Honors Self- Designed Proposal

Complete this proposal **prior** to your experience’s start date and upload it in the UHP Database (<https://webapps.uc.edu/uchonorsstudent>). Create an experience (“Add a new record”) in the “Tracking Project” tab and upload your proposal document as an attachment. The deadline for [submitting proposals](http://www.uc.edu/honors/experiences/experiencesubmission.html) is the 5th of each month (excluding July).

Proposals are intended to be well developed plans for your experience. However, experiences are exploratory in nature, and we are flexible with changes throughout the experience. If your experience changes after receiving approval on your proposal, contact your honors advisor to verify the changes still satisfy the requirements of an honors experience.

**Basic Information**  
Full Name: Matthew Stall

Title of Project: Willpower on the Water: A Reflection on Rowing

Thematic Area(s): Community Engagement, Leadership

Expected Start Date: 09/01/15

Expected End Date: 05/30/16

**Guidelines**

1. Proposal submission timeline: Proposals should be submitted at least one month prior to the expected start date of the experience. International experiences require at least two months’ notice. Contact your honors advisor immediately for any exceptions.
2. Proposal length: While the quality of the proposal is most important, strong proposals are typically 3-4 pages single-spaced.
3. Proposal format: Please maintain the proposal format (e.g. headers, layout)
4. Time commitment: Experiences should consist of at least 75-90 hours of preparation, execution, and reflection. This is approximately equivalent to the commitment of honors seminars and pre-approved experiences.

**Requirements for International Travel**

All self-designed international travel experiences require two months’ notice and must be at least one week in length. You will need to provide a detailed itinerary (dates, locations and activities). If participating in independent travel (not with UC faculty, staff or student group), you must also fill out a [Worldwide: Honors Experience application](http://studyabroad.uc.edu/index.cfm?FuseAction=Programs.ViewProgram&Program_ID=10217) via UC International.

Additionally, the [Student Travel Policy](http://www.uc.edu/content/dam/uc/about/docs/university_policies/student_travel_policy.pdf) restricts UC-sponsored travel to countries under a [U.S. Department of State Travel Warning](http://travel.state.gov/content/passports/english/alertswarnings.html). Those who wish to visit a country with a travel warning 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.***

1. **Abstract**

*Briefly describe the experience. What makes this experience personally meaningful? What goals do you have for this experience? What is your timeline for this experience?*

*\*If you are proposing an international experience, provide an itinerary.*

*\*\*If you are developing this experience from an existing opportunity (class with a study tour, campus organization, co-op, etc.) that is not already an honors seminar or pre-approved experience, how will you differentiate your experience from what is already required of other students?*

This experience will entail my joining the rowing club at the University of Cincinnati including the things I will learn in the day to day practices as well as the regattas (competitions). This experience is important to me as a way to get involved on campus and meet new people as well as form bonds with a completely new set of people to me. The mental fortitude involved in rowing and the concentration required are also traits I wish to instill personally. Over the course of this season of rowing I really want to make these bonds with my teammates and start working on my mentality for these traits. Being a leader on the team and observing the team dynamic as the year goes on are also important aspects of this experience.

Rowing is a tough and time intensive sport that I am looking forward to participating in. This is something that tests the mettle in any person through the various workouts and challenges presented in a brand new environment that we are being thrown in to. The novice rowing team (for first year rowers) consists of around fourteen rowers, two coxswains (who are in charge and steer the boat), and two coaches who work with the team. Most of the team has never picked up an oar to row before ever, and the team dynamic in how we develop as rowers with advice from the varsity team, experienced novice rowers, and coaches will be interesting. Another topic to explore is how leadership is developed within the team. Even if I do not become a leader on the team how leaders develop in the group and how they interact with the team is important to observe.

