### Lower-Division Undergraduate Courses

-Four Honors Courses (Either Honors General Education or Honors Contract Courses)

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<th>Course</th>
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### Upper-Division Undergraduate Courses

-HNRS 387 (1 credit) Honors Civic-Learning Project  
   Semester_____________

-HNRS 487 Senior Honors Colloquium  
   Semester_____________

### Undergraduate Research Requirement

-Select Two of the Following:

- HNRS 226 Research Apprenticeship (3 credits) ___________ (semester taken)

- HNRS 499 Senior Honors Thesis or Departmental Undergraduate Thesis Project (3 credits)  
  ___________ (semester/year taken)

- Poster or Oral Presentation at a national academic conference  
  ___________ (date/name of conference)

- Successful application for and completion of an Undergraduate Research Grant Project  
  ___________ (title of project/semester awarded)

### Campus Lectures (one per semester)

Honors College students are required to attend one lecture per semester. To receive credit for lecture attendance, please email the Honors College at honorscollege@odu.edu with the title of the lecture, the name of the lecturer and a short description of what you learned from the lecture.

1. ____________________________  2. ____________________________

3. ____________________________  4. ____________________________

5. ____________________________  6. ____________________________

7. ____________________________  8. ____________________________