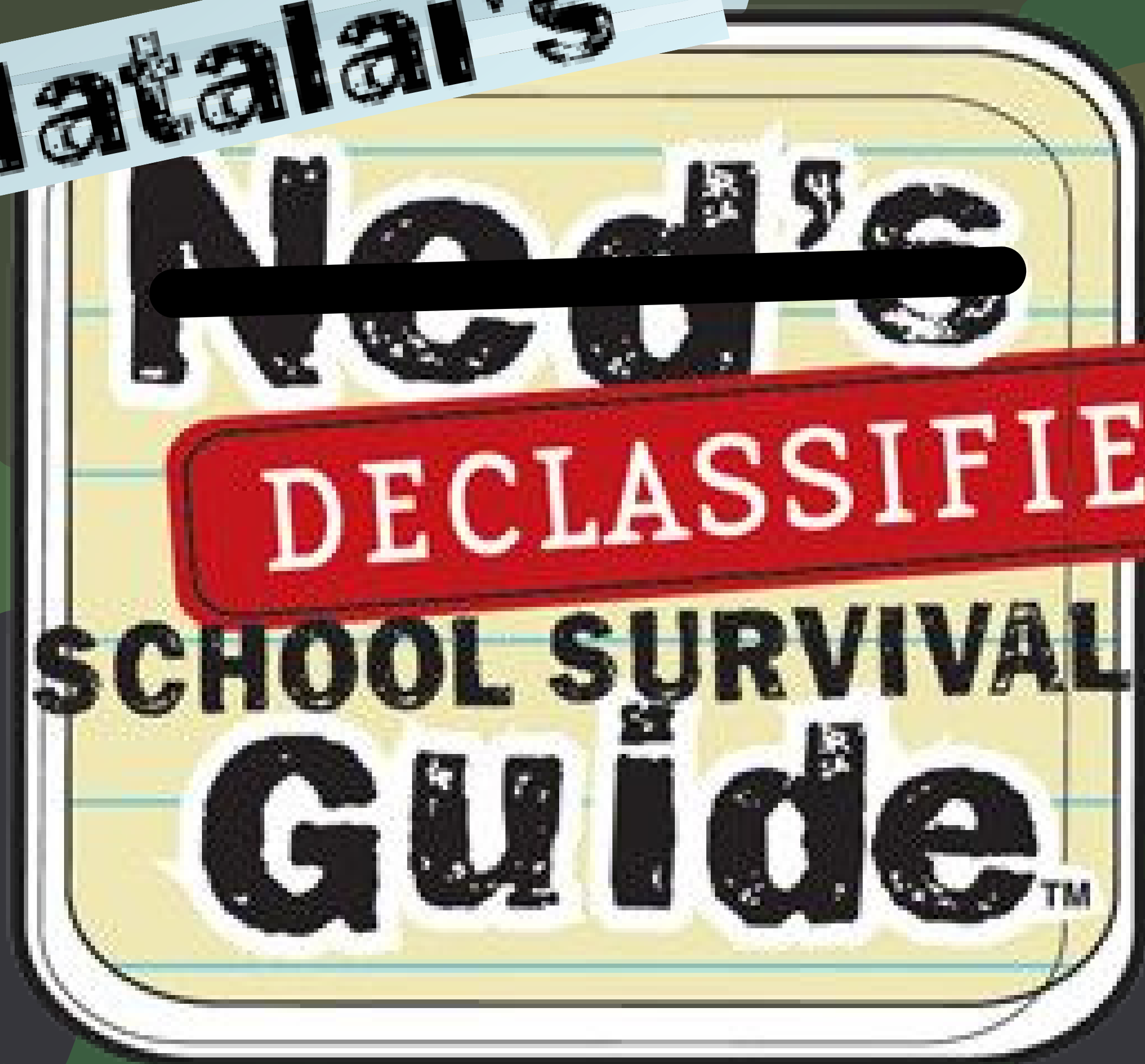


Matalai's



*Survival guide to:
Senior Capstones*

*RESULTS MAY VARY

