

Title: Taking the First Step Toward Completing a CE/T: An Examination of What We Look for in a CE/T Proposal

title should be short and descriptive;
check disciplinary conventions

Introduction

Thesis Example

Breastmilk for centuries has been the preferred method of nutrition for infants; however, preterm babies are not receiving the benefits that full-term babies are getting. According to Terek et al., (2015), breastmilk for premature or sick newborns is vital in the prevention of “feeding intolerance, necrotizing enterocolitis, and systemic infections” (185). In addition to these benefits, breastmilk also provides necessary growth factors for the baby to fully develop. Not only are neonates suffering from not obtaining breastmilk, mothers are suffering from not being able to provide it. Mothers in the NICU who are not supported and kept informed with breastfeeding have a “60% higher risk of developing postpartum depression” (Shattanawi, 2017, 391). With there being a magnitude of benefits from breastfeeding for both the mother and the baby, the question comes to why is it not a common practice for the mothers who have babies in the NICU. What are the main environmental, emotional, and physiological barriers preventing mothers from breastfeeding or providing breastmilk for their babies in the neonatal intensive care unit, and why is it crucial to overcome these barriers to prevent serious complications for neonates thus decreasing hospital stay?

state the problem

connect problem and research question(s)

academic sources should be cited

Capstone Experience (CE) Example

introduce the project and its objective(s)—can be positioned at the beginning or end of this section

This project is the creation and sustained growth of a chapter of the Food Recovery Network at Western Kentucky University. This project seeks to reduce the food waste produced on WKU’s campus while helping the wider community of Bowling Green. Food waste is a

state the problem

global issue with both social and environmental ramifications. In the United States, over 30% of the food that is produced is wasted (“America’s Food Waste Problem”). At the same time, 11.1% of Americans were food insecure in 2018, meaning that they were unable to provide all of the food that they needed at some point during the year (Coleman-Jensen et al.). When food waste is sent to landfills, it emits a lot of methane, a potent greenhouse gas, and removes nutrients and water from the ecosystem. The Food and Agriculture Organization of the United Nations estimates that 8% of all anthropogenic greenhouse gas emissions, or 4.4 gigatons of carbon dioxide equivalent, is generated by food waste (“Food Wastage Footprint & Climate Change” 1).

academic sources should be cited

There are many better alternatives and uses for food waste than sending it to landfills. The EPA has created a hierarchy of food recovery methods. The ideal first choice is reducing food waste at its source, followed by feeding surplus food to hungry people, feeding it to animals, using it for industrial uses, composting it, and finally, as a last resort, sending it to a landfill (“America’s Food Waste Problem”). Many organizations have been created to address the problem of food waste through using surplus food to feed people in need. One such organization, the Food Recovery Network (FRN), is a network of over 200 chapters at universities and colleges across the United States. FRN chapters are comprised of student volunteers who recover surplus food from campus restaurants and deliver that food to organizations that feed people in need.

connect problem and proposed project

CE/T Statement

For your CE/T statement—think of it as a thesis statement—you should make a statement(s) of intention (e.g. “This project seeks...,” “I plan...,” “My project intends...,” etc.).

(Biology, Thesis) For my CE/T project, I plan to investigate the effects of melatonin implantation in Zebra Finches, as well as the subsequent behavioral aftereffects of this testing, and compare these results to the data collected from field specimens – the Lapland Longspur and the Snow Bunting.

(Chemistry, Thesis) In this project, we intend to further the understanding of the docking behavior of confirmed protein bonding partners and the varied stable conformations of these docking partners when subject to intense thermal fluctuation.

(Economics, CE) My project is to establish Nice Food, a nonprofit, pay-it-forward food truck where everyone can eat regardless of their ability to pay, aiming to sustainably alleviate the weight of poverty.

(English, CE) Unlike the most common types of queer literature, my novel will not focus on finding an identity and coming out because many queer people do not wish to relive these experiences. Instead, *[title of novel]* will be a fantasy story that any demographic can relate to because of its message of hope and redemption, and the main characters happen to be queer.

(Performing Arts, CE) Through research, writing, and performance of solo theatre, I will explore the person of Joan of Arc. I will dive into the narratives of her that exist and shape a fuller portrait of the woman remembered today to show the subjectivity of historiography and the complexities of humanity.

(Psychology/Org. Leadership, Thesis) Looking at the emotional intelligence component of leadership, I am seeking to explore how self-awareness and empathy, gained through Enneagram personality training, will affect leadership abilities.

