Advanced Integrated Studies (AIS) is a unique opportunity for students in their senior year to explore a topic of interest beyond the classroom. This capstone experience is designed to encourage students to think critically and creatively, solve problems, and develop skills of public speaking, research, media literacy, planning, self-sufficiency, and goal setting: skills that will help prepare students for college careers and adult life. AIS is a student-generated, self-directed, interdisciplinary experience that may include community service, an alumna mentorship or an internship component. Guidance is provided by a program coordinator and faculty advisor, though the student is the real expert of her topic. AIS is a full-year program and students are given dedicated time in their schedules to work on AIS.

**AT THE HEART OF AIS ARE 5 ELEMENTS**

- **Proposal**: A planning document submitted in the spring of junior year and reviewed by a faculty panel.
- **Paper**: Based on a literature review and additional research through media, interviews, observations, and experiences.
- **Product**: Application of learning from research through creation of a performance, demonstration, or publication; an internship, extended volunteer experience, or action project can fulfill this requirement.
- **Portfolio**: A space for reflection and communication of accomplishments.
- **Presentation**: A celebration of what students learned through their AIS experience.

**SAMPLE AIS TOPICS FROM THE CLASS OF 2023**

- Brain chemistry leading to emotional responses to music
- Mental and physical effects of perfectionism in dance training
- The practicality of individual sustainable choices and lifestyles
- Concepts of community within the gaming space
- Effects of inter-racial adoption on mental health and identity
- Upholding value and authenticity when creating modern clothing designs inspired by tradition
- The influence of social norms on eating disorders