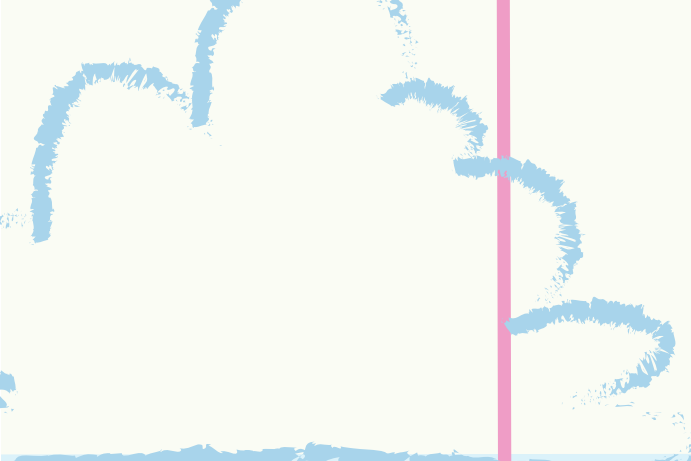
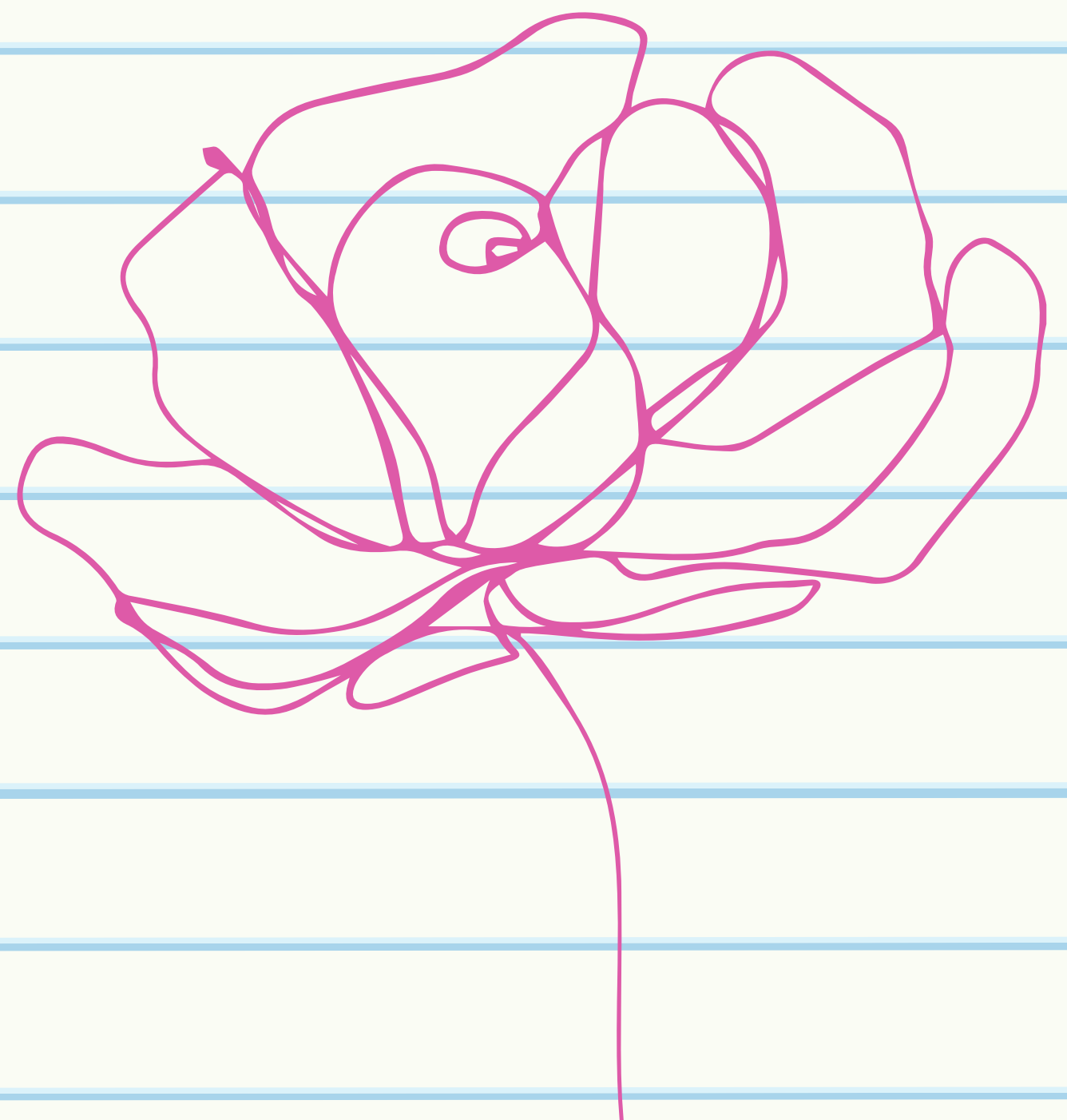
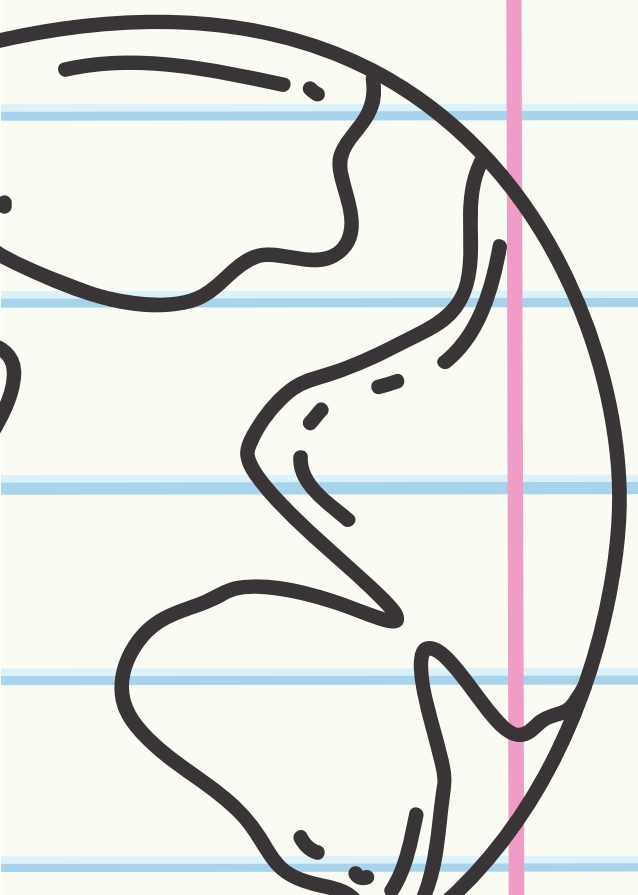


