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 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.***

**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: David James Mulligan III

Title of Experience: Serve Beyond Cincinnati – Spring Break 2020

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

Expected Start Date: March 15th, 2019

Expected End Date: March 22nd, 2019

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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)   *Engineering has given me a diverse skill set that includes designing, building, and working as a team. I have seen several news stories about people who could need assistance in terms of their living situations, and I think my skills could benefit them greatly. I would really like to use my abilities to help those who are less fortunate.*  *This trip will help me progress toward becoming a Global Citizen Scholar by combining my passions for engineering and community service. I have never volunteered for something related to my major, and I strongly believe that this experience could urge me toward a career where I am using my education for the benefit of others; in doing so, I will accomplish two of UHP’s visions – enhancing my talents and prioritizing global responsibility.*  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   *For an entire week over Spring Break, I will be helping The Fuller Center of Greater NYC with their mission: “To match the financial opportunities and volunteer interest with the needs of those seeking simple, decent places to live.” Essentially, I will be working with other volunteers to improve the living situations of those in Westchester County and NYC. We will work approximately 8-10 hours per day on these projects, and partake in at least 15 hours of social activities throughout the week; including travel and miscellaneous time, this will put my time commitment well above the 75-hour requirement.*  *A potential risk during this project is injury due to manual labor. To avoid this, I will refrain from lifting heavy loads by myself, and be sure to rest during my scheduled breaks. I will also make sure to travel with a friend at all times, since I am unfamiliar with the area.*  *Timeline:*  *3/15 – Fly from Cincinnati to Westchester County*  *3/16-3/21 – Work on various projects during the day, social activities in the evening*  *3/22 – Fly from Westchester County to Cincinnati*  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.*  *I was not able to get an advisor’s contact information before the January 5th submission deadline, so here is all the information I have so far:*  *My direct supervisor will be the leader of Serve Beyond Cincinnati, Madison Link; however, she cannot be an experience advisor because she is an undergraduate student. Madison has informed me that I will use a representative at the Fuller Center in New York as my advisor. She does not have any specific names or contact information at this time, but plans to hear from them during the first week of spring semester.*  *The representative will be someone who has led previous community service projects through the Fuller Center, so they will have the experience and knowledge to monitor my progress. Once I am connected with this representative, I will have a conversation with them regarding my goals for the experience. I will then check in with them 2-3 times during the week-long trip to discuss how I am meeting these goals. At the end of the trip, I will share my journal and pictures with them, and decide whether I have successfully completed all the goals and experience requirements.*  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   *Experience Goals:*   1. *Complete at least 40 hours of community engagement through volunteering at The Fuller Center.* 2. *Have a conversation with 2-3 families that we are helping, to see the full effect of our service on these people.*   *Personal Goals:*   1. *Make at least 1 new friend in the Serve Beyond Cincinnati group during our trip.* 2. *Take the lead on 1 project, to improve my leadership skills and give me confidence for future service trips.*   *Activities:*   1. *We are taking a day trip to NYC, where I can socialize with other group members and make friends.* 2. *Some projects include construction and use of building tools, both of which I am comfortable with. I can take the lead and assist others with these projects.* 3. *I will use breaks and mealtimes to reach out to members of the community, so I can learn more about them and their situations.*   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 Big Green Apple: Your Guide to Eco-Friendly Living in New York City” by Benjamin Jervey*   * *Since I have never been to NYC and the surrounding area, this book will help me understand how people typically live in this city. I can use that to more confidently work on improving these living situations.*   *“Interview with Jim Killoran, President of the Fuller Center for Housing of Greater New York City” (Video by FullerCenter)*   * *In this interview, the Fuller Center President talks about the organization’s mission and basic principles. If I can more clearly understand these principles, I will be a more effective volunteer on the trip.*   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.*  *To maintain an on-going reflection, I will write in a journal at the end of each workday. It will include the tasks I accomplished that day, projects that still need to be finished, and any personal interactions from which I have benefitted. To complete my reflection, I will consider the following questions:*   * *What specific tasks have I accomplished today?* * *Did I interact with anyone new? If so, what did I take away from the conversation?* * *How did I express creativity in my work today?* * *How can I be a more effective worker tomorrow?*   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.*  *A specific audience that I would like to reach is my church congregation. I have a large church at home, filled with members who are always looking for ways to help out in the community. Some of the work is local, but I know people who have traveled to Louisiana, Texas, Alaska, or even overseas for volunteer work. I think New York has a lot of opportunities for community service, so bringing this to the attention of hundreds of willing volunteers could be mutually beneficial.*  *To actively share what I learned, I will take lots of pictures during the trip. Afterwards, I will combine these pictures with reflections from both my journal and learning portfolio to make a PowerPoint presentation. My dad is a deacon at the church, so I would be able to access our projector during end-of-service announcements. I will explain the trip, present what I learned, and provide contact information for those who may want to participate. If I get enough interest, I may be able to start a group of my own. Either way, I am confident that this presentation will encourage my selected audience to help out in any way possible.*  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.*  *The cost of this trip is $400 per person, paid to Serve Beyond Cincinnati. This covers flights, housing, transportation, and most food in New York. I am responsible for my own food before and during our two flights, as well as miscellaneous expenses. Assuming I spend about $100 on food and use $50 for spending money, I expect to pay approximately $550 for the entire experience.*  *Budget information can be found here:* <https://campuslink.uc.edu/organization/serve-beyond-cincinnati>  Advisor Revisions/Feedback: |