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](http://www.uc.edu/international/study-abroad/applying-to-study-abroad/travel-restrictions---exemptions.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/honors/students/experiences/internationaltravel.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: Katy Hildebrant

Title of Experience: Bearcats Academy Mentor

[Competency/Competencies](https://www.uc.edu/honors/about/competencies.html):

Expected Start Date: 10/12/20

Expected End Date: 05/1/20

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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/honors/about/vision.html)   *This experience matters to me because I have always felt that those who have the ability to help others should do so. One of the ways that I have been able to help others in the past is through tutoring. In high school, I was an avid tutor, tutoring students for two organizations after school and on my own time. I enjoyed tutoring because I was able to strengthen my own skills while teaching others. Because of this experience as a tutor, the opportunity to be a mentor for a student is very important to me. I am excited to be able to give back to a student not just academically but emotionally as well. This experience will help me progress toward becoming a global citizen scholar by positively impacting my interpersonal and leadership skills. Additionally, I think that one of the cornerstones of being a global citizen scholar is being selfless. By going out of my way to share some of my knowledge and experiences with someone else, I can help them succeed in their goals and obtain success, which I think is a selfless thing to do for another person.*  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   *Being a mentor for Bearcats Academy involves meeting with my mentee, a high school student from a Cincinnati public school, at least once a week for an hour-long mentoring session. In these sessions, we talk about the student’s academic and life goals, their current high school experiences, what they are learning, and more. I will reach the 75+ hours requirement because each semester, we spend a minimum of fifteen hours in just the mentoring sessions, making it at least 30 hours per year. In addition to the mentoring sessions, I will also spend a considerable amount of time planning each session and keeping track of the student’s progress. This process, too will take place every week and last about an hour, bringing the estimated time total to a minimum of 60 hours. Furthermore, I will be attending mentor meetings once a month which last an hour, adding about 7 more hours to my time spent. Finally, I will be attending several additional Bearcats Academy events throughout the year, such as family days and social sessions. These days will bring the total number of hours to over 75. There are no risks inherent in this experience and there will be no travel experience as the mentoring is taking place online this year.*  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.*  *Advisor name and info: Alice Deters,* [*detersak@mail.uc.edu*](mailto:detersak@mail.uc.edu)  *I chose Alice Deters as my advisor because she is a graduate student and one of the facilitators of Bearcats Academy, which means that she knows a lot about both the program itself and being a student at the University of Cincinnati. I will be meeting with her for an hour at least once a month along with the rest of the mentors in Bearcats Academy. In addition to this, she is the person I will contact in case I ever have any questions about the program or any concerns.*  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/honors/about/competencies.html) outlining the intended results/outcomes/achievements * Two specific **personal** goals related to chosen [competency/competencies](https://www.uc.edu/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   *Two specific and measurable experience goals:*   1. *Improve my leadership abilities to the point where I can motivate and inspire my mentee to take on an extra responsibility, whether that be joining an organization or picking a skill to teach themselves.*   *This first goal can be achieved by working hard in each of my mentoring sessions each week to share with my mentee my own interests and involvements. This can also be done by dedicating time to helping my mentee determine what they are interested in doing both presently and in the future and helping them research related opportunities.*   1. *Take on an additional leadership opportunity that the program provides for mentees.*   *This second goal will be achieved by seizing the opportunity to lead one of the social sessions that Bearcats Academy provides for mentees. These social sessions are not mandatory for mentors, so by leading one of them, I will be taking on additional leadership responsibilities.*  *Two specific personal goals:*   1. *Create a strong and meaningful relationship with my mentee to the point where we feel comfortable working together and sharing our experiences.*   *This first goal can be achieved by participating in various activities with my mentee, such as icebreaker activities or holding conversations. These will help us to get to know each other better and therefore develop a sense of trust.*   1. *Become a better listener.*   *This second goal can be achieved by practicing good listening skills, such as taking notes and removing all distractions from my workspace during our mentor/ mentee sessions. It can also be achieved by generating a list of possible topics that I can ask my mentee about during each meeting. By generating a list of topics, I can think about how they relate to our mentoring goals which will make me more invested in hearing what my mentee has to say.*  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.*   * *Resource 1: The Coaching Habit: Say Less, Ask More & Change the Way You Lead Forever by Michael Bungay Stanier.*   *This resource will help me make progress towards my goals because it will help me become a better listener and leader. As a mentor, I need to set a good example for my mentee, and this book will help me make sure that I am doing exactly that.*   * *Resource 2: Mentoring Programs That Work by Jenn Labin.*   *This resource will help me make progress towards my goals by giving me a better understanding of what exactly being a mentor means. As I mentioned before, I have a lot of experience tutoring people, but I have never actually been someone’s mentor. Therefore, it is vital that I learn more about what it means to be a mentor so that I can be an effective leader and be as beneficial to my mentee as possible.*  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 participate in ongoing reflection by keeping an online journal about my experience. Each week, I will write a journal entry reflecting on how that week’s mentor/ mentee session went, making sure to include a few things that went well and a few things that I want to improve.*  *Questions I plan to ask myself:*   * *What have I taught my mentee thus far?* * *How have I been able to get to know my mentee thus far and what have I learned about them?* * *Which method of getting to know my mentee has been the most effective (i.e. icebreakers, conversations, etc.)?* * *How have I demonstrated good listening and leadership skills thus far?*   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.*  *I would like to actively share what I learned by taking on an even more involved role next semester and promoting Bearcats Academy both to current students at Cincinnati Public Schools. I selected this audience because it is the group of people who can be involved in Bearcats Academy and therefore are most likely to be interested in learning about it. I would like to actively share with this audience by participating in some of the Bearcats Academy programs that involve not just mentees but also students who are not a part of the program. By participating in these programs, I will get the opportunity to interact with lots of new students and I will be able to share with them what I have learned and how the experience could benefit them.*  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](http://www.uc.edu/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.*  *There is no budget needed for this experience.*  Advisor Revisions/Feedback: |