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tip #1

COME INTO SENIOR YEAR WITH IDEAS

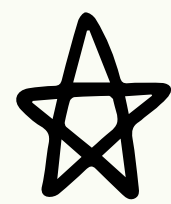


START THINKING OF TOPICS AND PROJECT IDEAS OVER SUMMER BREAK. IT ISN'T NECESSARY TO START WORKING ON IT BEFORE SCHOOL, BUT COMING INTO THE YEAR WITH IDEAS WILL HELP YOU GET A GOOD START ON YOUR CAPSTONE.

- THINK ABOUT YOUR HOBBIES, FAVORITE SUBJECTS, SPORTS, ETC.
- GOOGLE EXAMPLES OF SENIOR CAPSTONES
- GO TO CAPSTONE PRESENTATIONS AT THE END OF THE SCHOOL YEAR

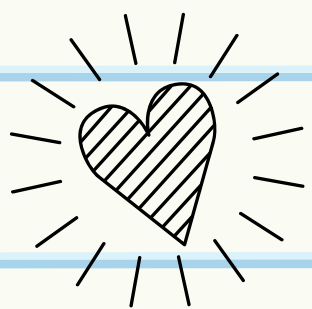


tip #2

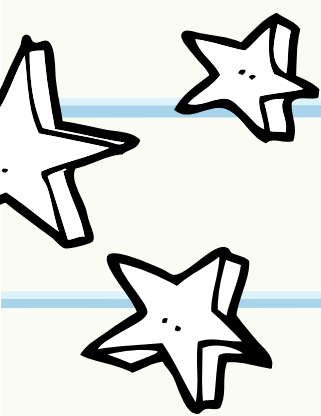


CHOOSE A TOPIC THAT YOU'LL ENJOY

- THE ONLY THING WORSE THAN WORKING ON A YEAR-LONG CAPSTONE PROJECT IS WORKING ON A YEAR-LONG CAPSTONE PROJECT THAT YOU DON'T ENJOY.
- YOU CAN CHOOSE ALMOST ANY TOPIC, SO REALLY THINK ABOUT THE THINGS YOU ENJOY DOING, NOT JUST TOPICS THAT YOU FIND INTERESTING.



CHOOSE A TOPIC THAT MAKES YOU FEEL LIKE SCARLETT JOHANSSON'S CHARACTER IN THIS SCENE FROM 'MARRIAGE STORY' (2019).



