



IDST 150

Honors Research Seminar



Benefits of Enrolling in IDST 150

- ✓ Get support finishing a quality honors project for an Honors Contract or with a research paper for an Honors Class
- ✓ Compliment the support from honors contract or honors professor
- ✓ Be guided on each step of the research and writing process
- ✓ Gain strategies for efficient, effective, and enjoyable research and writing
- ✓ Learn strategies for maintaining motivation and balancing commitments
- ✓ Beat procrastination!
- ✓ Participate in a student cohort exchanging ideas and keeping each other accountable
- ✓ Prepare to present at the Cañada College Honors Research Showcase and Bay Area Honors Consortium (BHC)
- ✓ Earn 1 unit of honors credit upon finishing IDST 150



IDST 150 Details

- ✓ Meets Every Other Wednesday: 3:10-5 pm
- ✓ In Person or Synchronous via Zoom
- ✓ Has eight sessions ([See WebSMART](#) for dates)



Cañada College

Questions?
Contact

Rebekah Sidman-Taveau
Honors Program Coordinator



taveaur@smccd.edu



650-381-3547



Bldg. 03-235 or via zoom



<https://calendly.com/taveaur>



Honors Transfer Program Website
<https://canadacollege.edu/honorsprogram/index.php>