



HONORS PROGRAM HANDBOOK *2025-2026*



**University Honors Program
First Year Honors Experience
Honors Capstone Experience**

**Catalog Year
Fall 2025 – Spring 2026**

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MISSION, VISION AND PROGRAM LEARNING OUTCOMES

Honors Program Vision

University of Northern Colorado's Honors Program vision is to build a community of intellectually engaged, innovative student scholars who will become leaders in their fields, tackling complex challenges and making meaningful contributions to society..

Honors Program Mission

The University of Northern Colorado Honors Program fosters a welcoming community of intellectually engaged student scholars through an enriched curriculum that supports scholarly and creative contributions and develops self-driven integrative learning, critical thinking, creative problem-solving, community engagement, and intercultural competence.

Program Learning Outcomes

- **Problem Solving using Creative and Critical Thinking**
Apply critical thinking to analyze, integrate, and evaluate information. Offer novel or innovative ways of solving problems. Demonstrate ability to see and speak about ambiguities and complexity of issues.
- **Analytic Inquiry through Integrative learning**
Question, connect and extend knowledge from one's own academic focus to the world beyond UNC. Integrate multiple disciplinary lenses when considering issues or developing creative endeavors.
- **Scholarly Communication**
Communicate one's thoughts on paper and in speech effectively with a scholarly voice by using evidentiary support and critical reasoning, within philosophical, analytical and theoretical frameworks appropriate to the discipline. Use appropriate citation and attribution for the discipline. Join in the scholarly discourse.
- **Intercultural Awareness**
Develop the capacity to interact effectively and professionally with others whose identities, beliefs, behaviors, and values differ from their own.
- **Scholarly and Community Engagement**
Invest in the community and empower self and others to make a positive impact on their communities, such as campus community, scholarly or research community, identity-based community, civic community, geographic community, global community or other communities in which the student engages.

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Social Media:

Facebook: <https://www.facebook.com/UncsHonorsProgram>

Instagram: https://www.instagram.com/unc_honorsprogram/

YouTube: <https://www.youtube.com/channel/UCDf3cPuASFFzNhOiFReCJYw>

HONORS PROGRAM OVERVIEW

The University Honors Program is designed to support students who:

- Take intellectual risks
- Ask challenging questions
- Make interesting connections
- Explore their world
- Create new ways of doing things

The Honors Program supports students on their intellectual and academic journey by providing avenues for additional student-directed study and generating environments where challenging conversations can develop with peers and faculty members. The Program asks students to engage in various pursuits of the mind and cultivate greater expectations for themselves and their education. It seeks to heighten critical awareness, involve students in independent thinking and research, and encourage leadership in the university and community.

UNC's Honors Program is **not** focused on extrinsic symbols of academic achievement, which can be misleading (e.g. Grades and Grade Point Averages; test scores). Instead, the program seeks to encourage and support students to take risks, and to learn that failures and mistakes are part of the learning process. The Honors Program encourages students to explore their strengths, in all the various forms and varieties, not just those most often rewarded through the traditional education system. The program recognizes that students are whole people and therefore takes a holistic approach to what is meant by student excellence, asking students to engage in connecting ideas, thinking outside of the box, trying out different activities and different disciplinary approaches to learning. Multiple intelligence styles and strengths, including but not limited to the following, are all appreciated with the UNC Honors Community:

- Quantitative/Logical
- Qualitative/linguistic
- Physical/Athletic
- Musical
- Interpersonal/People skills
- Naturalistic
- Visual/Spatial
- Intrapersonal/Emotional intelligence

Students who graduate with University Honors Program distinction will complete a curriculum that consists of 16 credit hours and includes interdisciplinary seminars and experiential course work, such as internship, study abroad and research courses, along with a capstone project of the student's choosing. Students typically enroll in interdisciplinary discussion-based Honors seminars in their first year, experiential coursework in year two or three, and complete their capstone project, which can be creative, applied or research based, in years three and/or four. Transfer students may begin their capstone while they are also completing their experiential or seminar-based course work. Over 50% of the Honors Program interdisciplinary seminars also count towards Liberal Arts Core (LAC also known as general ed) requirements. Experiential course work often double counts toward a student's major requirements.

REQUIREMENTS FOR ADMISSION

Students are encouraged to apply for the Honors Program as incoming first year students when they apply for admission to UNC, immediately following the receipt of their acceptance from UNC. Students may apply and enter at any stage as a UNC undergraduate student through the start of their senior year, as long as they can still complete the credit hours before their expected graduation date. The application for admission to the program requests short written statements based on thought-provoking questions. The requirements for the Honors Program can be found at www.unco.edu/honors.

The Honors Program strives to provide talented students from all backgrounds with opportunities for original thought, student-directed learning, and individualized paths of inquiry. Therefore, all students who have a passion for learning and a desire to dive deeper into their studies are encouraged to apply even if their scores from high school standardized testing do not put them in the top percentiles. The Honors Program is about providing opportunities for those who want to get more out of their academic studies and who have the drive and passion to be successful. Any incoming first year, transfer student, or current UNC student may apply for the Honors Program.

Entering freshmen with a high school GPA over 3.50 are automatically provided with the application through the UNC admissions portal. However, all incoming students can request an application link by emailing honors@unco.edu or asking their admissions counselor.

* Students already enrolled at the University of Northern Colorado or those transferring from another college should have a minimum college GPA of 3.00, but may apply with a lower GPA, and are asked to provide additional information to ensure that they can take on the additional course work (capstone) for Honors.

BENEFITS

Unity in Diversity

Honors students come from a variety of backgrounds and have diverse academic and social interests. Together, they form a community of highly motivated learners from across campus.

Honors Events and Activities

Students and faculty are invited to participate in a variety of regular events including New Student Retreat, Coffee with the Profs, Honors Colloquium Series, Honors Workshops, TEDish Talks, Student Showcase of Artists and Scholars, Honors Research Night and many other events.

Personalized Advising

All Honors students enjoy personalized advising from university faculty and Honors staff.