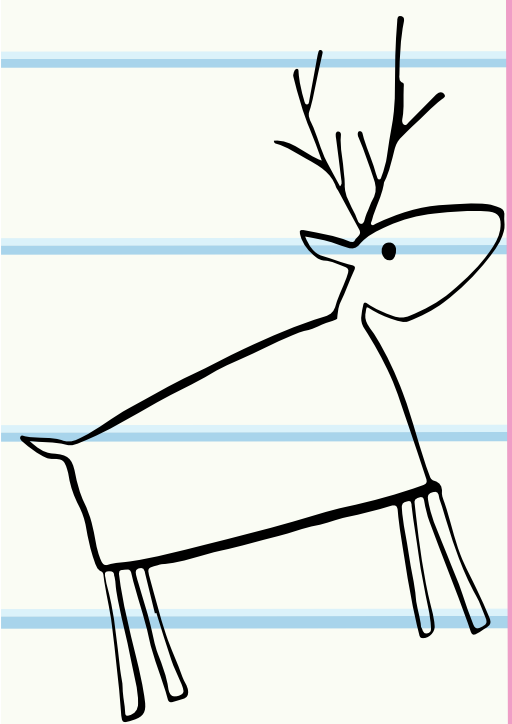
tip #3

HAVE STRUCTURED CAPSTONE WORKTIME

TREAT CAPSTONE WORKTIME LIKE IT'S A CLASS PERIOD



MY CAPSTONE FELT OPTIONAL AT TIMES (EVEN THOUGH IT DEFINITELY WAS NOT), AND I DIDN'T FEEL MOTIVATED OR COMPELLED TO WORK ON IT. THERE'S NO PERIOD ON WEDNESDAY AFTERNOONS WHERE YOU SIT IN A CLASS (OR ZOOM ROOM), AND A TEACHER IS MAKING SURE THAT YOU'RE WORKING ON YOUR PROJECT. MY CAPSTONE MENTOR ADVISED ME TO CHOOSE A SPECIFIC DAY AND TIME TO WORK ON MY CAPSTONE CONSISTENTLY, EVERY WEEK. IF I HAD FOLLOWED THROUGH WITH THAT PLAN, I CAN IMAGINE THAT THE STRUCTURE WOULD HAVE HELPED ME COMPLETE MY PROJECT.



