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 2022?
For Spring 2022, the theme revolves around two popular-press books that will allow us to juxtapose the effects of technology and nature on health & wellness.

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 or online. We recommend doing the in-person experience, but realize that online is needed for those of you who are working or not living locally. Choose the option that fits best with your schedule and learning style. All sections require the same assignments (including group work) and will expect students to be regularly and actively engaged throughout each week.

Choose your preference:
- Section 001 – in-person – Tues & Thurs 435-555pm – Dr. Anne Yeagle
- Section 002 – in-person – Tues & Thurs 435-555pm – Dr. Rebecca Owen
- Section 090 – online/asynchronous – Dr. Rebecca Owen

Note: The in-person sections will meet together as a big group on most Tuesdays (when we have guest speakers); the online students will watch a recording of the lectures given by guest speakers.