

**The University of Alabama School of Social Work**  
**BSW Honors Program**  
**Capstone Honors Project Proposal**

**Proposal Instructions and  
Application Cover Page**

The Capstone Honors Project, a multifaceted assignment, serves as a culminating experience for BSW Honors students. Capstone Projects may take a wide variety of forms, but most are long-term multistep projects that culminate in a final product, presentation, or community service event. Students will apply in-depth knowledge of generalist social work practice to their projects that emphasize values consistent with those of the social work profession.

Capstone Projects are intended to help students develop critically thinking skills, goal-setting skills, problem-solving skills, communication skills, including public speaking, research skills, media literacy, teamwork, planning, independent thought, and initiative. BSW Honors Program applicants will work with their Honors Advisor to develop a proposal for their Capstone Honors Project, although work for the Project may begin as early as the Honors Introduction to Social Work course. The proposal should be submitted with the application materials for the BSW Honors Program. The Capstone Honors Proposal must be written in APA format and include the following sections:

**I. Background and Justification**

This section should provide a brief introduction to the current social problem and discuss how generalist social work intervention can be used to address this issue. This section should also include a discussion of the population most affected by this issue and how they will potentially benefit from this project. The background should also describe:

- a. The problem or critical issue which the proposal seeks to resolve
- b. How the proposal relates to other relevant national development strategies and policies
- c. Whether there are other programs and activities which will complement the proposal
- d. How the need for the project was determined
- e. How intended beneficiaries were involved in project identification and planning

**II. Project Objectives**

The discussion should indicate the specific objectives which the proposal, if successful, is expected to attain, and how achieving the objectives is expected to contribute to improved well-being and livelihood of the project beneficiaries and the larger community. Several learning objectives the student believes may be attained for themselves through project completion should also be included.

### **III. Expected Project Results**

This section should describe the overall results that the project is expected to accomplish. The section should also contain speculation on whether there may be unintended effects of the project, and how these possible challenges might be addressed.

### **IV. Project Implementation and Management**

This section should describe how each project objective will contribute to project completion and how each objective will be attained in terms of planned activities, their timing and duration, and who will be responsible for each activity. This can be summarized in a simple table, for example, through the use of a Gantt Chart. It should also describe the expected role of the intended beneficiaries in project implementation and evaluation.

### **V. Project Monitoring and Evaluation**

This section should discuss proposed mechanisms and procedures for monitoring of project operations to ensure that activities occur as planned and that they remain focused and directed towards stated objectives. This section should describe what an outside observer might see that would convince them the project remained on target and that it had the intended effect(s). This section should also identify how intended beneficiaries will be involved in monitoring and evaluation.

## **The University of Alabama School of Social Work BSW Program Application for Admission to the Honors Professional Program**

First, read about the Professional Program in the *BSW Student Handbook*. Then, complete this checklist.

1. I am currently enrolled and in good standing with the UA Honors College. YES NO
2. I passed BSC 108 or 109 (or BSC 114/115 or BSC 116/117). YES NO
  - a. I passed PY 101 and SOC 101 or I passed one and am enrolled in the other. YES NO
  - b. Have you completed PY 101? YES NO If no, are you enrolled? YES NO
  - c. Have you completed SOC 101? YES NO If no, are you enrolled? YES NO
  - d. Have you completed SW 100 or SW 105? YES NO If no, are you enrolled? YES NO
  - e. Have you completed SW 200 or SW 205? YES NO If no, are you enrolled? YES NO
  - f. Have you completed SW 351 or SW 355? YES NO If no, are you enrolled? YES NO
  - g. Have you completed at least six (6) lower division hours in honors pre-social work courses? YES NO
  - h. I completed the math requirement. YES NO
  - i. Have you completed MATH 110 or 112? YES NO
  - j. If no, have you completed MATH 100? YES NO
2. I have completed at least 45 credit hours toward my undergraduate degree. YES NO
3. I will have completed at least 54 credit hours toward my degree by the end of this spring or next summer semester. YES NO
4. My overall GPA is at least 3.3. YES NO
  - a. What is it? \_; Date
5. My Social Work GPA is at least 3.5. YES NO
  - a. What is it? \_; Date
6. If I completed any of my academic work (past high school) at any institution other than UA, I have submitted ALL my transcript(s) to the UA Records Office, Box 870134. YES NO
7. I have read the *NASW Code of Ethics*. YES NO
8. I agree to abide by the *NASW Code of Ethics*. YES NO

**The University of Alabama School of Social Work BSW Program  
Application for Admission to the Professional Program**

**Essay Instructions and Application Cover  
Page**

If you have answered all the items on the list on the reverse side of this page, or if your advisor indicated you should apply, follow the instructions here.

1. Provide the information requested in the box below.
2. Write three short essays (**use a typewriter or computer and printer**) and attach them to this cover page. ***Do not put your name on the essays.*** Each essay must be at least 350 words. In each essay, be sure to address each question. **Essays will be evaluated for content and quality of writing.**
  - a. **Essay I:** Why do you want to enter the professional program in social work? What experiences led you to think that social work is an appropriate career goal for you? What special circumstances, if any, should be considered by reviewers of your application?
  - b. **Essay II:** Identify a major social problem that interests you and discuss it. What do you think might be some of the causes of the problem? Imagine that you are a social worker and describe how you might intervene to address the problem. If you use sources for your essay, be sure to cite them according to APA style.
  - c. **Essay III:** What is the *NASW Code of Ethics* and what is its purpose? Discuss one of the principles or standards in the *Code of Ethics*, explaining how you would apply it as a social worker who works with clients.
3. Submit your application (this cover page, the checklist, and your essays) to Ms. Gwen Montgomery, 1029, Little Hall.

Name \_\_\_\_\_ CWID# \_\_\_\_\_

Local Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

List all colleges and universities, other than UA that you have attended \_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_