**Self-Designed Experience Proposal**

# **Guidelines**

**Proposals must be submitted to the database and approved BEFORE a project begins**. **The deadline to submit proposals to the database is 11:59pm on the 5th of every month.**

You may submit a proposal to the database at any time; there is no need to wait until a deadline to submit. However, the Honors Proposal Review committee may not review until after the 5th deadline. *Proposals should be submitted one month prior to the expected experience start date*. International travel experiences require at least two months’ notice.

Your proposal will be reviewed by the Honors Proposal Review committee. **Your advisor will contact you by the 20th of the same month** with the committee's approval to start the experience or a request for revisions. If revisions are required, you must submit your revised proposal no later than the 5th of the following month. Your advisor may request an earlier date depending on your experience start date. See instructions on UHP’s [Self-Designed Experience](https://www.uc.edu/campus-life/honors/students/self-designed.html) website.

*Important note:*Advisors will not consider proposals for experiences that have already passed. The value of a self-designed experience is realized when you can plan ahead and participate in the on-going reflection. There may be instances where there is less than a month to submit your proposal before your experience would start. You should communicate this to your honors advisor as soon as possible.

# **How to Submit**

* 1. Access the [UHP Database](https://webapps2.uc.edu/uchonors/Advisor?studentType=Current&limitByUcid=False)
  2. Create a new project in the “Self-Designed Experiences” tab
  3. Upload your proposal document as an attachment (Word documents only – no PDFs).

# **How to complete your Self-Designed Honors Experience Reflection**

Purpose: Reflect upon your experience and articulate your learning and the impact of the experience. *Note: This is not the same as your experience showcase*

Audience: You (and your honors advisor)

Format: An alternative form or written reflection. Suggested lengths of reflection to reach sufficient depth and breadth: Video: 3-5 minutes; Slideshow: 10-12 slides, including explanations of visuals; Written: 600 words.

Guidelines: Use the following prompts to guide your reflection:

* An overview of your experience and what you learned as you progressed towards your goals, including if any goals changed throughout your experience.
* The impact of the experience on you and your definition of Global Citizen Scholar.
* Your plan to take your learning into future classroom, career and/or personal experiences.

Timeline: Submit your reflection to the UHP database within 1 month of the conclusion of the self-designed experience. If you are submitting a file other than a Word doc, please email it to your honors advisor.

Directions: In the UHP Database, navigate to Self-Designed Experiences and click on the title of your experience. In the Reflection box, upload your Word document then click Submit.

Showcase: You must also create a section on your Learning Portfolio website that shares your experience

# **ACKNOWLEDGEMENT AND ASSUMPTION OF RISK**

*Assumption of Risks: The honors experience and related experiential learning as described below may contain certain inherent risks that cannot not be eliminated. Aware of the risks, dangers, and hazards known and unknown to me, I agree individually, and on behalf of my heirs, successors, assigns and personal representatives, to* ***ASSUME AND ACCEPT ALL THE RISKS, DANGERS, HAZARDS, AND RESPONSIBILITIES*** *resulting in or arising from my participation in the experience.*

*Your e-signature, which will be completed in the UHP database prior to proposal submission, confirms that you acknowledge that you have read the entire proposal, that you understand its terms, that you have had the time and opportunity to read and ask questions regarding the proposal, you are fully aware of possible financial aid and tuition implications, and that you have signed it knowingly and voluntarily.*

# **Financial Aid and Honors Grants**

**Note regarding Financial Aid and Honors Grants**: All proposals with a grant request are reviewed in collaboration with the Office of Student Financial Aid. There is no guarantee of grant funding nor of a specific grant amount. Honors grant awards are typically 20% or less of the approved budget. The quality of your proposal can also impact a grant award. Honors grants are posted to students' accounts as scholarships and can affect an individual student’s financial aid. Some students may not be eligible to receive a grant due to their financial aid status. If awarded an honors grant, students acknowledge full awareness of possible financial aid implications.

