



HONORS

Honors Requirements

For students who enrolled in Honors in 2020 and later

**3.5
Cumulative
GPA**

+

**26
Honors
Hours**

+

**Honors
Senior
Project**

**Complete these Designated
Honors Courses:
(14 hours)**

+

**Complete 12 "At Large"
Honors hours from any of
these options:**

3 Honors Foundations

- UHON 101H (1 credit; required 1st semester)
- UHON 102H (1 credit; required 2nd semester)
- UHON 201H (0 credit; recommended 2nd year)

3 Honors Seminars (May fulfill ACE)

- XXXX 189H (3 credits; required 1st semester)
- UHON 298H (3 credits; recommended 2nd year)
- UHON 395H (3 credits; requires junior standing or higher)

1 Honors Experience

- UHON 99H
 - o Research/Creative Activity
 - o Internship
 - o Study Abroad
 - o Teaching/Mentoring
 - o Civic Engagement

UHON 99H is 0 credits but substitutes as 3 Honors hours with a "pass" grade.

- Department Honors Courses
(e.g.: ENGL 150H, MATH 107H)
- Honors Course Contracts
- Additional 298H or 395H seminars
- Additional Honors Experiences (*UHON 99H*)
- Graduate-level Coursework (*with approval*)

My 12 At Large Honors Hours:

Pro Tip:
**Take 3 Honors hours
per semester
(plus 101H, 102H, and 201H)
to easily complete Honors
in 4 years!**

Note: UHON 99H and 201H require a "pass"; all others must be graded and require a B- or better to count for Honors.

Honors Requirements

Defined

Foundations

101H: Honors Community

This class helps support first-year students' transition to college and to life in the University Honors Program. Students build valuable friendships through Honors peer mentoring, learn about important resources and opportunities, and discover strategies for success in Honors and at UNL.

102H: The Science of You

In this class, students engage with transdisciplinary resources and class discussion to explore several of the factors that make us who we are! We investigate various aspects—biological, psychological, cultural, etc.—that intertwine to shape you into the unique person that you are.

201H: Connect Courses

Connect courses are short-term, hands-on opportunities aimed at helping students begin to engage with experiential learning. These classes connect students with experts and experiences on and off campus, while honing skills that will serve them in the future.
go.unl.edu/hp201h



Seminars

189H: First-year Seminar

This small, interactive, discussion-based seminar allows students to engage in Honors-level learning with top faculty during their first semester of college. Students can choose from an array of unique topics that fulfill ACE general education requirements.
go.unl.edu/hp189h

298H: Solutions Seminar

This class explores global issues and possible solutions through hands-on learning, while helping students develop critical thinking to solve similar complex problems in the future. This class is usually taken during the second year, but the timing is flexible.
go.unl.edu/hp298h

395H: Deep Dive Seminar

This upper-level seminar allows juniors and seniors to build their knowledge through a deep dive into a particular topic. Students thoroughly explore subject matter to gain expertise and refine critical thinking, communication, and analysis skills.
go.unl.edu/hp395h



Honors Experiences

UHON 99H

This online course supplements key experiential learning opportunities to help students maximize the value of their experience. Through guided reflection and intentionally crafted assignments, students will find connections between the experience and their major, career path, and personal goals.
go.unl.edu/hp99h



Education Abroad



Internship or Co-op



Civic Engagement



Research or Creative Activity



Teaching and Mentoring

Additional Ways to Earn Honors Credit

Department H-Courses

Many departments offer Honors versions of their regular curriculum. Often these are smaller sections and/or offer students a chance to elevate their learning through more sophisticated or complex aspects of the course content. Honors students may take department H-courses for which they meet other academic pre-requisites, earning H-credit in major, minor, or general courses.
go.unl.edu/hpdept

Course Contracts

Students can create agreements with instructors in non-Honors courses to complete work that more deeply explores the course material, allowing the student to earn H-credit for the course. Contract projects typically enhance class curriculum, connect with real-world situations, and allow students opportunities to work closely and connect with faculty in meaningful ways.
go.unl.edu/hpcontracting

Download a fillable, digital version of this handout and track your progress:



go.unl.edu/hprequirements