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>). Create a new project in the “Self-Designed Experiences” 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: Helene Schaefer

Title of Experience: Pressing and Researching Flowers

Focus Area: Innovation

Expected Start Date: April 10, 2023

Expected End Date: July 10, 2023

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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)   *My inspiration for this experience came from my Mother. Her pressed wedding bouquet is hung in our living room as a reminder of her and my father’s special day. I think it is a very beautiful way to honor such a personal and important event. I want to create arrangements for myself as I get older and have new adventures. This experience will be important for me to learn the basics of flower pressing and get practice with it. I am also very interested in learning more about what types of flowers grow in the Cincinnati area. With this information, I hope to get a better understanding of keystone plants in the environment that need to be protected.*  *This experience will give me a creative outlet during the spring & summer semesters. In the spring, I will be taking all STEM classes, and during the summer, I will be on co-op as a project engineer. This will help me to have a well-rounded sophomore year of college as a global citizen scholar. I think it is very important as a member of a the UHP to stay involved with areas that are not specific to my major. This experience will give me an opportunity to research and design arrangement of a personal passion- flowers.*  Advisor Revisions/Feedback |

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| **Abstract**  **Section must include:**   * Description of the experience and breakdown 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   *This experience will be broken down into 3 sections: research, flower collecting and pressing, and display.*   * *Research: During the first part of the experience, I will look into different locations where flowers are growing. When I come upon the flowers, I will identify it using my phone before deciding to take a cutting. If I deem the flower as able to be collected, I will write down notes about it. I will reference these notes once I am home and create a much more in depth report on the plant.* * *I will be doing research for a minimum of 20 minutes per flower collected. Once I meet my goal of 75 flowers collected, with 20 minutes of research for each one, it will sum to 25 hours.* * *Flower collecting and pressing: Collecting the flowers will consist of cutting the stems without damaging the rest of the plant then transporting them back to my apartment. I will then layout the specimens in a way to properly display the features once it has been flattened. After laying out all of the flowers and marking the starting date, I will let them sit under heavy weights for about a month.* * *This process will take about 45 minutes per each of the 75 flowers, totaling to 34.25 hours of my work. However, there will be an entire month (30 days x 24 hours = 720 hours) of the flowers physically being pressed.* * *Display: This part of the experience will consist of designing and assembling my flower displays. This is where I will get to be creative with how I will maximize the amount of flowers in each display while still making it look tasteful. Any flowers that are not able to be used in the picture frames will be mounted onto cards.* * *I will be creating the displays for about 15 minutes for each specimen. For my goal of 75 flowers collected, with 15 minutes for each one, it will sum to 18.75 hours.*   *The time requirement will be met through meeting my experience goal of collecting 75 flowers. 75 hours is the minimum amount of time that I will be spending on the experience since I hope to exceed the collection goal.*  *There will be no risks associated with this experience.*  Advisor Revisions/Feedback: |

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| **Experience Mentor:**  **Section must include:**   * Experience mentor name and contact information * Description of why mentor was selected * Specific plans to engage with mentor   *Note: Experience Mentor(s) should have knowledge/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 mentors.*  *M. Boschert*  *(XXX) XXX-XXXX*  *Mrs. Boschert is a family friend who is very knowledgeable about plants. I will be discussing with her where to collect flowers as well as confirming specimen identifications with her. I plan on meeting with her every other week but there will most likely be more frequent contact when questions of mine may arise.*  Advisor Revisions/Feedback: |