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| **Advisor Feedback** | | |
| Must Include:  Brief description of the experience  Personal connection to the experience  Identified goals for the experience  Timeline from start to finish  \*Itinerary (international experiences only)  \*\*Explanation of differentiated experience from what is required of other students | Required Revisions: | Effective: |

1. **Experience Advisor**

*Identify an experience advisor and provide their contact information. Explain why you chose this person and how you plan to utilize your advisor for this experience.*

Note: Advisor(s) should have knowledge or expertise in an area related to the experience. Honors advisors, undergraduate students, and family members cannot be experience advisors.

An advisor for this experience would be the Novice Men’s Rowing Club Coach Steph Abt ([novicemen@cincyrowing.org](mailto:novicemen@cincyrowing.org) or 513-967-4573). He has been rowing for a long time and really knows the sport well. Steph can really help with not only the mechanics involved in good rowing but also the mental aspects that will help me become a better athlete and person in general along with assisting in the team leadership dynamic.

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| **Advisor Feedback** | | |
| Must Include:  Experience advisor name and contact information  Description of why advisor was selected  Specific plans to engage with advisor | Required Revisions: | Effective: |

1. **Connection to Learning Outcomes**

*List 3* [*learning outcomes*](#ThematicAreas) *from any thematic area(s). Provide specific activities you plan to engage in to help you make progress towards the chosen learning outcomes. Describe how you expect each activity to help your progress. Include an estimated time commitment for those activities.*

* Community Engagement- Identify and differentiate multiple ways to contribute towards the development or achievement of the community’s goals.
* Leadership- Formulate and manage a shared vision and develop goals towards its achievement.
* Leadership- Motivate and collaborate effectively with others towards completion of shared projects or goals.

Despite being a fun activity, rowing is still a sport full of competition. Our goal as a novice team is to do our very best at regattas and to place at the top. This means that I will contribute to the development of this goal by being the best rower and athlete I can be through things like the daily practices we have (~9 hours a week time commitment). I will also try to show leadership by helping form our vision in doing well at these competitions and collaborating with others to help organize other activities to do as a group to help build teamwork such as extra workouts, volunteer opportunities, etc.

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| **Advisor Feedback** | | |
| Must Include:  3 learning outcomes explicitly identified from any thematic area(s)  Examples of activities and explanation of how each will assist the progress towards the chosen learning outcome  Estimated time commitment for each activity | Required Revisions: | Effective: |

1. **Academic Resources Connected to the Learning Outcomes**

*List 1-2 academic resources you plan to use to enhance your understanding of the learning outcomes. Explain how each resource connects to your learning outcome(s) and helps you execute your experience. Please include the title and author/creator for each resource.*

Note: Academic resources are professional works that can be used to assist your understanding of the topic. Some examples are books, documentaries, videos, or research journals.

One book that I found that might be helpful in this subject was “Mind Over Water” by Craig Lambert that helps explain how different aspects of rowing are analogous to a “vigorous and satisfying life” and how rowing could possibly help me as a grow as a person. This book helps explore how attributes exhibited on the water help build personal qualities that are exemplary.

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| **Advisor Feedback** | | |
| Must Include:  1-2 academic resources connected to the learning outcomes  Title and author of each resource  Description of how resources will help make progress towards learning outcomes and execution of experience | Required Revisions: | Effective: |

1. **On-going Reflection**

*The on-going reflection should help you process the experience and progress toward your chosen learning outcomes. Describe your method for reflecting throughout the experience. Indicate specific reflection questions/topics you plan to use to guide your reflective process.*

Note: A variety of methods can be used for on-going reflection. Some examples are videos, drawings, blogs, songs, and journals. Reflection topics to consider include your ideas/insights about the experience, connection to other areas of involvement, and your progress towards the learning outcomes.

The method of on-going reflection that would be most effective for me would be journals that reflect on my progress towards the learning outcomes and how the experience of rowing is effecting me in general. I will attempt to keep at least one entry a week to help reflect on my experience on a weekly basis on the daily practices and team mentality.