Faculty Mentoring

Honors students can meet honors faculty mentors outside of the classroom activities, and all University Honors Program students complete a faculty-mentored honors capstone project.

Honors Residence

Students in the Honors Program have the option to live in either the West Campus or Central Campus Honors Residential Learning Community.

Honors Conferences

Honors students have opportunities to attend and present at regional and national conferences such as the National Conference of Undergraduate Research and the National Collegiate Honors Conference.

Honors Publications

Honors theses are placed in the permanent collection in Michener Library, and students have the opportunity to submit their finished research articles for publication in research journals.

Local and National Leadership Opportunities

Students can participate in Student Honors Activities Council, leading campus Honors community activities. The UNC Honors Program is also part of the larger National Collegiate Honors Council, and students have the opportunity to become regional or national officers, serve on committees, and participate in national programs such as *Partners in the Parks*.

Recognition

On their diplomas and transcripts, Honors students are recognized as “University Honors” or “Honors Capstone” graduates. At commencement, Honors students wear a gold stole in recognition of their achievement.

Priority Registration

University Honors Program students receive priority registration status after they have completed first-year honors experience, if they are active in the co-curricular elements of the program and making adequate progress toward Honors Program Completion. Transfer students and continuing UNC students who join Honors Program after their first year, receive priority registration after they have been in the Program at least one year and are making adequate progress toward Honors Program completion including meeting the minimum requirements through Honors Connect.

HONORS GATHERING PLACES

U-Engage Lounge Spaces and Honors & McNair Scholars Offices

Michener L-98, Lower Level

The Honors Program makes its home in the northwest corner on the garden level of the Michener Library. In this location, you will also find the offices for the McNair Scholars Program, the Office of Undergraduate Research, Leadership Studies minor, National Scholarship and Fellowship support, and the Schulze Endowment.

Two student lounges provide an opportunity to rest, study, and store personal items between classes. The kitchen in the larger “U-Engage Lounge” is available to all Honors students, and especially helpful for commuting students, for storing refrigerated items, heating up food, or making a hot drink. Key card access can be granted upon request for after-hours access. A smaller “Einstein” Lounge is the quiet space for studying or quiet meetings.

The U-Engage Lounge is available to reserve for related Honors Program activities such as workshops. The collection of Honors Theses is contained on the bookshelves within the U-Engage

Lounge and is available for students to peruse while in the Lounge. A bulletin board outside the offices provides a location for posting Honors activities while resources for various opportunities are found inside the office. Computers are available for Student Honors Council work.

Honors Residential Learning Communities

Central Campus - Lujan Hall

Lujan Hall hosts the Honors Residential Learning Community and includes a community kitchen and lounge space in Lower Centennial for Honors programming.

Central Campus – Hansen-Willis 3rd floor

The Honors, Scholars, and Leaders Program hosts a residential community for students on Central Campus, 3rd floor. Hansen-Willis is home to the Performing and Visual Art's residential learning community. Hansen-Willis is a short distance from the Central Campus academic buildings, the University Center, and Tobey-Kendel Dining Hall.

West Campus – North Hall 6th floor

The Honors Program also hosts a residential community for Honors Program students on West Campus in North Hall, fifth floor. North Hall is also home to the Center for Applied Contemplative Studies (CFACS), where many mindfulness based programs and activities take place, and is often open for Honors Student participation.

HONORS CURRICULUM & PROGRAM REQUIREMENTS

Honors Program Overview

The Honors Program offers several entry points for students with a desire to broaden or deepen their academic studies.

First Year Honors Experience is designed for incoming first year/first time students who want an introduction to Honors education. The program curriculum is interdisciplinary and supports students to produce honors quality scholarship. Students completing the Honors First Year Experience receive the designation "First Year Honors" on their UNC transcript.

University Honors is designed for students who want to take full advantage of the intellectual breadth and depth of the Honors Program, providing access to upper-division electives and in-depth research experiences culminating in the creation of a Senior Honors Capstone project. Students who completed First Year Honors simply continue their journey, but all UNC students -- including transfer students -- may apply for entry to the program as late as the end of their sophomore year. Students completing

the University Honors Program receive recognition at commencement and official designation as “University Honors” on both their transcript and diploma.

The Honors Capstone Experience program is designed for juniors and seniors who discover Honors too late to take advantage of the full program or who want to explore their major discipline in-depth through the creation of an Honors Capstone project. This project may be in the form of a traditional research thesis, creative work, or an applied project. Students completing this capstone-only program receive “Honors Capstone” designation on their transcript.

First Year Honors Experience

Completion of all Honors First Year Experience requirements will earn a “First Year Honors” designation on the student’s transcript, regardless of whether the student chooses to remain in the Honors Program.

To receive a “First Year Honors” Certificate, the Honors Program student will complete the following components:

General Requirements:

- Complete a total of 6 course credits in Honors introductory courses.
- Participate in at least one Honors Connect activity.
- Achieve at least a cumulative 3.00 UNC GPA.

Students choose two courses (6 credits) from the list below:

UNIV 101*	Foundations for Learning and Development	3
HON 100	Honors Connections Seminar I	3
HON 180	Great Ideas in Context <i>(also provides LAC credit)</i>	3
HON 182	Confluence of Cultures <i>(also provides LAC credit)</i>	3
HON 185	Religions and Worldviews <i>(also provides LAC credit)</i>	3
HON 200	Honors Connections Seminar II	3
LEAD 100	Fundamentals of Leadership	3

*NOTE: Fall 2025 HUM122 was approved for inclusion for First Year Honors and University Honors Program curriculum requirements.

University Honors Program

The University Honors curriculum provides students the opportunity to engage in both broad interdisciplinary study and in-depth exploration of a specific topic. It builds on the First Year Experience and culminates in an Honors Capstone project. University Honors Students may complete their Capstone Project within or outside their chosen major.