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| **Goals Related to Focus Area:**  **Section must include four (4) goals:**   * Experience Goals: two (2) specific goals related to chosen focus area(s) outlining the intended results/outcomes/achievements * Personal Goals: two (2) specific goals related to chosen focus area(s) outlining how you hope to grow as a result of this experience * List the activities that will help you progress towards your goals and how each relates to your experience   *Note: These goals should adhere to the SMART format. Please check out this* [*SMART goal video overview*](https://www.youtube.com/watch?v=1-SvuFIQjK8&ab_channel=DecisionSkills) *on YouTube for more details.*  *Experience Goal 1: Collect 75+ flowers from permitted locations, press them, and arrange them into displays.*   * *This goal can be achieved by going out every week to look for new flowers that have bloomed. I will be collecting them and promptly pressing them to get the freshest blooms. I will make sure I get to the goal amount of 75 flowers by exploring multiple locations with flower varieties.*   *Experience Goal 2: Classify specimens collected for preservation and display purposes.*   * *I will reach this goal by always researching the flower type before collecting. This will avoid damage to the environment if it is an endangered or a keystone (vital) part of the ecosystem. I will also be sure to remove the flowers without harming plants.*   *Personal Goal 1: Engage with the outdoors and practice creativity with an open and positive mindset.*   * *Through taking walks and exploring, I will spend lots of time outdoors looking for flowers and collecting information about them. I will also brainstorm unique and complimentary designs for displaying the specimens. Once the pressing stage of the project is complete, I will get to construct the arrangements while practicing creativity and ideas I previously brainstormed.*   *Personal Goal 2: Reflect upon how I can help the environment as I research.*   * *This goal can be achieved by looking into each flowers role in the ecosystem it is living in. Understanding how it is benefitting or negatively impacting the area it is in will give me a basis for what I could do with it. I will keep written documentation of any ideas I come up with.*     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.*  *“The Emotional Experience of Flowers: Zoomed in, Zoomed out and Painted” by Jacqueline Urakami, Ephrat Huss, Mitsue Nagamine, Johanna Czamanshi-Cohen, and Michele Zaccai*   * *This journal dives into the positive emotional reactions of people when they are around flowers. I will keep this resource in mind as I work on this project, reminding myself to enjoy the process and focus on the beauty of the flowers. This will be especially helpful in times of stress since when I need to remember that this experience is meant to be of benefit rather than harm.*   *“Plant Identification Basics” by Jane Mangold*   * *This resource will help me to understand the foundations for identifying plants as I begin collecting specimens for this experience. In order to only collect species that I am permitted to, I need to know what plant I am inquiring about. I hope to understand the techniques of identification to make my work as efficient, thorough, and harmless as possible.*   Advisor Revisions/Feedback: |

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| **On-going Reflection**  **Section must include:**   * Method for ongoing reflection * List 3-5 open-ended questions that you plan to ask yourself throughout your experience to gauge your growth, be aligned with your four goals, and demonstrate understanding of your selected focus area(s).   *Note: The on-going reflection should help you process the experience and progress toward the goals you have identified. Not every question will be applicable every time you reflect. Reflection questions can be related to specific goals; they do not need to be applicable to your entire experience. A variety of methods can be used for reflection. Some examples are videos, drawings, blogs, songs, and journals.*  *I will properly document the reflections and information throughout this experience by creating a journal. I will carry a notepad with me at all times to write down notes about where flowers are collected, species they are identified as, and the date of collection. Samples of this journal will then be made available on my learning portfolio and will be a reflection on my personal development.*  *Reflection questions:*   1. *What am I doing throughout this experience to engage in creativity?* 2. *How do I feel connected with nature throughout this experience?* 3. *What new information have I learned about flowers or the environment that I did not previously know?* 4. *Am I taking the location of the flower into account when I am collecting it?* 5. *How can I improve the environment through my learning during this experience?*   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 focus area(s) * A specific audience and why the audience was selected   *Note: 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 sharing the knowledge I have gained throughout the experience by communicating with my roommates at the University of Cincinnati. I am also planning on sharing with members of the sorority Kappa Alpha Theta. I will be targeting them specifically because they have minimal previous knowledge of flower pressing and botanicals. I hope to share my learning with them so that they can take part in admiring natural beauty and understand the native, invasive, and endangered species in the Cincinnati area. My flower displays will be mounted in my apartment where my roommates can continuously be reminded of the learning.*  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))   *Note: 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.*  *For this experience, I am hoping to display my pressed flowers in 11x14 double paned picture frames. I need 6 frames with 6 additional panes of glass in order to properly display the flowers. This will keep the flowers pressed between two pieces of glass instead of being mounted on backings. I want to avoid gluing the flowers onto the picture frame mat because it could cause damage to the delicate petals.*  *Based on Wayfair’s online pricing:*  *Ailise Metal Gallery Picture Frame – Set of 6 ………...$127.49*  *Based on Home Depot’s online pricing:*  *11 in. x 14 in. x 3/32 in. Clear Glass………...$4.98 x 6 = $29.88*  *Based on Target’s online pricing:*  *Spiral bound notebook………...$10.99*  *Total charges: $168.36*  Advisor Revisions/Feedback: |