mental health and wellness plan for their college experience. This course provides the strategic application of wellness concepts to the demands of honors-student life. Wellness concepts include physiological-state regulation, revision of internal narratives, connection, and building upon personal and academic strengths. Emphasis is placed on individualized application of wellness concepts as students design a

**HR 4010 - Honors Cultivating Wellness in Mind, Body, and Spirit**  
**Credit(s): 0 Credits**  
This course provides the strategic application of wellness concepts to the demands of honors-student life. Wellness concepts include physiological-state regulation, revision of internal narratives, connection, and building upon personal and academic strengths. Emphasis is placed on individualized application of wellness concepts as students design a mental health and wellness plan for their college experience.

**HR 4000 - Honors Collaborative Inquiry: The Scholar in Society**  
**Credit(s): 3 Credits**  
In this course, students develop awareness of and bring their disciplinary expertise to bear on issues of national and international importance. The course also serves as a vehicle for competitive fellowship and scholarship applications.  
**Attributes:** Honors Program Students Only, UUC:Collaborative Inquiry

**HR 2980 - Independent Study**  
**Credit(s): 1-3 Credits** (Repeatable for credit)  
Students may pursue an independent scholarly project under the supervision of a professor. Students must submit a proposal to the University Honors Program by the first Friday of the semester.  
**Attributes:** Honors Program Students Only

**HR 2930 - Special Topics**  
**Credit(s): 1-3 Credits** (Repeatable for credit)  
Selected topics of special interest to Honors Program students.  
**Attributes:** Honors Program Students Only

**HR 2800 - Honors Seminar: Our Common Home**  
**Credit(s): 3 Credits**  
The honors seminar is a cross-disciplinary course designed to promote students’ capacities of reflecting, discussing, and writing effectively about the complex challenges of life in an era of political polarization, digital connection, and globalization. We consider the role of the common good in our relationships, our collective responsibilities, and our pursuit of vocational identity.  
**Attributes:** Honors Program Students Only, UUC:Dignity, Ethics & Just Soc

**HR 1980 - Independent Study**  
**Credit(s): 1-3 Credits** (Repeatable for credit)  
Students may pursue an independent scholarly project under the supervision of a professor. Students must submit a proposal to the University Honors Program by the first Friday of the semester to earn honors credit for an independent study.  
**Attributes:** Honors Program Students Only

**HR 3980 - Independent Study**  
**Credit(s): 1-3 Credits** (Repeatable for credit)  
Students may pursue an independent scholarly project under the supervision of a professor. Students must submit a proposal to the University Honors Program by the first Friday of the semester to earn honors credit for an independent study.  
**Attributes:** Honors Program Students Only

**HR 3930 - Special Topics**  
**Credit(s): 1-4 Credits** (Repeatable for credit)  
Selected topics of special interest to Honors Program students.  
**Attributes:** Honors Program Students Only

**HR 3980 - Independent Study**  
**Credit(s): 1-3 Credits** (Repeatable for credit)  
Students may pursue an independent scholarly project under the supervision of a professor. Students must submit a proposal to the University Honors Program by the first Friday of the semester to earn honors credit for an independent study.  
**Attributes:** Honors Program Students Only

**HR 3930 - Special Topics**  
**Credit(s): 1-4 Credits** (Repeatable for credit)  
Selected topics of special interest to Honors Program students.  
**Attributes:** Honors Program Students Only

**HR 4000 - Honors Collaborative Inquiry: The Scholar in Society**  
**Credit(s): 3 Credits** (Repeatable for credit)  
In this course, students develop awareness of and bring their disciplinary expertise to bear on issues of national and international importance. The course also serves as a vehicle for competitive fellowship and scholarship applications.  
**Attributes:** Honors Program Students Only, UUC:Collaborative Inquiry

**HR 4010 - Honors Cultivating Wellness in Mind, Body, and Spirit**  
**Credit(s): 0 Credits**  
This course provides the strategic application of wellness concepts to the demands of honors-student life. Wellness concepts include physiological-state regulation, revision of internal narratives, connection, and building upon personal and academic strengths. Emphasis is placed on individualized application of wellness concepts as students design a mental health and wellness plan for their college experience.

