What are the Cornerstones?

Required co-curricular activities built around the Core Values of the Honors Experience
How Many Cornerstones are There?

FOUR
**CONTRIBUTE**
Courage to contribute ideas that make a difference

**QUESTION**
Curiosity to pursue your own questions

**ADAPT**
Empathy to adapt with respect to diverse perspectives

**ACT**
Confidence to act and apply knowledge in real world conditions
How Do I Fulfill the Cornerstone Requirements?

1. Attend the introduction to Cornerstones info session
2. Select an opportunity or project – for ideas, visit Student Engagement/Kanbar 301, 317.
3. Complete any requisite steps /paperwork
4. Sign up/ Enroll via Honors for the Cornerstone
5. Responsibly work towards your 20 hours
6. Thoughtfully complete the reflective prompts related to the Cornerstone.
How Many Cornerstones Should I Complete a Year?

Try to complete one per year
Evaluate your commitments to determine what will work best for you.
Where Can I Complete the Cornerstones?

- Campus organizations/ clubs
- Campus opportunities
- Industry/ Major projects
- Special projects with Faculty
- Conference presentations
- Classes
- Research/ Independent study
- Fulbright Application Submission
- Philadelphia area/ PhilaU affiliated sites
- Honors Program initiatives
- Honors Student Association initiatives
- Your community at home
Contribute

- Service to PhilaU Honors Community
- Honors Student Association Officer
- Campus Community Service
- SGA/ Class Officer
- Organization Officer Committee Chair
- Alternative Spring Break Service Trip
- SERVE 101
- P.U.M.P. – UP
- Honors Residence Liaison
- Big Brother Big sister
- Hon: Writing 101 Blog project
- Hosteling trip
Adapt

- Study Abroad Programs
- Global Brigades
- Multicultural Org Partnership
- H.S.A. Committee Chair
- Global Medical Brigades

- Nexus Study Abroad
- STUAB 302 Study Abroad semester
- Club officer (PA Society)
- Ethnography Project (Honors Writing 101)
- ASL Club (American Sign Language)
ACT

- Internship
- Toastmasters
- LEAD
- Club Officer
- Prof. Org Student Membership
- Professional Training
- Preceptorship
- Resident Assistant

- CNA course
- Red Cross certification
- EMT certification
- Sigma Xi Conference Poster presentation based on class project
- Resident Assistant
- FASHMGT 211 Immersion course
Question

- Conference Activity
- Industry Project
- Major Project
- Fulbright Application Submission
- Independent Research
- Independent Study
- Graduate Course
- Publication

- Research Presentation - Sigma Xi Conference: ”Negative Effects of Stress on College-Aged Students.”
- Independent Research: “Effects of Sucralose on Enteric and Non-Enteric Bacteria”
Reflections – Quotes

• “I learned from working with this community ……. Patience and how to properly listen”
• “….. Taught me important communication skills and responsibilities”
• “Getting involved was the best decision I made in college, and I encourage my peers to do the same”
• “students are the influencers of Philadelphia University-- student engagement and community”
• “…understanding the importance of cultivating and inspiring young children’s minds”
• “volunteering with children…… Students looked up to me as a role model”
• “… were prepared for all the questions directed to us.”
Reflections – Quotes

• “I was able to write my story with conviction… Gave me more confidence in my work.”
• “Presenting at the symposium gave me the chance to see what the expectations are of me in the professional environment.”
• “I learned that in order to be a scientist, you must expand your knowledge through speaking with others in your field.”
• “Even though our study did not produce the results we hoped for, we were confident with the work we completed.”
Are There Summer Options?

YES!!!

Examples of summer options include:
ADAPT: Global Brigades, Short Course
ACT: Internship, Toastmasters, Professional Certification
Question: Research, Fulbright application
What Counts Towards the Cornerstones?

20 hours in your selected activity that require you to perform and reflect on the Cornerstone’s core value.
Are the Cornerstones Classes?

- Usually not, but can be fulfilled within classes.
- They are applied on your transcript, once earned.
When is the Deadline for Cornerstones?

Enrollment will remain open to allow for opportunities presented during the semester.
How Do I Enroll?

Send an email to:

Honors@PhilaU.edu

Subject line:

Enroll me_CONTRIBUTE_“your activity”