CAPSTONE PROPOSAL

CAPSTONE EXPLORATION

Name:_____

Exploring your passions/interests: (sample provided to help you.)
List 3 things you are passionate about or are interested in and explain why. Rate each according to the criteria, to help you decide which might be a good choice for your Capstone Project. Then, write the name of the Capstone Type that might connect to further exploration of your passion/interest.

Passion/ Interest	Why it is important to me	Criteria	Rating (1=low to 5=high)	Total Score (Add up your rating)	Capstone Type
		☐ **long-lasting** (have had this passion/interest for 3+ years)			
		☐ **broad or deep impact** (influences many areas of my life—social, personal, academic, work **OR** influences one area of my life in a deep way)			
		☐ **potential for lifelong exploration** (I can see myself pursuing this after graduation)			
		☐ **meaningful** (brings joy/satisfaction; allows me to express my true self/nature; I get in the 'flow' when I do this)			
		☐ **long-lasting**			
		☐ **broad or deep impact**			
		☐ **potential for life-long exploration**			
		☐ **meaningful**			
		☐ **long-lasting**			
		☐ **broad or deep impact**			
		☐ **potential for life-long exploration**			
		☐ **meaningful**			

My **topic** (top choice) is _____ because

The **Capstone Type** I selected is _____ because

How does your passion/interest, connect to your future life, or educational/career goals?

What connections can you make between your passion and what you have learned (are learning) in high school? AND/OR, how has your passion impacted your success as a student or your approach to learning?

The **essential question** that will guide my learning is…

Create an Action Plan

Now that you have a topic, develop a learning plan. Refer to the Inquiry process outlined in the Capstone Type, you selected. For most of the Capstone Types, the first step in the process will be to research what is already known about your topic. You might draw upon the following resources to begin: *find an article, read a book, watch a video, listen to a podcast, interview an expert, etc..* The last step will be to rehearse for the Showcase. Fill in the chart below, to indicate your action plan.

Action Steps List the steps in the Capstone Inquiry process linked to your Capstone Type	Timeline When will it be done? Day/Time	Resources What do you have? What do you need? Who might you learn from?	Potential Barriers What gets in the way of your success? How can you be proactive?	Completed
Step 1:				
Step 2:				
Step 3:				
Step 4:				
Step 5:				