**HR 4810 - Honors Teaching Assistantship**  
**Credit(s): 0-3 Credits**  
Students may serve as a teaching assistant for Honors Ignite after completing the course. The TA role involves aiding the course instructor with all aspects of the course. TAs also meet as a group to discuss their role as peer instructors and to learn about selected topics related to teaching and learning. Students must apply for the position in advance.  
**Attributes:** Honors Program Students Only, UUC:Self in Contemplation

**HR 4820 - Honors Study Abroad**  
**Credit(s): 1 Credit** (Repeatable for credit)  
Students can elect to earn credit during a study abroad experience by participating in an online reflective experience. The course emphasizes critical self-reflection before and after the abroad experience and thoughtful observation of a host culture during the term abroad.  
**Attributes:** Honors Program Students Only, UUC:Self in Contemplation

**HR 4840 - Honors Research**  
**Credit(s): 1-3 Credits** (Repeatable for credit)  
The University Honors Program places a high value on experiential learning, as it is a critical component for holistic student development. Therefore, students are eligible to earn Honors credit for research experiences completed through a department at the University or through an approved off-site location. Students must submit an online proposal (found on the Honors Program website) to the University Honors Program by the first Friday of the semester (or by June 1 for summer experiences) to earn credit.  
**Attributes:** Honors Program Students Only

**HR 4850 - Honors International Partnership**  
**Credit(s): 0-1 Credits** (Repeatable up to 3 credits)  
Students may complete up to three Honors credits (one per semester) by participating in the International Partnership (IP) program. Participants are matched with an international student as a language partner, and are required to engage in regular conversations throughout the semester. Honors students may receive up to three IP credits throughout the duration of their Honors Program experience, but they are limited to one IP credit per semester.  
**Attributes:** Honors Program Students Only

**HR 4860 - Honors Professional Development and Vocational Discernment**  
**Credit(s): 1 Credit**  
This course will help students understand and specifically translate their honors experiences into the "real world." Through an intentionally sequenced five-part series, students will give shape to the substance of their academic and personal lives and reflect on the character and meaning of their future work. Students will emerge from this course with both concrete professional skills and philosophical insights to aid in the job search or graduate school application process.  
**Restrictions:**  
Students with a classification of Freshman may not enroll.  
**Attributes:** Honors Program Students Only

**HR 4870 - Honors Internship**  
**Credit(s): 1 Credit** (Repeatable for credit)  
The University Honors Program places a high value on experiential learning, as it is a critical component for holistic student development. Therefore, students are eligible to earn Honors credit for internship experiences completed through a department at the University or through an approved off-site location. Students must submit an online proposal (found on the Honors Program website) to the University Honors Program by the first Friday of the semester (or by June 1 for summer experiences) to earn credit.  
**Attributes:** Honors Program Students Only, UUC:Self in the World

**HR 4910 - Honors Internship**  
**Credit(s): 1-3 Credits** (Repeatable for credit)  
The University Honors Program places a high value on experiential learning, as it is a critical component for holistic student development. Therefore, students are eligible to earn Honors credit for internship experiences completed through a department at the University or through an approved off-site location. Students must submit an online proposal (found on the Honors Program website) to the University Honors Program by the first Friday of the semester (or by June 1 for summer experiences) to earn credit.  
**Attributes:** Honors Program Students Only, UUC:Reflection-in-Action
HR 4960 - Honors Senior Capstone
Credit(s): 0-3 Credits (Repeatable for credit)
Students must complete a comprehensive research project in their major/minor area during senior year. Proposals, supported by a faculty sponsor, are due the semester prior to conducting the project. The proposal form can be found on the Honors Program website.
Attributes: Honors Program Students Only

HR 4980 - Honors Independent Study
Credit(s): 1-3 Credits (Repeatable for credit)
Students may pursue an independent scholar project under the supervision of a professor; students must submit a proposal to the University Honors Program by the first Friday of the semester.
Attributes: Honors Program Students Only