

SEMESTER HONORS SUMMARY

Use this form to record any and all completed Honors Experiences for the current term. This form, plus any supplemental documentation required for your specific experiences, must be submitted at the end of each semester in which you complete an honors experience.

Due dates: The last day of each semester (fall; spring; summer as needed)
Submit form to: UHP Office (390 Northrop)

Your UHP advisor will review your submitted form. Approved experiences will be added to your APAS within 6-8 weeks of submission. If you have questions about your experiences, please communicate with your advisor well in advance of the submission deadlines.

STUDENT INFORMATION		
Name		Student ID #
Major(s) * Juniors & Seniors: If multiple majors, circle your Latin Honors major(s)		U of M x500 (first half of email address)
Are these fall, spring, or summer experiences? <input type="checkbox"/> Fall <input type="checkbox"/> Spring <input type="checkbox"/> Summer	Intended graduation term & year	Name of Honors Advisor
What year in school are you? (the year for which you are reporting these experiences) <input type="checkbox"/> First <input type="checkbox"/> Second <input type="checkbox"/> Third <input type="checkbox"/> Fourth		

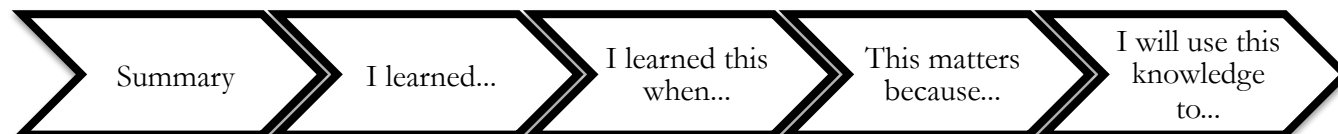
HONORS COURSE INFORMATION
<p>Include the course department, course number, and the number of credits, as well as any notes that will aid in processing.</p> <p><i>Examples: CHEM 1071H/75H (3 cr.) / AMIN 1704 (4 cr.) Note: Honors contract included / FOST 3204 (3 cr.) Note: Study abroad in Spain</i></p> <p>_____</p> <p>_____</p>

SUMMARY OF HONORS NON-COURSE EXPERIENCES
<p>Briefly summarize your experience, including the type of experience and the organization with which you worked. Types of experiences include: Research, Internship, Volunteer, Service Learning, Tutoring, Teaching Assistant, Learning Abroad, Leadership, Creative Project</p> <p><i>Examples: Research, Johnson Lab (Bioinformatics) / Service learning course, SPAN 3404 (Phillips Neighborhood Clinic)</i></p> <p>_____</p> <p>_____</p>
SEE PAGE TWO FOR ADDITIONAL NON-COURSE EXPERIENCE REPORTING REQUIREMENTS

OFFICE USE ONLY	
UHP Approval: _____ UHP Advisor initial & date	APAS Entry: _____ UHP Staff initial & date
Notes:	

NON-COURSE EXPERIENCE REFLECTION INSTRUCTIONS

Research shows that written reflection gives meaning to and enhances understanding of extracurricular learning. Below are recommended prompts to guide you through your articulation. The quality of your reflection will impact whether or not the experience is approved.



• In 1 or 2 sentences, articulate what you did in your experience.

• What did this experience contribute to your personal, professional, and/or academic development?

• Tell the story of when or how, specifically, you realized you learned this.

• Explain why the interests, goals, or skills that you developed are important to you.

• In what ways will you use this learning, and what goals will you set next?

One reflection is required for each non-course experience.

Include your name on each page submitted, and clearly label which reflection is associated with each experience.

Would you like to understand more about reflection-writing? We suggest this resource: <http://ow.ly/EAWbY>.

NON-COURSE HONORS EXPERIENCE

Type of experience

- Research
 Volunteer
 Leadership
 Creative Project
 Tutoring/Teaching Assistant
 Internship
 Service Learning
 Learning Abroad
 Other Special Learning

Name/description of Experience (example: *Biotechnology research using UROP grant*)

Average hours per week (roughly)

Department/organization (example: *Peterson Lab, Radiology department*)

Date range of experience (ex. *1/14-5/2/2014*)

Supervisor name, title, and contact info

Supervisor signature & date

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