General Requirements:

- Complete a total of 12 credits of Honors coursework. At least 6 credits must be upper division. The Honors First Year Experience automatically satisfies 6 of these credits.
- Complete at least 4 credits of Honors Capstone requirements and an Honors Capstone project approved by the Honors Program and presented in a public forum.
- Participate in at least six Honors Connect activities.
- Achieve and maintain a minimum cumulative 3.00 UNC GPA.

Lower-Division Honors Courses: up to 6 credits

Note: Students who complete the First Year Experience will have already fulfilled 6 credits of Lower Division Honors Coursework and should choose Upper Division Courses from the list below.

Students who did not participate in the First Year Experience *may* choose up to 6 credits from the following list, though they may also choose courses from the Upper-Division Honors Course list below to satisfy the Honors Coursework requirement.

UNIV 101	Foundations for Learning and Development	3
HON 100	Honors Connections Seminar I	3
HON 180	Great Ideas in Context	3
HON 182	Confluence of Cultures	3
HON 185	Religions and Worldviews	3
LEAD 100	Fundamentals of Leadership	3
HON 200	Honors Connections Seminar II	3
HON 267	Culture and Consciousness	3

Upper-Division Honors Coursework: 6 to 12 credits

All students must complete at least 6 credits (two courses) from the lists below. Students who enter the University Honors Program without completing the Honors First Year Experience may select additional upper-division credits or may choose up to 6 credits of lower division credits from the list above.

Honors Special Topics

Note: HON 395 is repeatable under different subtitles.

HON 395	Honors Special Topics	3
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Research Methods Courses

Any approved departmental research methods course on the list below may be used to fulfill the Honors Coursework requirement.

HON 420	Honors Research Methods	3
ANT 340	Quantitative Methods for Anthropology	3
ANT 350	Field Methods in Cultural Anthropology	3
CHEM 499	Seminar and Research in Chemistry	1- 3
CRJ 380	Research Methods in Criminal Justice	3
MET 376	Meteorological COOP Education	1-12
PHYS 370	Research I	1- 3
PSY 201	Research Methods in Psychology	3
SOC 361	Methods of Sociological Research I	3
SOC 362	Methods of Sociological Research II	3
STAT 451	Intermediate Applied Statistics	3
UNIV 431	McNair Scholars Research Studies I	2

Internship/Practicum/Study Abroad Courses

Refer to Honors Experiential Learning Option section of this handbook.

Honors Capstone

The Honors Capstone curriculum provides upper-division students the opportunity to engage in in-depth study of a topic either within or outside of their major degree program and culminates in an Honors Capstone Project. Projects may include:

- a senior thesis based on field research, experimentation, or library or archival research;
- an applied or civically engaged business, non-profit, or curriculum design and delivery project; or
- a creative work in humanities or the arts.

All projects require a written component with critical, research-based, reflective analysis, and all students present their project in a public forum to educate others on their topic. Completed projects are bound and placed in the permanent collection of the James A. Michener Library, and Honors students are also encouraged to submit their final written project for inclusion in a scholarly journal, such as UNC's undergraduate research journal, *URSIDAE*. During their Honors Capstone experience students work individually with a faculty mentor to strengthen their research, writing, creativity, and presentation skills.

General Requirements:

- Completion of Honors Capstone course requirements (4 credits).
- Completion of Honors Capstone project approved by the Honors Program and presented in a public forum.
- Participation in at least two Honors Connect activities.
- Achieve and maintain a minimum cumulative 3.00 UNC GPA.

Honors Capstone Project Design — 2 credits

Take at least two credits from the following:

HON 351	Junior Honors Seminar	1- 3
	or	
UNIV 432	McNair Scholars Research Studies II	2
LIB 251	Research as Inquiry: Exploration for Beginning Researchers	1

Notes:

- HON 351 is repeatable for a maximum of 3 credit hours.
- UNIV 432 is restricted to students enrolled in the McNair Scholars Research Program. For more information about the program, see www.unco.edu/mcnair/

Honors Capstone Project — 2 credits

Note: HON 451 is repeatable with a maximum of 3 credit hours. Students may complete their Capstone Project through or any equivalent departmental capstone course on the list below.

HON 451	Senior Honors Research Thesis	1- 3
AFS 490	Seminar in Africana Studies	3
ANT 470	Seminar in Anthropology	3
ASIA 499	Asian Studies Thesis	3
BACS 488	Senior CIS Project	3
CHEM 499	Seminar and Research in Chemistry	1- 3
COMM 491	Communication Theory Capstone	3
CS 497	Senior Project	1- 8
ECON 475	Senior Seminar	3
ENST 491	Senior Capstone	2
GEOG 491	Senior Capstone	2
HIST 480	Seminar in History	3
HIST 580	Seminar in History	3
INTR 450	Senior Capstone	3
MUS 414	Transitional Capstone Course in Music Education	2
NURS 446	Clinical Practice Capstone	5
PHIL 495	Advanced Seminar	3
PHYS 470	Research II	1- 3
PSCI 405	Senior Seminar in American Politics	3
PSCI 415	Senior Seminar in Comparative Politics	3

PSCI 425	Senior Seminar in International Relations	3
PSCI 435	Senior Seminar in Political Philosophy	3
RTH 490	Evaluation and Research in Recreation, Tourism and Hospitality	3
SOC 400	Senior Seminar	3
STAT 489	Project in Data Science	2
THEA 454	Theatre Studies Senior Seminar	1
THEA 464	Audition Techniques	3

Every final Honors Capstone project must be approved by the Honors Program and presented in a public forum to fulfill the capstone requirement. Students who choose a departmental capstone course should consult regularly with the Honors program to ensure they are on track to meet this requirement.

Students who complete the Honors Capstone Project without participating in the full University Honors experience will receive an "Honors Capstone" designation on their transcript.

For more information about the Honors Capstone Project:
Please refer to the *Honors Capstone Handbook*.

HONORS SEMINARS

Honors Interdisciplinary Courses

Students may take up to three (3) interdisciplinary courses designated by Honors as courses to meet requirements. These courses engage students in topics that often cross disciplinary boundaries, explore subjects more deeply, and examine the many diverse ways of knowing. These courses change each semester and usually count toward Liberal Arts Core Requirements. Contact the office about the upcoming Honors approved courses!