(Political Science, Thesis) This project aims to answer the question: “(a) what factors influence U.S. deportations, and (b) what factors influence U.S. public opinion on deportation,” which will be answered through individual-level deportee data, macro deportation trends, and original public survey data from both the United States and Mexico.

Approach/Methodology

Thesis Example

An analysis of Supreme Court opinions will ascertain the national standard or precedent for utilizing no-knock warrants. Supreme Court oral arguments and opinions, addressing the legality of no-knock warrants, will tell the general history of such law enforcement policies. While the constitutionality of no-knock warrants is widely recognized, the methods for executing such warrants is disputed. This issue is particularly prominent in the execution of a no-knock warrant by the LMPD, resulting in Breonna Taylor's death. An in-depth study of Ms. Taylor's case provides relevant insight on the present necessity and legitimacy of no-knock warrants, considering how the practice endangers civilians and police officers alike. Ms. Taylor's death in March 2020 was one of many incidents characterized as police brutality, sparking national outrage. A national public opinion survey is an opportunity to assess opinions on no-knock warrants after the immediate resulting outrage. Specifically, what are current opinions on no-knock warrants and when are they acceptable or necessary? A national survey, involving human participation, would require IRB Approval and CITI Program Certification.

indicate how data will be collected (and analyzed)

state if the project will require CITI Training and/or IRB Approval

CE Example

For my CE/T project, I have developed a landscape plan that not only works harmoniously with the existing front yard plants that are well-established (i.e. two boxwood bushes and a magnolia tree), but also utilizes various garden structures (such as trellises and raised beds) and incorporates many perennial plants. I have extensively researched—and

continue to research—sustainable growing methods and practices that are best suited for small spaces like that of the Office of Sustainability. Every plant included in my landscape plans will be edible in some way. All plants/seed will be USDA Certified Organic and/or heirloom cultivars (cultivated varieties) that are appropriate for local growing conditions. Plants/seed will be sourced as locally as possible. Since the existing bermudagrass sod lawn does not serve an edible purpose, and, in fact, is an invasive species, I will attempt to eradicate it by covering the lawn with layers of compost, cardboard, and leaf mulch before planting. Throughout the project establishment period, Project Grow fellows assist me in planting, as well as constructing structures to be used throughout the landscape.

explain why specific methods will be utilized where necessary

To complete this project, I will use the following materials: compost, cardboard, seeds, transplants, potted plants, soil, organic fertilizers and mulching materials, building materials for structures to be used within the landscape, one rain barrel, commission for a WKU student to paint the rain barrel, and edible landscaping educational materials (e.g. signage, “how-to pamphlets).

list any materials that will be used to complete the project

Expected Results & Significance

Thesis Example

indicate what you expect to produce/learn, as well as the expected significance to the field

The gathered data is expected to provide an easily accessible and observable depiction of the detriments non-communicative styled teaching can have on language learners. On the other hand, it will also depict the benefits study abroad and other immersive opportunities have on overall language attainment even after surpassing the CP. While functional linguistic competencies such as verb inflection, sentence structure, and pronunciation will inevitably indicate noticeable differences between the two demographics, confidence is one area that will

likely distinguish the two as well. Using an open-ended conversational approach to data collection will hopefully allow all the aforementioned areas to be on full display.

Aside from tangible data, the proposed research will be protected under IRB certification and can be used for any future research. The process of collecting and synthesizing data will also provide immense experience in conducting research and how to manage real-time linguistic elicitation tasks. The completed project will result in publishable and presentable work that can be used to bolster the researchers resume and candidacy for master's and PhD programs in linguistics.

state anticipated impact of CE/T on your academic goals

CE Example

The goal of this project is to produce a podcast season that focuses on theatre's role in social change. I will be learning more about the connections between the context in which scripts were written and how that can enhance modern productions. Theatre is a great way to address the world around you and the feelings you have about it. This podcast is intended to help young theatre creators find shows that align with their beliefs and provide the context that could make the show more meaningful. If creators better understand the origin of the source material, the production's creative elements and message could reflect the world then and the changes (or lack thereof) we see today.

connect the goal(s) of the project to why it's significant

Outline/Timeline

Presenting your timeline as a detailed table not only demonstrates the thought you have put into proposing your CE/T, but can also serve as a checklist for you to track your progress.

