

Honors Program Capstone Essay

CUNY Kingsborough Community College

Dr. Kamili Posey

Date

SAMPLE

Honors Program Capstone Essay

Embarking on the academic journey at Kingsborough Community College has been more than a pursuit of knowledge; it has been a transformative experience that has shaped me as an individual and a scholar. The Honors Program Capstone Essay provides an opportunity to reflect on this journey and to weave together the threads of scholarly experiences that have left an indelible mark on my personal and intellectual development. In this essay, I will delve into five significant scholarly works that have played a pivotal role in shaping my journey: my Health Journal in HS 4000, TED Talk Presentation in SPEECH 2400, Child Observation Paper in NURSING 2300, my Nature versus Nurture Writing Piece in PSYCHOLOGY 3200, and my Black Lives Matter Analysis in SOCIOLOGY 3100. Each of these works has not only contributed to the shaping of my future endeavors and academic growth but has also influenced my understanding of self and society.

Health Journal in HS 4000:

The Health Journal assignment in HS 4000 provided a platform for introspection and behavioral change. The central theme revolved around understanding the challenges of breaking habits and reflecting that understanding by making a behavioral change and remaining consistent for a month. Research shows that it takes up to 30 days to break a habit; this task became profoundly personal as I grappled with an undiagnosed binge eating disorder. The journal not only served as a record of my progress but also became a journey of self-discovery, exposing vulnerabilities and unearthing generational traumas. My professor, Professor Moore, played a

crucial role in guiding me through this process, witnessing my laughter, tears, insecurities, strengths, and weaknesses.

This experience influenced me as an individual by fostering acceptance of imperfections and instilling empathy for others' addictions. As a scholar, it taught me the importance of genuine engagement with assignments and the power of personal narratives in shaping knowledge. It made me learn to not judge others because, just as we judge addicts for being addicted to substances, we all have our own unknown addictions. Looking ahead, I will carry this newfound wisdom into my future endeavors by addressing generational traumas that can lead to addiction and encouraging open conversations about vulnerability among my peers and elders in hopes of contributing to a more understanding and empathetic society.

TED Talk Presentation in SPEECH 2400:

The “Advocating for Yourself in the Workplace” TED Talk Presentation assignment in SPEECH 2400 served as an outlet for personal and societal reflection. The central theme for this project was the pervasive issue of workplace bullying and the necessity of self-advocacy. This project required that I make a live video of myself giving a TED talk or speech about how to advocate for oneself in the workplace, which was very nerve-racking for me because I was uploading and presenting this speech to everyone in my class. As a reserved individual, this work influenced me by instilling the courage to speak up and establish boundaries. As a scholar, it broadened my perspective on advocacy beyond the workplace, recognizing its applicability in various facets of life, including education. Looking forward, I plan to carry this mindset into the future, fearlessly addressing situations and advocating for both myself and others.

Child Observation Paper in NURSING 2300:

The Child Observation Paper in NUR 2300 offered a unique exploration of child development theories through real-world observation. I had to apply child growth and development theories to the child I observed. Upon completion of my assessment, I saw that my observations aligned with the theories of Piaget's cognitive and Erickson's psychosocial developmental perspectives. This experience influenced my plans for the future because the fascination with stages of development, sparked by this assignment and reinforced during clinical rotations, fueled my desire to work in the PICU. It has also influenced my mindset as a scholar because, oftentimes, I find myself categorizing individuals into developmental stages even in casual conversations. This work emphasizes the importance of holistic nursing, considering not only physical but also cognitive and psychosocial aspects, shaping my commitment to ongoing education and understanding of developmental stages.

Nature versus Nurture in PSYCHOLOGY 3200:

The discourse on my nature versus nurture writing piece in PSY 3200 illuminated the intricate interplay between heredity and environment in shaping human behavior. This work revealed the interconnectedness of my assignments throughout my time at Kingsborough. It highlighted the significance of personal experiences in shaping scholarly ideas. Nature is what people think of as prewiring, and it is affected by hereditary inheritance and other biological influences. Nurture is commonly viewed as the impact of outside components, such as the product of exposure, experience, and learning on an individual after conception. As a scholar,

this realization has made me committed to carrying my experiences forward, integrating them into my new projects, and fostering a unique perspective.

Black Lives Matter Analysis in SOCIOLOGY 3100

The Black Lives Matter Analysis in SOC 3100 served as a poignant exploration of a societal movement. The central theme of the Black Lives Matter movement prompted me to research and analyze a movement that transcends individual experiences. This work influenced me as a scholar by opening my eyes to broader societal issues and the impact they have on marginalized communities. As I move forward, I carry with me the responsibility to advocate for social justice and equality, which is especially important for someone like myself, a young black woman in healthcare, where minorities face healthcare disparities every day. The 17-year-old who embarked on this project in 2020 has evolved, and I look forward to contributing meaningfully to a more inclusive world.

Conclusion

In reflecting on my academic journey through the lens of the Honors Program Capstone Essay, I realize the profound impact of these five scholarly works on my growth as an individual and scholar. The interconnectedness of experiences, the moments of vulnerability, the lessons in advocacy, the insights into human development, and the exploration of societal movements collectively shape my understanding of self and society. As I move forward from Kingsborough, I carry with me the wisdom gleaned from these works, poised to contribute meaningfully to the world and advocate for positive change. The journey continues, and I am excited about the future chapters yet to unfold.

Bibliography

Louis, A. (2020, December 11). Black Lives Matter Analysis.

https://bbhosted.cuny.edu/webapps/turn-plgnhndl-BB61aab133e7df2/links/view_paper.jsp?paper_id=1478268831&course_id=_1902657_1

Louis, A. (2021, February 5). Nature versus Nurture.

https://bbhosted.cuny.edu/webapps/assignment/uploadAssignment?action=showHistory&course_id=_1902409_1&outcome_definition_id=_12970095_1&outcome_id=_105250769_1#

Louis, A. (2022, February 11). TED Talk Presentation.

https://bbhosted.cuny.edu/webapps/assignment/uploadAssignment?action=showHistory&course_id=_2032100_1&outcome_definition_id=_14880139_1&outcome_id=_128409792_1#

Louis, A. (2023a, August 8). Health Addiction Journal.

https://bbhosted.cuny.edu/courses/1/KCC01_HS_4000_5507_1232_2/blog/_716678_1/post/_2429449_1/HS%2040%20Final%20Journal%20Reflection%20Assignment.pdf

Louis, A. (2023b, September 27). Child Observation.

https://docs.google.com/document/d/1BfPQ_zkGyb5C9_d02pNHkg5R2B4ipQ0-FTN9X3OTqYE/edit?usp=sharing