Honors Seminars

Students may take up to two (2) Honors Seminars. The seminars allow students to learn about a topic in-depth from several perspectives. HON 100 courses emphasize the connections between self and community in an interdisciplinary format and HON 200 courses engage students in an analysis of values and ethics in the context of the times. HON 395 are special topics and are generally highly engaged or interesting special issue-based courses.

HON 100 Honors Connections Seminar I

A variable content seminar emphasizing the connections between areas of knowledge such as the Sciences, Arts, Philosophy, History, Literature, and Sociology. Credits: 3

HON 180 Great Ideas in Context

An introduction to global, intellectual, and cultural traditions through reading and discussion of classic works of literature. Credits: 3

HON 182 Confluence of Cultures

An exploration of African American, Asian American, Hispanic American, Native American or U.S. immigrant cultures from historical, literary, and artistic perspectives. Credits: 3

HON 185 Religions and Worldviews

Explores major religious and non-religious worldviews by examining the history, literature, rituals, and teachings of a selection of religious traditions and worldviews, as well as influential ancient and modern critiques of religion. We will also consider the ways in which people construct worldviews, as well as the possibilities for inter-religious dialogue. Credits: 3

HON 200 Honors Connections Seminar II

A variable content seminar that will engage students in a concentrated analysis of values and ethics in the context of the times. Credits: 3

HON 267 Culture and Consciousness

This course explores relations between culture and consciousness, emphasizing how different cultural, social, historical, and philosophical contexts influence human perceptions and subjective experiences. It aims to deepen students' understanding of these relationships through interdisciplinary readings, discussions, and practical research.

HON 351 Junior Honors Seminar

A seminar or tutorial required of juniors in Honors. Provides enrichment work in the student's discipline of choice and a start on the senior Honors research thesis. Credits: 1-3

HON 395 Honors Special Topics

An advanced study of selected topics of an interdisciplinary nature for Honors Program students. Repeatable under different subtitles with no limits on the number of times it can be repeated. Credits: 3

HON 420 Honors Research Methods

Examination of research paradigms and methodologies to develop the most appropriate research methods and data analysis processes to design and develop a successful Honors thesis proposal. Credits: 3

HON 451 Senior Honors Research Thesis

Different sections are offered by different departments. Required for senior participants in the Honors Program. Course is repeatable with a maximum of 3 credit hours. Credits: 1-3

HON 492 Honors Internship/Study Abroad

This course offers variable credit in an approved study abroad and/or internship for the Honors Program. S/U graded. Course is repeatable with a maximum of 6 credit hours. Credits: 1-4

HONORS EXPERIENTIAL LEARNING OPTIONS

Study Abroad or Internship options for upper division honors credit.

Students may pursue a Study Abroad, internship, practicum, student teaching or other practical based course work to count toward the upper division honors credits. There is no length requirement for a study abroad option. Allowable options may range from one-week faculty-led courses (often offered in summer or winter interim session) to a full year abroad and anything in between.

All of the following courses are pre-approved to count toward an Honors Students University Honors Program upper division credit hours.

HON 492	Honors Internship/Study Abroad	1- 4
AFS 399	Community Study Project	1-4
ANT 492	Internship	1-12
ART 492	Internship in Art	1- 5
CSD 473	SLPA Seminar and Field Experience	4
BA 415	International Experience/Study Abroad	1
BAAC 492	Internship in Accounting	3
BACS 492	Internship in Computer Information Systems	1- 3
BAFN 492	Internship in Finance	1- 3
BAMG 492	Internship in Management	3
BAMK 492	Internship in Marketing	3
BIO 492	Internship in Biological Sciences	1- 3
BIO 493	Clinical Internship in Biological Sciences	1- 3
BIO 494	Practicum in College Biological Science Instruction	1- 2

BREW 492	Internship	1-9
COMM 492	Undergraduate Internship	1-10
CRJ 492	Internship	1- 9
CSD 474	Clinical Practicum in Audiology	1
CSD 483	Entry/Primary Speech-Language Pathology Practicum	2
ECLD 401	CLD Practicum	3
ECON 492	Internship in Economics	3- 6
EDEC 490	Early Childhood Student Teaching	6-12
EDFE 444	Supervised Student Teaching	1-15
EDSE 328	Field Experience in Special Education: Elementary	3
EDSE 329	Field Experience in Special Education: Secondary	3
ENG 492	Writing Internship	1-3
ENST 492	Internship in Environmental Studies	1- 4
ESCI 492	Earth Science Internship	1-15
GEOG 392	Field Course in Geography	1- 6
GEOG 492	Internship	1- 6
GEOL 481	Geologic Field Techniques	3
GNDR 492	Internship	3-6
HIST 492	Internship	1- 3
HUSR 492	Internship in Human Services	1-15
INTR 492	Internship for Interpreters	3
JMS 492	Internship	1- 3

LEAD 492	Leadership Internship	3
MAS 450	Internship in Mexican American Studies	4
MUS 450	Seminar in Student Teaching for Music Educators	1
NURS 470	Clinical Practice: Professionalism in Practice	3
PHIL 492	Internship	1- 6
PSCI 392	Internship	1-13
PSY 491	Psychology Field Experience	1- 6
RTH 492	Internship in Recreation, Tourism and Hospitality	3-12
SES 492	Internship in Sport and Exercise Science	6-12
SOC 491	Sociology Internship	3- 9
SOC 492	Practicum in Applied Sociology	3- 9
SOC 493	Practicum in Family Studies	3- 9
SOC 494	Research Practicum	3- 6
SOC 496	Study Abroad Experience	3
STEP 464	Secondary Student Teaching	1-14
THEA 401	Practicum in Theatre	1- 4
THEA 450	Design and Technology Practicum	3
THEA 465	Acting Showcase	3
THEA 485	Clinical Experiences II: Secondary Theatre	3
THEA 490	Theatre Arts Student Teaching Seminar	1
WLC 296	Study Abroad Experience	1-3

HONORS CONNECT - COMMUNITY ENGAGEMENT

Being an Honors Student is more than just academic course work. It is also important that Honors Students become active members of their program as a way to broaden their experience base and develop problem solving and critical thinking skills. Honors Connect is required to be eligible for any Honors scholarships and to receive priority registration status.

