

• Explore new time & stress

management habits

WELL-BEING

## Honors Bridge - Recommended Milestones for Completing Honors

Between Lewis Launch and thesis completion, there are opportunities for students to customize their Honors experience. There is no one way to complete the Honors curriculum. The Honors Bridge is a fluid framework with suggested milestones to help students stay on track and map their own journey.

• Expand financial literacy

• Develop awareness of strengths

• Develop additional life skills

• Build increased self-confidence

	FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH YEAR
	EXPLORATION	NAVIGATION	CULTIVATION	IMPLEMENTATION
ACADEMIC	<ul> <li>HON 140 &amp; CIS/WRD 112</li> <li>Additional HON Course</li> <li>Get to know HON faculty</li> <li>HON Advisor meetings (Fall &amp; Spring)</li> </ul>	<ul> <li>Complete lower level HON courses, begin upper level</li> <li>HON Advisor meeting (at least once)</li> <li>Get to know your major faculty</li> </ul>	<ul> <li>Begin developing thesis plan</li> <li>Upper level HON courses</li> <li>Deepen faculty relationships</li> <li>Check-up appointment with HON advisor</li> </ul>	<ul> <li>HON electives &amp; remaining classes</li> <li>Graduation audit with advisors</li> <li>Complete &amp; present thesis</li> </ul>
EXPERIENTIAL EDUCATION	<ul> <li>Explore categories of research, internships, education abroad, &amp; service learning</li> </ul>	<ul> <li>Consult with advisor &amp; CPD counselor on search strategies</li> <li>Initiate first experience</li> </ul>	<ul><li>Plan for additional experience</li><li>Consider leadership development opportunities</li></ul>	<ul><li>Related experience in your field</li><li>Achieve six experiential credits</li></ul>
CAREER	<ul> <li>Meet with CPD Counselor</li> <li>Consider taking self- assessments</li> <li>Explore majors, minors, careers</li> </ul>	<ul><li>Set goals with CPD Counselor</li><li>Identify possible mentors</li><li>Gain confidence in major choice</li></ul>	<ul> <li>Narrow in on career options</li> <li>Explore grad school vs. job market</li> <li>Expand your network</li> </ul>	<ul> <li>Develop transition plan with CPD</li> <li>Prepare materials &amp; strengthen interview skills</li> </ul>
INVOLVEMENT	<ul><li>Join 2 student organizations (interest &amp; discipline related)</li><li>Engage in HON events</li></ul>	Refine or deepen your student organization involvement	<ul><li>Consider leadership roles</li><li>Volunteer opportunities</li></ul>	<ul><li>Consider community involvement</li><li>Join professional associations</li></ul>
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Expand social support system

• Explore health & fitness habits