Is the capstone course required?
Yes, all HSP majors must take the capstone course in order to graduate.

When is the capstone offered?
The capstone is offered once a year, each spring semester. You should take it in your final spring semester.

What do we do in the capstone course?
The capstone course has two meetings each week – on Tuesdays, we meet as a full group (usually about 100 students); we invite a series of guest speakers that represent many different professions and disciplines. On Thursdays, you will meet with a smaller discussion group to talk more in-depth about the topics. Capstone assignments center around 1) participation/attendance/active engagement in weekly meetings, 2) reading of a popular book and/or scholarly articles, 3) reflections about your professional development and learning as an advanced undergraduate student, and 4) group work. With a small team, you will prepare and lead the discussion at least once during the semester, as well as develop a presentation/paper that identifies a health-related problem and your solution to that problem. The capstone course emphasizes the creation of community among HSP graduates, and often includes interactions with community members and HSP alumni.

What is the theme of the capstone course in Spring 2021?
Every year, we choose a different theme for the capstone. For Spring 2021, the theme revolves around two popular-press books that will allow us to juxtapose the effects of technology and nature on health & wellness.

You can order the books now and read them over the holidays. We think you will enjoy reading them.

How do I enroll for the capstone course?
No permission codes are needed. This year, you can choose whether you prefer to do the capstone course in-person, online synchronous (IVC), or online asynchronous.

Choose your preference:
Section 002 – IVC, synchronous/remote on Thursdays 435-555 with Dr. Rebecca Owen
Section 003 – in-person on Thursdays 2-320 with Dr. Anne Yeagle (limited to about 30 students)
Section 004 - online/asynchronous with Dr. Rebecca Owen

Once you are enrolled in section 002, 003, or 004, you will be automatically enrolled in section 001
Section 001 - live webinar with guest speaker, presented via Zoom, on Tuesdays 435-555

Note: All sections require the same assignments (including group work) and will expect students to be regularly and actively engaged throughout each week.