Students should participate in a mix of activities to stay engaged with their Honors community. Points will be earned based on activity type and activity options and points will be communicated to all students through the Honors email newsletter. Alternative activities can be considered on a case-by-case basis for students whose schedules do not allow regular attendance at the designated activities, including students with outside work or family commitments and commuter students. Students may log alternate activities and will be notified if those activities do not meet the minimum threshold to be considered community engagement.

Requirements For Graduation and Program Completion:

- **First Year Experience Students** must participate in at least 1 activity in their first year to receive the First Year Experience completion.
- **University Honors Program Students** must participate in 6 Honors Connect activities (not points, but actual separate activities, which may equal more than 6 points) to graduate with Honors distinction and to receive regalia. The requirement may be completed at any time.
- **Honors Capstone Experience Students** must participate in at least 1 activity to receive the Capstone Experience completion on their transcript.

Requirements For Priority Registration Status

Students who earn a minimum of 10 Honors Connect points during the past semester are eligible to be on the list for priority registration for registration of classes during the following semester, as long as they continue to be eligible for priority registration based on all other requirements through their registration date and are making adequate progress through the curriculum toward Honors Program completion. Adequate progress through Honors Program curriculum is determined by the honors advising staff. Students should plan to attend at least one group advising session or meet 1:1 with an Honors advisor each year. All decisions regarding on track status are determined by the Undergraduate Academic Engagement Executive Director.

Honors Connect Benchmarks and High Points

Students will earn rewards for reaching certain points benchmarks, and at the end of each semester, the high point earners are recognized.

Standard Point Allocations

Honors or Undergraduate Research Workshops – 2-3 points each

Examples include:

- Grad School: What is it, do I need it, and how would I pay for it?
- Best Kept Secrets of College
- Scholarships and Fellowships 101

Faculty Mixer/ Research & Scholarly Events – 2-3 points each

Examples include:

- Coffee with the Profs
- Honors Research Night
- Brown Bag with a Professor

Academic Speaker and Honors Colloquium Events – 2-4 points

Examples include:

- **Disturbing the Peace Colloquium** – will include a film screening, talk by one of the participants in the documentary, and round table discussions led by Anthropology students from Culture & Conflict. (November 9, 2024). 4 points
- **Faculty Colloquium** – Presentations by professors regarding an area of their current research, such as “Costume and Identity” by Dr. Tom Endres.

Honors Community Events (SHAC or Honors sponsored)– 1-2 points each

Examples include:

- Cosmic Ice Skating
- Day Hikes
- Self-Care Saturday
- Crafting (topics vary)
- Game Nights
- Bob Ross Paint Along
- Open Mic Nights
- McNair Scholars activities

Campus (non-Honors) activities and Community Events – 1 point each (Max 5 points)

Examples include:

- Community service and volunteer activities
- Cultural Center events
- Leadership activities such as being an officer in a campus organization or participating in student government.
- Performing and Visual Arts sponsored events (performing or as spectator)
- UNITE Workshops
- Other extra-curricular activities – including activities and events hosted by Stryker Institute for Leadership, McNair Scholars, Reisher Scholars, President’s Leadership Program, RHA or similar.
- Participating in local or regional or national performing arts groups or productions.

Honors Leadership roles- 1 point each

Examples include:

- Attending a SHAC meeting.
- Participating on a panel or as an Information Table as a volunteer at a UNC recruitment event.
- Honors Ambassador activities

Undergraduate Research and Creative Endeavors – 1-4 points (may vary by activity)

- Attendance at conferences, performances, concerts or master classes
- Research or creative project presentations
- Research project work
- Creative project work

Verification of Participation:

Attendance will be collected at all events, and your current point status will be available by contacting honors@unco.edu. If you are using an alternative event for credit, it must be approved by the Graduate Coordinator for Communications, Planning & Advising, log it using the Honors Connect Event submission form, available through Honors Student Canvas.

Honors Connect Benchmarks

1+ Points

- Eligible to complete First Year Honors*
- Eligible to complete Capstone Honors *

5+ Points

- Eligibility for Honors Scholarships (not guaranteed, just eligible to be awarded)
- Honors Swag item.

10+ Points

- Eligibility for Priority Registration (if all other requirements are met)

15+ Points

- Exclusive Honors Reusable bag.

Top 10 High Point year end earners (cumulative points for the year)

- High point earners will be recognized each year
 - High point winner recognized at the Honors Banquet

Students will be awarded their benchmark gifts at the end of the semester and must come to the Honors Program Lounge to pick up any prizes.

RESOURCES FOR STAYING ON TRACK

Honors Advising

Honors Program Staff, including the Graduate Assistant for Honors Student Success, provide advising each semester to all Honors Students. Honors Advising is mandatory for first-year Honors students but may be completed in various ways to be convenient for the student. Students should attend one group advising session each semester. Individual appointments are available when 1:1 advising is needed.

Honors Canvas

All Honors Program students are invited to the Honors Program_Stud Canvas “course.” This Canvas course will provide all information about events, activities, and additional support for students competing their Capstones. Please accept your invitation and stay informed by checking announcements and “assignments” within the Canvas. Honors Connect points are tracked through the Honors Canvas.

Honors Program Newsletter

Regular news and updates from the Honors Program and the Student Honors Council are sent through the Honors newsletter every week. This is the best way for students to obtain current information on all Honors Program news, funding opportunities, Student Honors Council events, and other items of interest to UNC's Honors community. All new Honors Students are automatically subscribed to this newsletter. If you are not receiving e-mails from the Honors newsletter (there is normally at least one per week during the academic year), then please send an e-mail to honors@unco.edu to ask to subscribe.