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| **Advisor Feedback** | | |
| Must Include:  Method for ongoing reflection  Reflection questions/topics clearly specified | Required Revisions: | Effective: |

1. **Sharing Your Learning**

*Describe how you plan to actively share what you’ve taken away from this experience with a targeted audience. Explain why you chose this specific audience.*

Note: While social media can be an effective platform for sharing, only posting on your personal learning portfolio or social media account(s) does not reach a targeted audience.

I would share my experience via social media such as Facebook in order to target friends and family who will be more likely interested in my personal growth and in the sport itself. The team itself already has a Facebook page and other resources in order to help share the impact rowing has on people and in this case the novice team itself.

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| **Advisor Feedback** | | |
| Must Include:  At least one method to actively share take-aways/learning from the experience  A specific audience and why the audience was selected | Required Revisions: | Effective: |

1. **Budget (if applicable)**

*Provide an itemized budget and indicate your source for cost information.*

*\*If you are engaged in an unpaid internship or research, please indicate the number of weeks and hours per week you plan to participate.*

* Dues: $1000
  + These dues cover both semesters of rowing with the University of Cincinnati sponsored rowing club. They help cover transportation to and from the regattas, snacks provided at regattas, and also equipment fees for using the club’s boats and equipment (the boat itself costs around $35,000 not including oars, foot plates, seats, and shoes).

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| **Advisor Feedback** | | |
| Notes:  Detailed budget of expenditures with sources to justify budget estimates  \*Indicates the number of hours per week and number of weeks of participation | Required Revisions: | Effective: |

**Thematic Area Learning Outcomes**

**Learning Outcomes for the Community Engagement Thematic Area:**

By engaging in this thematic area, you will make progress towards learning how to…

* Identify and differentiate multiple ways to contribute towards the development or achievement of the community’s goals.
* Develop a thorough understanding of the world view, beliefs, experiences, self-consciousness, or history of community members through collaboration.
* Articulate the purpose of service on a social issue or public policy and how service mutually enhances individual growth and the common good.
* Explain how education, advocacy, mobilization, or public policy can influence social issues and transform communities.

**Learning Outcomes for the Creativity Thematic Area:**

By engaging in this thematic area, you will make progress towards learning how to…

* Discover new techniques to gain knowledge, consider options, make new connections, and ask questions.
* Explore a new creative competency/medium or seek new ways to engage an existing competency/medium.
* Understand and optimize the use of people, technology, physical resources or community in a creative process.
* Articulate the broader significance of a creative project and the value of its contributions.

**Learning Outcomes for the Global Studies Thematic Area:**

By engaging in this thematic area, you will make progress towards learning how to…

* Develop practical travel skills that promote safe, stimulating, and productive travel throughout your life.
* Summarize the interconnectedness of geography, history, cultural traits and world issues.
* Articulate the interdependence of professional fields to address current and impending global issues such as technology, the environment, human rights, or politics.
* Demonstrate an understanding of cultural diversity by acknowledging the impact of their own identity and the experience of social norms, customs, or beliefs that are different from their own.
* Demonstrate a sense of empathy, respect, and appreciation for others to build meaningful cross-cultural collaborations toward mutual growth and prosperity.

**Learning Outcomes for the Leadership Thematic Area:**

By engaging in this thematic area, you will make progress towards learning how to…

* Formulate and manage a shared vision and develop goals towards its achievement.
* Motivate and collaborate effectively with others towards completion of shared projects or goals.
* Develop strategies to identify and respond to challenges and obstacles.
* Identify personal strengths and areas of growth and evaluate opportunities to maximize skills and abilities.
* Synthesize the current trends related to a specific issue or field and evaluate how thought-leaders are currently addressing them.

**Learning Outcomes for the Research Thematic Area:**

By engaging in this thematic area, you will make progress towards learning how to…

* Demonstrate the ability to locate, interpret, and critically evaluate primary sources appropriate to field.
* Identify and apply appropriate methods to collect and organize data for analysis.
* Analyze and interpret the meaning of results.
* Produce dissemination appropriate to the field in order to share the results or impact of the research.
* Articulate the broader significance of the research project and its relationship to other fields, research and ideas.