, staff or a UC student group, you must submit your self-designed proposal by the following deadlines:

* October 5 – winter break experiences
* January 5 – spring break experiences
* March 5 – May/June experiences
* April 5 – July/August experiences
* June 5 – fall experiences

All independent, international honors experiences require a completed Worldwide Honors Experience application through UC International. UC International will verify successful completion of the application before an experience can be approved. Additionally, the [Student Travel Policy](https://www.uc.edu/content/dam/uc/af/financialpolicies/Docs/Student%20Travel%20Policy.pdf) restricts UC-sponsored travel to countries under a [U.S. Department of State Travel Advisory](http://travel.state.gov/content/passports/english/alertswarnings.html). Those who wish to visit a country or area within a country with a **Level 3 or higher Travel Advisory Level** must seek an [exemption](https://www.uc.edu/campus-life/study-abroad/apply/restrictions.html) through UC International. Students traveling without a faculty or staff leader must individually request an exemption. ***We cannot allow you to count this travel as an honors experience nor can we give you a grant without an approved exemption.*** See more information on the UHP [international travel](https://www.uc.edu/campus-life/honors/students/experiences/international-travel.html) page.

**ACKNOWLEDGEMENT AND ASSUMPTION OF RISK**

*Assumption of Risks: The honors experience and related experiential learning as described below may contain certain inherent risks that cannot not be eliminated. Aware of the risks, dangers, and hazards known and unknown to me, I agree individually, and on behalf of my heirs, successors, assigns and personal representatives, to* ***ASSUME AND ACCEPT ALL THE RISKS, DANGERS, HAZARDS, AND RESPONSIBILITIES*** *resulting in or arising from my participation in the experience.*

*Your e-signature, which will be completed in the UHP database prior to proposal submission, confirms that you acknowledge that you have read the entire proposal, that you understand its terms, that you have had the time and opportunity to read and ask questions regarding the proposal, you are fully aware of possible financial aid and tuition implications, and that you have signed it knowingly and voluntarily.*

**Basic Information**

Full Name: Arman Angeles

Title of Experience: PATH (Projects for Assistance in Transition from Homelessness) Homeless Outreach

[Competency/Competencies](https://www.uc.edu/campus-life/honors/about/competencies.html): Community Engagement, Global Studies, Leadership

Expected Start Date: At the time of approval (I am already doing the experience)

Expected End Date: December 17, 2021

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| **Personal Connection****Section must include:*** Explanation of why this experience matters to you
* Explanation of how this experience will help you progress toward becoming a [global citizen scholar](https://www.uc.edu/campus-life/honors/about.html)

This experience means the world to me. I have the ability go out into our community and help change the lives of individuals experiencing homelessness. Creating opportunities for these individuals that completely and positively change the way they are living their lives is hard to put into words. With that being said, I feel that this experience will tremendously help my progress toward becoming a global citizen scholar. I can engage with many agencies in Cincinnati to help brainstorm ideas to fight homelessness. I am also out in the community for most of the experience meeting individuals that are experiencing homelessness. These people come from a wide variety of backgrounds, experiences, ethnicities, and races. Because of this, I am in the position to learn about the culture that these individuals had once lived in. This allows me to compare our culture to their and strategize how to make them feel more included and welcome in Cincinnati. Lastly, I am able to learn from and to teach my coworkers and clients on subjects such as mental health, substance use disorders, and housing opportunities and complications. I feel that this experience greatly encompasses what it means to be a global citizen scholar, and that it will help me better understand how I can work towards this goal.Advisor Revisions/Feedback |

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| **Abstract****Section must include:*** Brief description of the experience and explanation of how you will reach the 75+ hours requirement
* Description of risks (if any) inherent in this experience and safety precautions you will take
* Itinerary, including locations and dates, for any travel experience

*PATH Homeless Outreach involves engaging with homeless individuals throughout Hamilton County and connecting them to several services including mental health services, substance use treatment, and housing assistance. I will be engaging with individuals at their sleeping location, which can be a tent, a car, a bench, or an abandoned building. I will then introduce myself and the services that we offer. If the individual is interested in any of our services, I will do an intake with them and then continue to reengage until all their desired services are fulfilled. I will be working 21-22 hours a week, so this will put me around 273-330 hours over the course of this semester.**The risks of this experience include being in secluded locations with paranoid, worried individuals, driving around Cincinnati, and being in locations with many littered, used needles. These risks can be minimized by using de-escalation techniques and always being aware of your surroundings. If there are any times that I feel that I am in danger or uncomfortable, I will immediately remove myself from the situation and go to a location where I feel safe.**I will be working 8 hours Monday, 5-6 hours Wednesday, and 8 hours Friday every week all the way into winter break. The office of PATH is at 411 Gest St. at the David & Rebecca Barron Center for Men; however, outreach takes place across all of Hamilton County, where any individual experiencing homelessness is sleeping.* Advisor Revisions/Feedback: |

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| **Advisor****Section must include:*** Experience advisor name and contact information
* Description of why advisor was selected
* Specific plans to engage with advisor