Honors Program Facebook & Instagram

The URL Link to the UNC Honors Program Facebook Community Page is <https://www.facebook.com/UncsHonorsProgram>. Come like the page! Many notices and event announcements will be posted here.

Instagram: unco_honorsprogram

Honors Program Planning/Progress Worksheet

The Honors Program office monitors student progress toward meeting course and program requirements and provides Planning Worksheets/Progress Reports to assist students with understanding the courses they must take and to document their status in meeting all Honors-related requirements. In between Honors advising meetings, use the Program Planning Worksheet to track your own progress and plan your future honors coursework.

Sources for Other Detailed Information

Honors Program course and requirement information may be found in the University of Northern Colorado Catalog at <http://catalog.unco.edu/>.

SCHOLARSHIPS & CONFERENCE OPPORTUNITIES

Students may apply for most of the Honors Program scholarships through UNC's Scholarship Application, and most, but not all, scholarships require students to have submitted a FAFSA application. A few scholarships are applied via specific academic work, such as the Honors Capstone, and do not require the UNC Scholarship Application.

Honors Program Scholarships

The Honors Program recognizes outstanding student scholarship with several Honors Program scholarships each year as well as through the following “named” scholarships, provided by generous donors and alumni of the program.

Becky R. Edgerton Memorial Award

This award, with a \$500 stipend, is given annually to the graduating senior who has completed a meritorious Honors thesis and who has demonstrated the greatest breadth of intellectual curiosity among Honors peers.

Paul Heidger Scholarship

The scholarship is awarded to an exceptional freshmen Honors student during their first year in the Honors Program. Preference is given to a student who is studying or planning to study the sciences.

Barbara Heidger Memorial Scholarship

The scholarship is awarded to an exceptional freshmen Honors student during their first year in the Honors Program. Preference is given to a student who has previously been involved with or has expressed an interest in International Studies.

Gregory E. and Debra K. Holman Scholarship

This scholarship is awarded to a first-generation Honors Program or PLP student who has attended UNC for at least two semesters as a full-time student who is not already receiving an Honors or PLP-affiliated scholarship. The student must demonstrate evidence of civic or community engagement, with preference given to students involved in environmental advocacy, environmental education, or cultural resource preservation.

Eugene D. & Peggy J. Koplitz Scholarship Award

Each year a \$1,000 award is given to an Upper Division Honors Program senior who produced the best proposal for their Honors Thesis project. To be eligible for the student must have submitted an Honors thesis proposal to the Honors Program by the applicable Spring semester deadline, with approval as required by the handbook from the thesis advisor(s).

Marie Livingston Scholarship

High academic achievement, evidence of civic engagement in local, state, national, or international communities, professional organizations or student clubs, and satisfactory progression through the Honors curriculum are some of the criteria considered for the Marie Livingston Scholarship. Preference is given to Economics or International Studies majors. The scholarship is awarded to current Honors students who have completed at least two semesters of continuous, full-time enrollment in the UNC Honors Program prior to the year of award.

Phelps Family C.A.P. Awards

Championed by UNC friends Bob and Bonnie Phelps Family, the CAP Awards recognize students whose lives demonstrate an exceptional and exemplary personal commitment to:

- **Contribute...** by volunteering time and personal skills, talents, abilities, experience and passion around issues in service to the community.
- **Achieve...** by displaying a bias toward action and performance, overcoming obstacles and setbacks, and accomplishing goals.
- **Pay-it-forward...** by impacting the lives of others in meaningful and positive ways through random and planned acts of kindness, caring, and “giving back.”

The Phelps Family CAP Awards are awarded to upper division undergraduate students, with junior or senior academic standing. Students do not need to be a member of the Honors Program.

Undergraduate Research Summer Stipends and Research Grants

When funding is available, a limited number of research grants are available for use on thesis-related research. Currently, all research grants are administered through the Office of Undergraduate Research. For more information and guidelines, go to the website at: <https://www.unco.edu/office-undergraduate-research/>

National Scholarship Opportunities

A number of national organizations look favorably on Honors student applicants for their scholarship and fellowship programs. Many of the programs are highly competitive, so students should plan to give appropriate time to crafting well prepared applications supported by strong letters of recommendation and other required documents if they apply to one or more of these programs. UNC Honors Program Students have applied for and been awarded or finalists in the following scholarship programs: Marshall, Rhodes (Finalist), Rotary International, Truman (Finalist), and others.

Conferences

Honors students have the chance to attend annual conferences at which they present their research and learn about the work that other university students are engaged in. Funding may be available to assist with travel expenses. Please contact the Honors office for additional information.

NCUR (National Conference on Undergraduate Research)

Honors students may compete annually to attend NCUR. The conference is held each year for students from all colleges and universities across the nation to present their research to a national audience. Students must first submit their research abstract to the Fall Undergraduate Research symposium to be eligible for consideration to represent UNC at NCUR. Seniors completing their Honors projects who are engaged in research are encouraged to apply.

NCHC (National Collegiate Honors Council) Conference

The annual NCHC Conference is attended by Honors program members from across the nation. The national conference occurs each year in a different metropolitan city. Honors students from UNC may attend the conference to present their Honors Research and to learn more about other Honors

programs and national Honors opportunities. For more information, contact the Honors Program staff.

Student Showcase of Artists and Scholars (formerly called Research Day)

Student Showcase of Artists and Scholars provides all undergraduate and graduate students an opportunity to present their scholarly projects and creative endeavors to a campus-wide audience. All Honors Students should plan to attend Student Showcase to support Honors Students who are presenting their Honors Capstone projects.

STUDENT HONORS ACTIVITIES COUNCIL

The Student Honors Activities Council (SHAC) is an active student organization with multiple leadership opportunities for Honors Students to develop professional skills. The mission of SHAC is to provide Honors students with a wide variety of social and community activities to supplement their academic careers.