July:
1. CE/T Proposal Approved
2. Enrolled in 403

3. Materials Collected
August:
1. Interview Questions Completed (approved)
2. Survey Questions (approved)
3. Interviewee List compiled (*contact management system)
4. Determine Sample Groups
5. Determine Constant Group
6. Introduction Emails to Interviewees (approved and sent)
7. Interview Training
8. HSRB Approval
9. Begin Collecting Public Data
September:
1. Conduct Surveys
2. Conduct Interviews
3. Draft outline of Study (Presentation/Format)
4. Cont. Collect Public Data
October:
1. Adjustment Check? (Are we still on path to finish in May?)
2. Finish Surveys/Interviews
3. Finish Collecting Public Data
4. Send Thank You(s) (Interviewees)

5. Create Memos of Findings
November:
1. Quantify Survey Results
2. Quantify Interview Results
3. Conduct data analysis of public data
4. Create Memo of Findings and Relationships
5. Enroll in 404, ensure course requirements are completed
December:
1. Finalize Draft Outline of Project
2. Rough Placement of Thoughts and Data into Draft
3. Enroll in 404, ensure course requirements are completed
January:
1. Begin Outlining Project (Recommendations of Programs)
2. Make Contact and Resource List for Project (Louisville Jewish Women)
3. Make Initial Contacts
4. Complete First Draft
5. First Review, 1st Reader
6. First Review, 2nd reader
February:
1. Connect and Draft Recommendations
2. Have Recommendations reviewed by outside sources?

3. Complete Second Draft
4. Second Review, 1 st Reader
5. Second Review, 2 nd reader
March:
1. Complete Third Draft
2. Final Review, 1 st Reader
3. Final Review, 2 nd reader
April/May:
1. Complete, and submit for defense
2. Defend

Resource Requirements

If your CE/T will require travel for data collection, library visits, etc., please state that here, along with any travel-related funding needs.

Thesis Example

If the feeding study component of this project can be conducted, additional funding will be required to collect live zooplankton and fish. The funds would go toward the purchase of sampling equipment and to defray the cost of travel. To help fund the project, I intend on applying for the Gatton Academy & Craft Academy Graduates Research and Experiential Learning Award for the Fall 2021 semester.

list any funding opportunities for which you plan to apply

CE Example

indicate any necessary materials, equipment, books, etc. for the project's completion

In order to complete this project, I will need equipment and materials to execute my event. This includes print marketing materials (flyers/posters), a venue on campus, tables for

vendors, volunteers to help with event management, fall decorations to engage guests, trash cans, and funding to buy event t-shirts. I plan to partner with the Hospitality Management, Horticulture and Recreation Administration programs at WKU to gain access to event supplies and volunteers. I will reach out to the Campus and Community Events team at WKU in order to inquire about using South Lawn as an event venue and ask about the other available resources. I will contact Greek organizations on campus to gain volunteers for my event and promote the event to my peers. I will apply for grants, such as SGA's Scholar Development Grant, to receive funding. If necessary, I will charge a small fee for participating vendors to provide funds for event materials.

indicate ways to access materials (or funds) through other campus entities where applicable

References

list all references according to the citation style used

“America’s Food Waste Problem.” Environmental Protection Agency, 22 April 2016,

<https://www.epa.gov/sciencematters/americas-food-waste-problem>.

Coleman-Jensen, Alisha, Christian A. Gregory, and Matthew P. Rabbitt. “Food Security in the

U.S.: Key Statistics & Graphics.” United States Department of Agriculture Economic

Research Service, 4 Sept. 2019, [https://www.ers.usda.gov/topics/food-nutrition-](https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics.aspx)

[assistance/food-security-in-the-us/key-statistics-graphics.aspx](https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics.aspx).

“Food Wastage Footprint & Climate Change.” Food and Agriculture Organization of the United

Nations, Nov. 2015,

[fao.org/fileadmin/templates/nr/sustainability_pathways/docs/FWF_and_climate_change.p](http://fao.org/fileadmin/templates/nr/sustainability_pathways/docs/FWF_and_climate_change.pdf)

[df](http://fao.org/fileadmin/templates/nr/sustainability_pathways/docs/FWF_and_climate_change.pdf).

Shattnawi, K. K. (2017). Healthcare professionals’ attitudes and practices in supporting and

promoting the breastfeeding of preterm infants in NICUs. *National Association of*

Neonatal Nurses, 17(5), 390-399. doi: 10.1097/ANC.0000000000000421

Terek, D., Köroglu, Ö. A., Sözmen, E., Yalaz, M., Kültürsay, N. (2015). Contents of breast milk obtained from mothers of preterm and term newborn infants. *The Journal of Pediatric Research*, 2(4), 183-186. doi: 10.4274/jpr.51523