# **Independent International Travel**

If you are proposing travel independent of UC faculty, staff, or a UC student group, you must submit your self-designed proposal by the following deadlines:

* October 5 – Winter break experiences
* January 5 – Spring break experiences
* March 5 – May/June experiences
* April 5 – July/August experiences
* June 5 – Fall experiences

All independent, international honors experiences require a completed Worldwide Honors Experience application through UC International. UC International will verify successful completion of the application before an experience can be approved. Additionally, the [Student Travel Policy](https://www.uc.edu/content/dam/refresh/af-62/af-policies/Student%20Travel%20Policy%202024.pdf) restricts UC-sponsored travel to countries under a [U.S. Department of State Travel Advisory](http://travel.state.gov/content/passports/english/alertswarnings.html). Those who wish to visit a country or area within a country with a **Level 3 or higher Travel Advisory Level** must seek an exemption through UC International. For additional information about Travel Advisories and exemptions, visit [UC International’s Guide on Travel Restrictions](https://www.uc.edu/campus-life/study-abroad/apply/restrictions.html). 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.*** See more information on the UHP [international travel](https://www.uc.edu/campus-life/honors/students/self-designed/international-travel.html) page.

# **Proposal**

**Full Name:** Bruna Collodetti De Souza

**Title of Experience:** Fostering Discipline and Personal Development by Growing My YouTube Channel: Navigating College Life, Study Tips, and Academic Success

**Anticipated Start Date:** November 5th, 2024

**Anticipated End Date:** April 30th, 2025

**Anticipated Number of Weeks and Total Experience Hours:** 26 weeks; 156 hours

**Focus Area (Impact, Innovation or Inclusion):** Innovation

**(**[**Next Lives Here**](https://www.uc.edu/about/strategic-direction.html)**/**[**Guiding Principles**](https://www.uc.edu/about/equity-inclusion/about/guiding-principles.html)**)**

## **PART I. Explain your proposed Self-Designed Honors Experience**

### **Abstract**

**Section must include:**

* Detailed description of the experience – tell us what you will be doing
* Breakdown of how you will reach the 75+ hours requirement
* Description of risks (if any) and safety precautions you will take

*Enter text here:*

*This self-designed experience will focus on fostering discipline and personal development through consistently uploading college life, study tips, and academic success videos to YouTube on a weekly basis. These videos will provide viewers with advice on time management, organization, navigating challenges and, overall, the college experience. Though that will be the general theme of my YouTube channel, I will not restrict myself to solely posting within that niche, as other curiosities in other niches may arise, but I will rather primarily focus on the discipline and growth aspects of this experience.*

*The 156 hours I will be setting aside for this project will be dedicated to video planning, filming, editing, and engaging with viewers. These goals can be visualized through the following breakdown:*

* *Video planning: 1.5 hours per week spent researching, writing scripts, and structuring my videos.*
* *Filming/editing: 4 hours per week spent recording and editing clips in order to put out the best quality content.*
* *Audience engagement: 0.5 hours per week replying to comments, reviewing analytics, and interacting with viewers.*

*This experience will require discipline and resilience as I must post consistently each week, balance content creation with my academic obligations, and handle potential negative feedback from viewers. I will overcome these challenges by strictly following a content creation calendar, planning videos in advance, and positively communicating with my audience.*

### **Personal Connection**

**Section must include:**

* Explanation of why this experience matters to you
* Explanation of how this experience will help you progress toward becoming a [global citizen scholar](https://www.uc.edu/campus-life/honors/about.html)

*Enter text here:*

*This experience matters to me for various reasons, including, but not limited to, being able to navigate college life as a first-generation student while maintaining good habits and responsibility, finding my true self while balancing various interests, and developing my academic path and related hobbies for my utmost future success. Being a first-generation college student has already demonstrated itself as a challenge, even in my first month of college. While many of my peers are aware of different programs, scholarships, and general knowledge about college, I find myself being the only one amongst them who is the first to know about some of these things. This process of learning through my peers and environment is, therefore, what I’d like to document so that other students and individuals who see themselves in me can learn from my channel and have a bit more of a heads-up on certain things. My YouTube channel will be the resource that I wish I had for myself starting college.*