SHAC Activities and Events

Honors New Student Retreat

This annual event is held at the beginning of the fall semester. The retreat gives the Student Honors Council officers the opportunity to welcome new students to the Honors Program and to let them know about ways of getting involved in the Honors community as well as providing information about the Honors curriculum.

Community Service and Civically Engaged Projects

Honors students volunteer on a variety of projects that range in scope from tutoring school children to collaborating with local non-profit organizations. Group service projects are coordinated annually by Student Honors Council for Honors students to become more involved with their community while getting to know other Honors Students.

Social events

SHAC organizes a variety of fun events such as cosmic skating, ice cream socials, Bob Ross painting nights, day hikes, and frisbee golf tournaments. All activities give you points for Honors Connect!

How to Get Involved in SHAC

SHAC encourages all Honors students, whether in First Year Honors, the University Honors Program or Honors Capstone to become involved in Council activities. Information on upcoming events and activities is promoted through the Honors newsletter and/or through Facebook and Instagram. Students may also contact their SHAC officers if they would like to assist with an event, have a community service idea, or wish to be more involved in SHAC activities in general.

SHAC Officers

President: The SHAC president assists the other officers and ensures the Council functions smoothly, completes the paperwork or online requirements for SHAC to be a UNC registered student organization, such as chartering paperwork, sets meetings, organizes the SHAC Retreat

and assists the Director for Honors with the New Student Retreat planning. The president also assists with recruitment and retention of Honors students. The President or their designee serves as the liaison between the student Honors Program membership and the Honors Executive Staff and Faculty Advisory Councils.

Vice President: The Vice President works closely with the president and the Honors office staff to best serve the Council, aids the group in their endeavors, provides support when needed, and fills in for the President as chair of meetings when the President is not available.

Treasurer: The Treasurer leads the Fundraising Committee, is responsible for keeping the financial records of the Student Honors Activities Council honestly and accurately, informs other members of the Student Honors Activities Council of the financial status of the organization, makes payments and accepts receipts as directed by the President and other members of the Council, and assists the President with preparing the annual budget

Secretary: The Secretary takes minutes during meetings, emails minutes to the Council, uploads minutes to the SHAC share drive, and helps maintain organization for the council as a whole.

Event Planning Committee Lead: The Leader must be someone who has been on the council for at least one year or a transfer student with experience in event planning. The Leader reports details of event planning to the executive committee, delegates tasks within the committee, leads meetings for the committee, and creates meeting agendas.

Marketing/Social Media Specialist: The Marketing/Social Media Specialist oversees creating marketing materials for events put on by the council. They promote events on the UNCO Honors Facebook Page and other social media, are responsible for taking photos/videos at each event and for submitting event highlights to the Honors Program office staff for inclusion in the Honors newsletters.

Event Planning Committee Members: 1-3 committee members aid in the planning for each event.

Fundraising Committee Members: There will be 1-3 committee members who aid in the planning of fundraising events, led by the Treasurer.

SHAC Annual Elections

The Student Honors Activities Council holds an annual application process to select officers. All Honors students are encouraged to attend an annual informational meeting and to run for office. Traditional officer positions, as noted above, may be altered, added, or removed as the needs of the Honors community change. Offices may also be held jointly.

If you are interested in running for a SHAC office, please contact a current officer for application procedures or visit the “Student Honors Activities Council” page at www.unco.edu/honors.



UNIVERSITY HONORS PROGRAM - PROGRAM PLAN 2025-2026

Name : _____ Today's Date: _____

Bear E-mail: _____ Expected Graduation Date: _____

Major(s): _____ UNC Class: _____

☐ University Honors ☐ First Year Honors ☐ Honors Capstone Only ☐ Dual McNair Scholars

University Honors Program Requirements

- ✓ Completion of a total of 16 course credits towards Honors Program curriculum.
- ✓ Present Honors Capstone in a public forum.
- ✓ Participate in at least six Honors Connect activities.
- ✓ Achieve and maintain a minimum cumulative 3.00 UNC GPA.

General Honors Coursework

Complete a total of 12 credits of General Honors Coursework, with a maximum of 6 credits of lower division.

Lower Division Honors coursework/First Year Honors – up to 6 credits

Students may complete First Year Honors Experience with 6 credits of Lower Division Honors Coursework with two courses from the list below (generally one per semester in first year). Students who do not participate in the First Year Experience may choose up to 6 credits from the following list, though they may also choose all courses from the Upper-Division Honors Course list to satisfy the General Honors Coursework requirement.

Honors Lower Division course options

Semester Planned

- | | |
|--|-------|
| <input type="checkbox"/> UNIV101 (honors sections offered) (LAB3) | _____ |
| <input type="checkbox"/> HON100 Honors Connection I (Theme varies) | _____ |
| <input type="checkbox"/> HON180 Great Ideas in Context (<i>LAA2 LAIS</i>) | _____ |
| <input type="checkbox"/> HON182 Confluence of Cultures (<i>LAA2 LAMS</i>) | _____ |
| <input type="checkbox"/> HON185 Religions and Worldviews (<i>LAA3</i>) | _____ |
| <input type="checkbox"/> HON200 Honors Connections II (Theme varies) | _____ |
| <input type="checkbox"/> HON267 Culture and Consciousness (<i>LAA3</i>) | _____ |
| <input type="checkbox"/> HUM122 Popular Medievalisms (<i>LAA2 LAIS</i>) FA2025 | _____ |
| <input type="checkbox"/> LEAD100 Foundations of Leadership | _____ |
| <input type="checkbox"/> LEAD200 Applications of Leadership | _____ |

First Year Honors Experience

Upper Division Honors coursework – 6-12 credits

All students must complete at least 6 credits of Upper Division honors credits, which may include Research coursework and Applied Learning coursework.

Honors Special Topics (repeatable under different subtitles)

Semester Planned

- ☐ HON395 Honors Special topics _____

Research Methods Courses

Departmental research methods courses may be used to fulfill the General Honors Coursework requirement.

