1. Consult your major advisor to create an overall plan for completing the requirements for your degree(s).
2. Decide in which terms you’ll complete each stage of the TheSIS process (stages on the map below). Consider other activities you will be engaged in when planning the timing of your thesis steps.
3. After you have considered the timing of your thesis steps, should you find you need additional guidance, please consult with your UHC academic advisor.
4. Enter your plan at honors.oregonstate.edu/START. Follow the instructions in Task 2.
5. You MUST submit a new thesis map online if your plan changes.

**Thesis Map**

- **START**
  - What is the value?
  - What does the requirement entail?
  - When do I need to do what?

  Complete by:
  Term: _____ Year: _____ within the first 3 UHC terms

  - Attend a START workshop
  - Submit your Thesis Map online

  [honors.oregonstate.edu/START]

- **LEARN**
  - What does research look like?
  - How do I get a thesis mentor?

  Complete by:
  Term: _____ Year: _____ within the first 6 UHC terms

  - HC 408: LEARN*
    OR
    - Complete the LEARN course material online independently:
    - Review a UHC thesis
    - Attend a UHC student/faculty mixer
    - Interview potential thesis mentors
    - Complete Institutional Review Board (IRB) online ethics training

  [honors.oregonstate.edu/LEARN]

- **UNDERTAKE**
  - How do I define my question?
  - How do I make sure I finish my project in time for graduation?

  Complete by:
  Term: _____ Year: _____ at least 4 UHC terms prior to graduation

  - HC 408: UNDERTAKE*
    OR
    - Complete the UNDERTAKE course material online independently:
    - Submit your approved Thesis Proposal, Agreement and Project Timeline

  [honors.oregonstate.edu/UNDERTAKE]

- **GRADUATE**
  - What are the steps in writing my thesis?
  - How do I complete the thesis process?

  Complete by:
  Term: _____ Year: _____ your graduation term

  - HC 408: GRADUATE*
    OR
    - Complete the GRADUATE course material online independently:
    - Select your thesis committee
    - Draft your thesis
    - Revise your thesis with the help of your mentor
    - Defend your thesis
    - Complete final revisions
    - Print and bind your thesis
    - Complete your thesis poster
    - Submit your thesis
    - CELEBRATE!!!!!!

  [honors.oregonstate.edu/GRADUATE]

*See reverse side for HC 408 course descriptions
# Thesis Courses

The UHC Thesis course curriculum is strongly recommended and can greatly assist you in the completion of your thesis. Students who take HC 408 Thesis: LEARN, UNDERTAKE, and/or GRADUATE will have the guidance and expertise of course instructors to complete the required tasks. Any or all of the three HC 408 Thesis courses will count towards fulfilling your UHC thesis curriculum requirements. If you choose to complete the thesis steps independently, you will utilize the information found on the online TheSIS Guide.

## HC 408 Thesis: LEARN

- This course will guide you through the second stage of the Thesis Success in Stages (TheSIS) process, LEARN. In Thesis: LEARN, you will lay the groundwork for a successful thesis experience. You will focus on the value of the thesis, what it takes to successfully complete a thesis (e.g. identify a mentor, identify a topic, level of effort required, etc.), and you’ll hear from students and faculty with experience in the thesis process. Thesis: LEARN will assist you in completing four tasks: 1) analyzing a completed thesis, 2) meeting with faculty to learn about research opportunities 3) interviewing faculty as potential mentors, and 4) completing online research ethics training. This class meets three times throughout the term.

- Prerequisite: TheSIS: START
- Graded: P/N
- Credits: 1 Thesis/Research/Project

## HC 408 Thesis: UNDERTAKE

- This course will guide you through the third stage of the Thesis Success in Stages (TheSIS) process, UNDERTAKE. During Thesis: UNDERTAKE, you will select a thesis mentor, create a thesis statement, write a thesis proposal, and begin to develop a research plan. The course will require you to turn in a completed Thesis Proposal, Agreement & Timeline, signed by a thesis mentor, by the end of the term. This course meets twice throughout the term.

- Prerequisites: TheSIS: START and LEARN
- Graded: P/N
- Credits: 1 Thesis/Research/Project

## HC 408 Thesis: GRADUATE

- This course will guide you through the final stage of the Thesis Success in Stages (TheSIS) process, GRADUATE. In Thesis: GRADUATE, you will focus on drafting and revising the thesis, designing a successful poster, and preparing for the thesis defense. This course meets just three times throughout the term.

- Prerequisites: TheSIS: START, LEARN, and UNDERTAKE
- Graded: P/N
- Credits: 1 Thesis/Research/Project