*Additionally, this experience will allow me to develop as a global citizen scholar by improving my communication and content-creating skills, all the while fostering a digital community that connects students worldwide. Not only will I be directly improving myself, but I will also provide others with the opportunity for their own self and academic development.*

### **Experience Mentor**

**Section must include:**

* Experience mentor name and email
* Explanation for why mentor was selected (e.g. their content expertise related to your experience)
* How you will engage with the mentor
* *Note: Experience Mentor(s) should have knowledge/expertise in an area related to the experience and be able to help you craft your experience goals.*

***Experience mentor name and email:*** *Kelly Bennett*

***Explanation for why mentor was selected (e.g., their content expertise related to your experience):***

*Kelly, the senior social media manager for UC, was selected to be my mentor for this experience. Her experience working with social media and understanding its algorithms will directly aid me in my goal of growing my YouTube channel's audience. I am confident that I can learn from her experience developing her own platform.*

***How you will engage with the mentor:*** *I will frequently email her and further connect, perhaps in person, after 11/11 (when she returns from her trip).*

## **PART II. Personal Growth: Goals and Reflection**

### **Experience Goals Related to Focus Area**

**Section must include:**

* Experience Goals: two (2) specific goals related to chosen focus area(s) outlining the intended results/outcomes/achievements
* List the activities that will help you progress towards your goals and how each relates to your experience
* *Note: These goals should adhere to the SMART format. Please check out this* [*SMART goal video overview*](https://www.youtube.com/watch?v=1-SvuFIQjK8&ab_channel=DecisionSkills) *on YouTube for more details.*

*SMART Goal 1:*

* *Specific: Grow my YouTube channel to 1000 subscribers.*
* *Measurable: Reach at least 1000 subscribers.*
* *Achievable: By posting videos weekly, actively engaging with my viewers, engaging with my mentor, and collaborating with or learning from other creators in my niche.*
* *Relevant: This will allow me to establish a social media presence, increase my networking possibilities, and reinforce discipline and diverse interests in my life.*
* *Time-bound: By the end of this experience.*

*SMART Goal 2:*

* *Specific: Increase channel audience engagement.*
* *Measurable: Boost the rate of likes, comments, and shares by 10%.*
* *Achievable: By analyzing my channel’s analytics weekly, refining my content based on viewer feedback, and encouraging audience participation.*
* *Relevant: This will improve my ability to consistently improve upon my interests and responsibilities. Not only will I be producing content following a weekly routine, but I will also work to make it better every time. Additionally, I will foster a stronger connection with my audience and increase content visibility.*
* *Time-bound: By the end of this experience.*

### **Personal Goals Related to Focus Area**

**Section must include:**

* Personal Goals: two (2) specific goals related to chosen focus area(s) outlining how **you** hope to grow as a result of this experience
* List the activities that will help you progress towards your goals and how each relates to your experience
* *Note: These goals should adhere to the SMART format. Please check out this* [*SMART goal video overview*](https://www.youtube.com/watch?v=1-SvuFIQjK8&ab_channel=DecisionSkills) *on YouTube for more details.*

*SMART Goal 1:*

* *Specific: Establish a general weekly routine I can stick to, including time for work, study, and other personal projects like YouTube.*
* *Measurable: I will follow this routine at least six days a week.*
* *Achievable: I will construct a routine by allocating manageable blocks of time for each current and future task/activity, ensuring it is realistic.*
* *Relevant: This weekly routine will help me be consistent, less stressed, and balanced between academic and personal goals.*
* *Time-bound: By the end of this experience.*

*SMART Goal 2:*

* *Specific: Improve my public speaking skills by practicing in front of the camera and getting comfortable presenting my ideas.*
* *Measurable: I will receive feedback from at least two people after posting each video and track audience engagement.*
* *Achievable: I will carefully self-assess my videos, note what I can improve about my speaking, and apply improvements.*
* *Relevant: Improvement in my public speaking will directly aid me in creating more engaging content and, overall, my future career.*
* *Time-bound: By the end of this experience.*

