Lower-Division Undergraduate Courses

-Four Honors Courses (Either Honors General Education or Honors Contract Courses)

Course____________________________________________________________ Semester _________________
Course____________________________________________________________ Semester _________________
Course____________________________________________________________ Semester _________________
Course____________________________________________________________ Semester _________________

Upper-Division Undergraduate Courses

-HNRS 387 (1 credit) Honors Civic-Learning Project
   Semester______________

-HNRS 487 Capstone/Colloquium
   Semester______________

Undergraduate Research Requirement

-Select Two of the Following:

   HNRS 226 Research Apprenticeship (3 credits) ____________ (semester taken)

   HNRS 499 Senior Honors Thesis or Departmental Undergraduate Thesis Project (3 credits)
   ____________ (semester/year taken)

   Poster or Oral Presentation at a national academic conference
   ____________ (date/name of conference)

   Successful application for and completion of an Undergraduate Research Grant Project
   ___________________________ (title of project/semester awarded)

Campus Events (one per semester)

Honors College students are required to attend one lecture per semester. To receive credit for lecture attendance, please email the Honors College at (honorscollege@odu.edu) with the title of the lecture, the name of the lecturer and a short description of what you learned from the lecture.

1. ___________________________  2. ___________________________
3. ___________________________  4. ___________________________
5. ___________________________  6. ___________________________
7. ___________________________  8. ___________________________