



## Guidelines for Co-Curricular Activities

The Honors Program co-curricular requirement has two primary goals:

- 1) For first year students, to provide breadth of experience as a means of more fully integrating into campus culture, while gaining knowledge of diverse topics and activities that may prove formative;
- 2) For second year students and beyond, moving from breadth to depth of engagement as a means of preparation for graduate school, employment, and community participation beyond Roanoke College.

In keeping with those goals, the list of activities below is intended to provide guidance to Honors students seeking to fulfill their 25 hour/term co-curricular requirement. The list is not intended to be exhaustive. When in doubt, please consult your Honors advisor.

To count for co-curricular credit, all activities/events must be logged in your e-portfolio accompanied by a few lines of description and reflection. Some of the items below require extended reflection to count for co-curricular credit. Extended reflection may be used to meet reflection assignment requirements in Hrs 111/112. Hour limits listed below are per term. The following activities and events are considered appropriate for meeting the Honors Program co-curricular requirement during the first year:

- 1) Attendance at academically-focused talks and discussions, other than class lectures and study sessions, given on campus (e.g. academic speakers, Honors coffee shop, Theology on Tap - film screenings are allowable only if the event includes pre- and/or post-film academic discussion)
- 2) Presentation at an on- or off-campus academic showcase/conference event (time of presentation only)
- 3) Attendance at an on- or off- campus academic showcase/conference event (up to 5 hours, requires one paragraph reflection for each of at least three papers/posters/performances/installations you explored)
- 4) Attendance at an Honors Project defense
- 5) Attendance at information sessions and workshops sponsored by campus programs (e.g. a Career Services or Writing Center workshop, health professions workshop, or graduate school/career information session sponsored by a department or program)
- 6) Attendance at an on-campus musical or theatrical event (social events such as CAB band events are excluded)
- 7) Visiting an art or historical museum (up to 3 hours, requires 1-2 page reflection)
- 8) Participation in service activities arranged by individuals on campus (fundraising activities do not typically count for co-curricular credit as they do not provide direct interaction with those being served)
- 9) Participation in overnight off-campus service activities (e.g. alternative breaks) arranged by individuals on campus (up to 10 hours of actual service and academic discussion, requires 1-2 page reflection)
- 10) Participation in service activities arranged by yourself or others away from campus, only if they are approved ahead of time by your Honors advisor (e.g. working with a homeless shelter at home over fall or spring break) (up to 5 hours, requires 1-2 page reflection)
- 11) Participation in service learning activities performed in the context of a Roanoke College course (up to 5 hours)
- 12) Participation in a recognized Roanoke College musical group or as cast or crew of a Roanoke College theatrical performance (up to 5 hours, requires 1-2 page reflection)
- 13) Participation as a team member in varsity, junior varsity, or intervarsity athletics (requires 1-2 page reflection). (Ask your 111-4 instructor about club sports.)
- 14) Participation in the Roanoke College Fellows Program (up to 5 hours, requires 1-2 page reflection)
- 15) Attendance at a Roanoke College athletic event, up to one hour per event, up to three events per term. (Athletes in season may not count their own sport, as that's covered in item 14, above.)

Please consult your Honors 111/112 instructor and/or the Honors Director with any questions about the list above. Honors 111/112 instructors have the ability to permit or deny, on a case-by-case basis, activities not on the list but in keeping with the goals of the Program. These guidelines are subject to revision based on ongoing feedback.