Semester Planned

- | | |
|--|-------|
| <input type="checkbox"/> UNIV431 (for McNair Scholars) | _____ |
| <input type="checkbox"/> ANT320 | _____ |
| <input type="checkbox"/> ANT340 | _____ |
| <input type="checkbox"/> ANT350 | _____ |

- | | |
|---|-------|
| <input type="checkbox"/> CHEM499 | _____ |
| <input type="checkbox"/> CRJ380 | _____ |
| <input type="checkbox"/> MET376 | _____ |
| <input type="checkbox"/> PHYS 370 | _____ |
| <input type="checkbox"/> PSY201 (This does NOT count as upper division) | _____ |
| <input type="checkbox"/> SOC310 | _____ |
| <input type="checkbox"/> SOC311 | _____ |
| <input type="checkbox"/> STAT451 | _____ |

Applied Learning Options (See catalog for full listing of courses pre-approved as honors curriculum)

Any approved departmental internship, practicum, fieldwork, student teaching or study abroad course on the list in the catalog may be used to fulfill the General Honors Coursework requirement (up to 12 credit hours). Courses not on the list may be petitioned to be used to fulfill Honors Coursework requirements.

- | | Semester Planned |
|---|-------------------------|
| <input type="checkbox"/> HON492 Honors Internship or Study Abroad | _____ |
| <input type="checkbox"/> Other Internship Course: _____ | _____ |
| <input type="checkbox"/> Acting Showcase: _____ | _____ |
| <input type="checkbox"/> Practicum Course: _____ | _____ |
| <input type="checkbox"/> Field Experience Course: _____ | _____ |
| <input type="checkbox"/> Clinical Course: _____ | _____ |
| <input type="checkbox"/> Student Teaching: _____ | _____ |
| <input type="checkbox"/> Study Abroad Course(s): _____ | _____ |

Honors Capstone Coursework

Complete a minimum of 4 credits towards the Honors Capstone requirement.

Honors Capstone is required for completion of University Honors Program Distinction.

Honors Capstone Project Design – 2 credits minimum

Take at least two credits from the following.

LIB251 should generally be taken concurrent with HON351.

- | | Semester Planned |
|--|-------------------------|
| <input type="checkbox"/> LIB251 Research as Inquiry (1 credit) | _____ |
| <input type="checkbox"/> HON351 Junior Honors Seminar (1 credit w/ LIB251 in Fall or Spring) | _____ |
| <input type="checkbox"/> UNIV432 McNair Scholars Research II (2 credits) | _____ |

Honors Capstone Project – 2 credits minimum

Take at least two credits from the following.

HON 451 is repeatable with a maximum of 3 credit hours. Students may complete their Capstone Project through HON 451 or any equivalent departmental capstone course on the list in the catalog. Students may complete the 2 credits by enrolling in 1 credit per semester for 2 semesters, and the semesters do not need to be consecutive.

- | | Semester Planned |
|---|-------------------------|
| <input type="checkbox"/> HON451 Senior Honors Thesis. # credits _____ | _____ |
| <input type="checkbox"/> HON451 Senior Honors Thesis. # credits _____ | _____ |

AND/OR

- | | |
|---|-------|
| <input type="checkbox"/> Departmental based capstone/research project course. (Approved courses listed in catalog.) | |
| Course: _____ | _____ |

Other information

- Every final Honors Capstone project must be approved by the Honors Program and Schulze Chair and presented in a public forum to fulfill the capstone requirement. Students who choose a departmental capstone course should consult regularly with the Honors Program Schulze chair to ensure they are on track to meet this requirement.
- Students who complete the Honors Capstone Project without completing the full University Honors experience will receive an "Honors Capstone" designation on their transcript.
- The Honors Capstone is embedded in the full University Honors program. Students who complete the full program earn recognition at commencement and a designation of "University Honors" on both their transcript and diploma.

Capstone Honors Experience



HONORS CAPSTONE EXPERIENCE - PROGRAM PLAN 2025-2026

Name : _____ Today's Date: _____

E-mail: _____ Expected Graduation Semester: _____

Major(s): _____ UNC Status: _____

☐ ☐ HCE-Transfer ☐ HCE-Current UNC ☐ HCE/Dual McNair Scholars

University Honors Capstone Experience Requirements

- ✓ Completion of a minimum of 4 course credits towards Honors Program capstone curriculum.
- ✓ Present Honors Capstone in a public forum.
- ✓ Participate in at least six Honors Connect activities.
- ✓ Achieve and maintain a minimum cumulative 3.00 UNC GPA.

Honors Capstone Coursework

Complete a minimum of 4 credits towards the Honors Capstone requirement.

Honors Capstone is also required for completion of University Honors Program Distinction.

Honors Capstone Project Design – 2 credits minimum

Take at least two credits from the following.

LIB251 should generally be taken concurrent with HON351.

☐ LIB251 Research as Inquiry (1 credit)

Semester Planned/Completed

AND

☐ HON351 Junior Honors Seminar (1 credit concurrent w/ LIB251)

OR

☐ UNIV432 McNair Scholars Research II (2 credits)

Honors Capstone Project – 2 credits minimum

Take at least two credits from the following.

HON 451 is repeatable with a maximum of 3 credit hours. Students may complete their Capstone Project through HON 451 or any equivalent departmental capstone course on the list in the catalog. Students may complete the 2 credits by enrolling in 1 credit per semester for 2 semesters, and the semesters do not need to be consecutive.

☐ HON451 Senior Honors Thesis. # credits _____

Semester Planned/Completed

☐ HON451 Senior Honors Thesis. # credits _____

AND/OR

☐ Departmental based capstone/research project course. (Approved courses listed in catalog.)

Course: _____

Other information

- Every final Honors Capstone project must be approved by the Honors Program and presented in a public forum to fulfill the capstone requirement. Students who choose a departmental capstone course should consult regularly with the Honors program to ensure they are on track to meet this requirement.
- Students who complete the Honors Capstone Project without participating in the full University Honors experience will receive an "Honors Capstone" designation on their transcript.