*Note: Advisor(s) should have knowledge or expertise in an area related to the experience and be able to help you craft your experience goals. Honors advisors, undergraduate students, and family members cannot be experience advisors.**Megan Jones – PATH and Gen513 Homeless Outreach Supervisor**mjones@gcbhs.com**I selected Megan as my advisor because she is the supervisor of the program. She has been working with the homeless in this field for 10 years and has a vast amount of knowledge in the subject. She is a great person to learn from and will also be critical of my work and engagement. I will be having one-on-one meetings with Megan every other week, and a weekly team meeting every Monday. I also will be able to ask Megan any questions that I have throughout the day via email or text.*Advisor Revisions/Feedback: |

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| **Goals Related to Competency/Competencies:****Section must include:*** Two specific and measurable **experience** goals related to chosen [competency/competencies](https://www.uc.edu/campus-life/honors/about/competencies.html) outlining the intended results/outcomes/achievements
* Two specific **personal** goals related to chosen [competency/competencies](https://www.uc.edu/campus-life/honors/about/competencies.html) outlining how you hope to grow as a result of this experience
* Examples of activities and explanation of how each will assist in the progress toward the goals

*Community Engagement Goal – Engage with at least 50 homeless individuals over the semester and arrange services with at least 5 different agencies with resources available for homeless individuals.* *Ex. – I will try to engage with a new individual during each shift that I work and seek out agencies that have vouchers for personal identification such as ID’s and social security cards.**Leadership Goal – Lead 5 team meetings regarding growing resources and allocating funds for supplies that can help homeless individuals stay safe and healthy.**Ex. – I will research other communities with a high homeless population and analyze their guidelines to see if there are better procedures that we could implement.**Personal Goal 1 – I want to grow my knowledge of community resources for homeless individuals, so that I can deliver assistance in any circumstance that is experienced.**Ex. – I will reach out to agencies that are already established to see if they have a network of resources for targeting different goals.**Personal Goal 2 – I want to develop my public speaking skills by presenting our services to agencies that are not aware to become a stronger leader.**Ex. – I will reach out to possible locations and businesses that may view a higher traffic of homelessness and present our contact information to them, so that they know what they can do when seeing these individuals.*Advisor Revisions/Feedback: |

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| **Academic Resources Connected to the Goals** **Section must include:*** Two to three academic resources connected to your goals
* Title and author of each resource
* Description of how resources will help make progress toward the goals

*Note: Academic resources are professional/academic works that can be used to assist your understanding of the topic. Some examples are books, research journals, documentaries, or videos.* *Strategies for Improving Homeless People’s Access to Mainstream Benefits and Services – Martha B., Jenneth C., Samuel H.**A major issue in this field is connecting the population to the proper benefits that will boost the time that it will take to transition out of homelessness. Any knowledge that I can gain to improve accessibility for the homeless will greatly increase how well I can perform my duties.**Substance Abuse Treatment for Persons with Co-Occurring Disorders: Chapter 5: Strategies for Working with Clients with Co-Occurring Disorders – Substance Abuse & Mental Health Services Administration* *Many homeless individuals suffer from mental illness and substance use disorders. Learning to work with these individuals is crucial to providing the best service possible. Chapter 5 of this book describes some strategies to accomplish quality service for people with co-occurring disorders.*Advisor Revisions/Feedback: |

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| **On-going Reflection****Section must include:** * Method for ongoing reflection
* List questions you plan to ask yourself to gauge your growth related to your goals as well as understanding of the selected competency/competencies

*The on-going reflection should help you process the experience and progress toward the goals you have identified.* *Note: A variety of methods can be used for reflection. Some examples are videos, drawings, blogs, songs, and journals.**I will be keeping a journal written after every meeting with my supervisor and reflect on the previous weeks as the semester goes one.** *What has the best strategies been for finding new resources?*
* *What has been the best way to connect with new homeless individuals?*
* *How can we better develop the procedures we follow to help individuals?*
* *How can I improve presenting our services to other agencies?*
* *How can I improve my daily schedule to optimize the time I have with different individuals?*

Advisor Revisions/Feedback: |

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| **Sharing Your Learning****Section must include:** * At least one method to actively share what you learned focused on growth connected to competency/competencies
* A specific audience and why the audience was selected

*While social media can be an effective platform for sharing, only posting on your learning portfolio or social media account(s) does not reach a targeted audience.* *Along with posting on my learning portfolio, I will be engaging with university students to break the stigma around homelessness and giving options to these students on how to best help fight homelessness in Cincinnati. I will prefer to do this through smaller group presentations rather than large group because I feel that it will be more impactful. I want to spread this information to individuals going into social work, mental health, and community health fields. I also want to target other Neuroscience majors, like myself, in the courses that I take.*Advisor Revisions/Feedback: |

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| **Budget (if applicable)****Section must include:** * Itemized budget of expenditures with sources to justify estimates (review information on [Honors Grants](https://www.uc.edu/campus-life/honors/students/grants.html))

*The UHP no longer provides honors grants for unpaid research or internships. You can still complete these as honors experiences, but cannot receive a grant.**Enter budget information in this space.*Advisor Revisions/Feedback: |