HWM 790: Health and Wellness Management Capstone

Tips for a Successful Project

The Capstone course provides a cohesive experience designed to synthesize and apply information from the Master of Science in Health and Wellness Management curriculum. Students will complete an individual capstone experience that demonstrates thorough understanding of the knowledge, skills, and disposition necessary to be a successful health and wellness manager.

As you begin your Master’s program, it is important to begin planning for your Capstone. Below are some highlights that you should keep in mind as you complete your courses in this program:

- The capstone experience will include fieldwork placement, the arrangements for which are made in the Briefcase Project in HWM780;
- The Briefcase Project is a semester-long process of building a proposal of the steps needed for the HWM790 project. It will include surveys and documents needed for the identified focus area of the capstone. In this way, students will plan their project and make arrangements with a site supervisor in advance of registration for HWM 790;
- Projects are a culminating experience drawing on all coursework leading up to the capstone course. As noted in the course description, it should be “designed to synthesize and apply information from the Master of Science in Health and Wellness Management curriculum.” Students must submit a final reflection and delineated artifacts created including a summary of their fieldwork experience;
- Fieldwork placement may be done at any organization, the student’s employer or otherwise, who is able to accommodate their project needs and approved by the capstone instructor;
- Project approval is required in advance and the capstone instructor will work with students as they pursue opportunities and develop their ideas;
- Ample advance planning is strongly encouraged to allow for flexibility as needed and deemed appropriate;
- The student’s academic adviser and the capstone instructor are all resources for questions on this information.