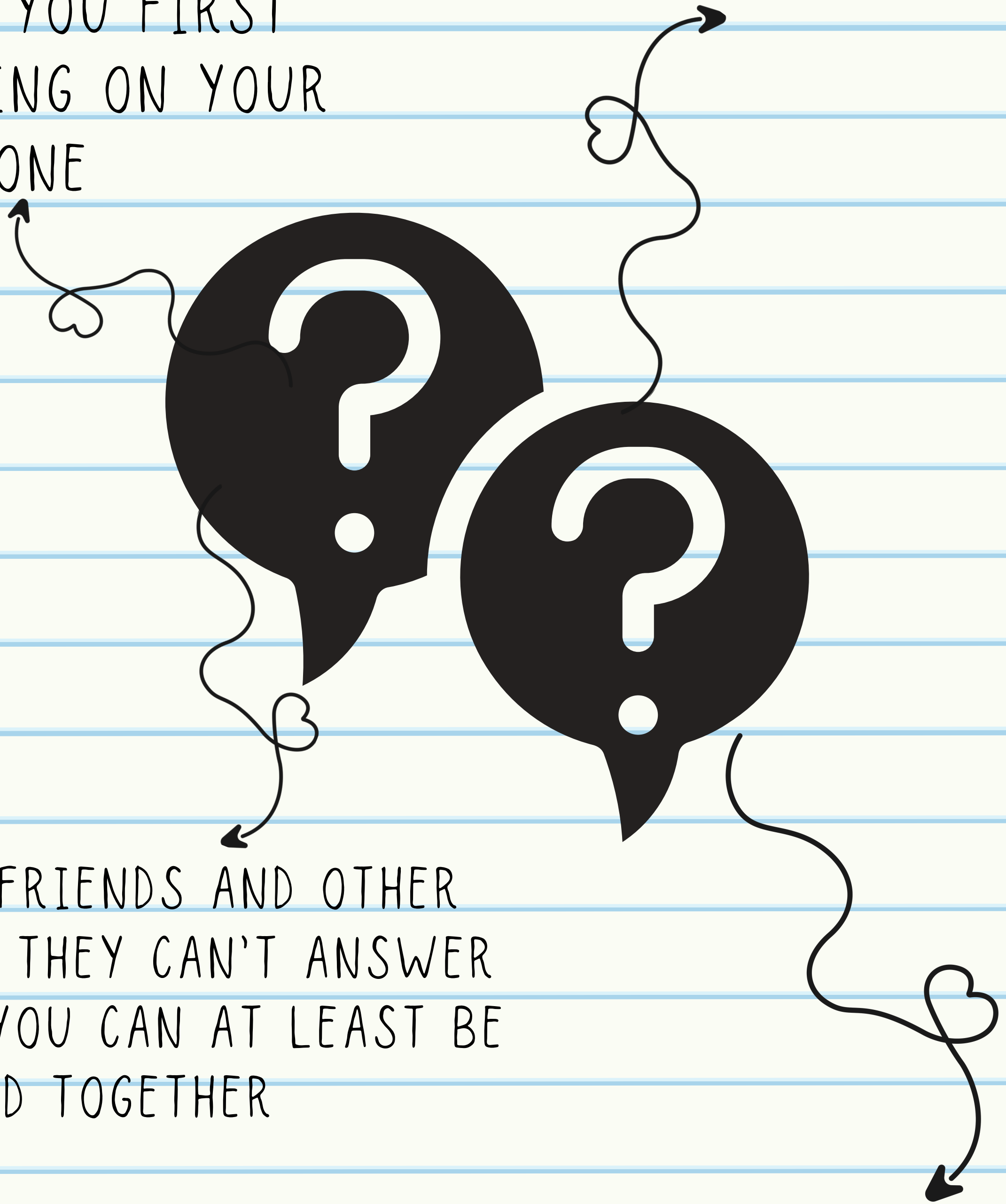
tip #4



ASK QUESTIONS

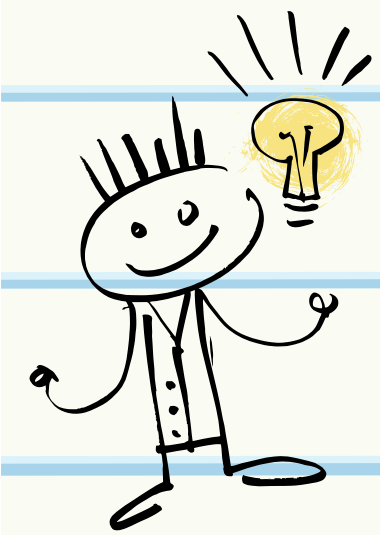
IT'S OK TO BE COMPLETELY
LOST WHEN YOU FIRST
START WORKING ON YOUR
CAPSTONE

GET IN TOUCH WITH SLA ALUMNI, THEY
ARE THE BEST PEOPLE TO ASK ABOUT
SENIOR CAPSTONES



TALK TO YOUR FRIENDS AND OTHER
SENIORS, AND IF THEY CAN'T ANSWER
YOUR QUESTION YOU CAN AT LEAST BE
CONFUSED TOGETHER

CAPSTONE MENTORS ARE
ALSO GOOD PEOPLE TO GO TO
WITH YOUR QUESTIONS



tip #5



BUILD TIME INTO YOUR SCHEDULE TO PROCRASTINATE

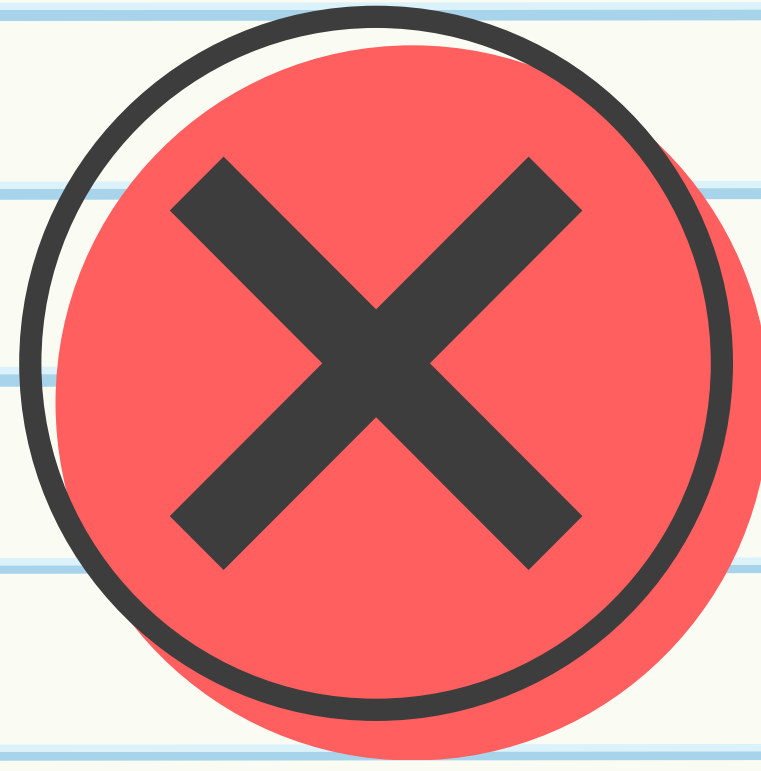
CAPSTONE WEEK WILL ROLL AROUND IN THE SECOND QUARTER, AND YOU WILL BE REQUIRED TO CREATE A TIMELINE FOR COMPLETING YOUR PROJECT. IT HELPS MAP OUT ALL OF THE TASKS YOU HAVE TO GET DONE AND WHEN YOU WANT THEM DONE. IT WOULD HONESTLY BE IDEALISTIC TO PLAN ON NEVER PROCRASTINATING WORKING ON YOUR CAPSTONE.



