



Mindful Leadership Capstone Project

As students in the Mindful Leadership program prepare to bring their academic experience to a conclusion, it is important that they demonstrate their ability to apply what they have learned in the program to a particular issue or case study.

The Capstone Project course represents the culmination of a student's academic work in the Mindful Leadership program. This is the last course students take to fulfill the degree requirements. The Learning Outcomes for this project are as follows:

At the conclusion of the Capstone Project course, students will have:

- 1) Demonstrated their knowledge, scholarship, and skills through approved research projects developed in the required Research Methods course.
- 2) Met the capstone course and program criteria for successful project completion with a Mindful Leadership focus, using academic and professional contexts to address a specific problem.
- 3) Applied leadership theories and models effectively to the stated problem, using appropriate research methods, critical thinking, and analysis.
- 4) Within the confines of the course, completed their individual projects and either: a) written a 15-to-30-page paper that contains a research question (hypothesis), relevant literature review, explanation of research methods used, findings, and recommendations for future study of the problem or b) developed a case study of similar length that effectively analyzes a specific leader or organization using leadership principles, theories, and/or models.
- 5) Effectively met course and program criteria for writing, conceptual frameworks, valid research methods, and ethical standards.
- 6) Collaborated and communicated with their supervising mentors throughout the project, meeting project deadlines throughout the course.
- 7) Effectively presented their work orally and in written form as the summative assessment for the Capstone course.

Prior to enrolling in ML 6090, students must obtain the consent of a faculty member to be the mentor for this project. Students will work with a faculty mentor who is available and willing to work with them on the project they have selected. Students will have selected a project and formulated a draft of a proposal for this project as part of their work in the Research Methods course. The mentor and the student will work together on

the formulation of the final version of the proposal and on a plan for doing the research and writing the results in APA style.

Once the mentor and the student are satisfied that the project is complete, the mentor will initiate the scheduling of an oral presentation in Zoom. This presentation will be open to faculty and interested students. The aims of this oral presentation are: 1) to give the student an opportunity to share the results of their project with members of the academic community and 2) to celebrate the student's successful completion of the capstone project. After the mentor introduces the student, the student will spend about 15 minutes sharing the main points of the project with those present. Then, the floor will be open to dialogue with those present (about 30 minutes).