**Ongoing Reflection**

**Section must include:**

* How will you reflect? A variety of methods can be used for reflection. Some examples are videos, drawings, blogs, songs, and journals
* List 3-5 open-ended questions that you plan to ask yourself throughout your experience to gauge your growth, be aligned with your four goals, and demonstrate understanding of your selected focus area(s)
* *Note: Ongoing reflection should help you process the experience and progress toward the goals you have identified. Not every question will be applicable every time you reflect. Reflection questions can be related to specific goals; they do not need to be applicable to your entire experience.*

*I will reflect on this experience through both my Honors portfolio and a final conclusion video on my YouTube channel. In the video, I will provide a detailed explanation of my project, sharing the insights I gained and discussing areas where I could have improved or approached things differently. Throughout the experience, I will also write biweekly journal entries to analyze my actions, track my analytics, and evaluate what I could have done more effectively at each stage.*

*Questions I will ask myself may include:*

* *How well did I stick to my content creation schedule recently, and what challenges did I face?*
* *What feedback have I received, and how can I incorporate it into my channel?*
* *How is my public speaking improving, and what skills have I developed along the way?*
* *How has my audience engagement changed, and what factors contributed to this?*
* *Am I doing a good job managing my academic and personal endeavors alongside content creation?*

## **PART III. Experience Logistics**

**Academic Resources Connected to the Goals**

**Section must include:**

* 2-3 academic resources connected to your goals
* Title and author of each resource
* Description of how resources will help make progress toward the goals
* *Note: Academic resources are professional/academic works that can be used to assist your understanding of the topic. Some examples are books, research journals, documentaries, or videos.*

*Enter text here:*

* *“The YouTube Formula” by Derrel Eves*
  + *This book provides strategies for leveraging YouTube’s algorithm, directly supporting my goal of reaching 1,000 subscribers and boosting audience interaction.*
* *“Atomic Habits” by James Clear* 
  + *This book offers techniques for building consistent routines and making small, sustainable improvements, helping to establish a weekly schedule for content creation while enhancing my public speaking and overall personal development.*

### **Sharing Your Learning**

**Section must include:**

* At least one method to actively share what you learned focused on growth connected to your goals
* A specific audience and why the audience was selected
* *Note: If you are including social media, you must also include details about how you will connect with your specific audience.*

*Enter text here:*

*I will actively share my experience through my YouTube channel as my audience will already be what I am seeking: other first-generation college students and individuals striving for personal and academic growth. I will share how my YouTube channel has helped me develop a certain skill set that is connected to my academic journey, like public speaking, discipline, and responsibility. Additionally, my audience will benefit from that as they can see themselves in my shoes and me in theirs, allowing for my techniques and advice to be easily applicable in their lives.*

### **Budget (if applicable – leave blank if you are not requesting grant funding)**

**Section must include:**

* Itemized budget of consumable expenditures (please review information on [Honors Grants](https://www.uc.edu/campus-life/honors/students/grants.html))
* *Note: please convert to USD and use the following template, e.g.:*
  + *Roundtrip flight CVG – ATH: $1,200*
  + *Cost of lodging for 2 nights: $95/night x 2 = $190*
  + *Day pass to the Acropolis Museum: $21.43*
  + *Total: $1,411.43*

*Enter text here:*

* *Apple Final Cut Pro Software: $299.99*
  + *Total for the duration of the experience: $299.99*

### **Travel Itinerary (if applicable – leave blank if you are not traveling outside of Cincinnati for this experience)**

**Section must include:**

* If traveling, include your travel itinerary, including locations and dates, for any travel
* *Note: please use the following template, e.g.:*
  + *7/1/24 depart CVG*
  + *7/2/24 arrive at Athens Airport and travel to Paros*
  + *7/3/24-7/6/24 Santorini*
  + *7/7/24 travel back to CVG from ATH*

*Not Applicable*