PROCRASTINATION IS ALMOST INEVITABLE AND UNAVOIDABLE. BUILDING TIME INTO YOUR SCHEDULE TO TAKE A WEEK OFF OR CATCH UP ON WORK/DEADLINES THAT YOU MISSED CAN HELP MAKE THE PROCESS A LITTLE EASIER AND MORE MANAGEABLE.



THREE DO'S AND DONT'S:



- KEEP UP WITH THE DEADLINES YOU SET FOR YOURSELF

it can difficult to hold yourself accountable, especially when you have to set deadlines for your project. pushing back self-made deadlines or chancing your timeline is easy and tempting to do, but it will end up making things harder in the future.

- UTILIZE YOUR PEERS AND SLA STAFF

SLA students and staff are perfect people to survey, to attend events that you are hosting, etc. plus, they're easily accessible.

- GO TO THE FIRST BRASKEM MEETING

even if you have no intentions of doing the shark tank funding thing. the Braskem people involved in SLA's senior capstones have ideas and connections that could be useful to you.

- DO TOO MUCH OR OVERCOMMIT YOURSELF

keep your project manageable, and don't underestimate how little you will feel like working on it.

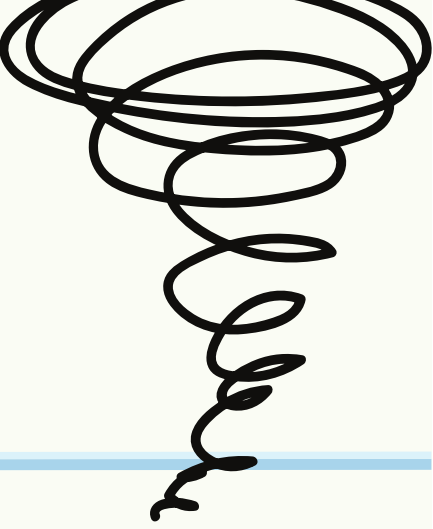
- WAIT UNTIL THE LAST MINUTE TO DO ANYTHING

this may seem like an obvious one, but I cannot stress enough how much it sucks to have to do your entire capstone in may (due to extreme procrastination. once you've committed to a college or other post-secondary plans, the last thing you want to work on is your senior capstone.

- MISS YOUR MENTOR CHECK-IN'S

mentor check-ins are a great way to hold yourself accountable for meeting your deadlines and a time to receive feedback on your project.





P.S IT'S OK IF...

YOUR PROJECT IS SIMPLE. IT MAY SEEM LIKE SINCE YOU CAN DO ALMOST ANYTHING THAT YOUR PROJECT HAS TO BE A BIG EVENT. YOUR CAPSTONE CAN STILL BE INFORMATIONAL AND IMPACTFUL, EVEN IF IT'S A SMALL, SIMPLE PROJECT. ALL YOUR CAPSTONE REALLY NEEDS TO BE IS MEANINGFUL AND WELL-RESEARCHED.

AND IT'S OK TO...

START OVER. DON'T WAIT UNTIL THE LAST MINUTE BUT IF YOU'RE UNHAPPY WITH YOUR PROJECT, CHANGE IT. YOU HAVE CONTROL OVER WHAT YOU DO FOR YOUR CAPSTONE. JUST MAKE SURE YOU GIVE YOURSELF ENOUGH TIME TO HOST YOUR EVENT OR COMPLETE YOUR INTERVIEW OR COLLECT DATA FOR YOUR SURVEY OR RAISE ENOUGH MONEY TO MEET YOUR GOAL.

