



IYTh Capstone Project Guidelines

- Complete 6 case studies prior to initial session with capstone client
- Work with capstone client 3-12 months for a minimum of 25 hours
- Record sessions in practicum log and submit
- Maintain detailed documentation similar to that of a case study *on own* (NOT submitted in platform for capstone)
- Research client condition(s) and support for Yoga therapy to include in final report
- Meet with mentor prior to start of capstone to outline path forward
- Submit written (typed in word or google doc) report –first draft for mentor review and feedback after 10-15 hours with client
- Meet with mentor to review feedback and revise plan forward at midway point
- Submit written second draft for mentor review and feedback after 25 hours with client
- Make any additional corrections prior to submitting final draft at conclusion of time with capstone client–mentor will assess this submission for a grade

Capstone Project Assessment Criteria

- The capstone project is evaluated as excellent (5), very good (4), good (3), satisfactory (2) or sufficient (1) in each criteria. Zero (0) is given for a criteria not demonstrated.
- The grade is justified in the statement and determined by an overall assessment on the basis of the work, the maturity and presentation.

The evaluation level of the capstone project is determined by the capstone rubric which establishes requirements on:

- advanced knowledge involving a critical understanding of concepts and principles
- advanced skills, demonstrating expertise and innovation
- ability to use critical thinking skills and problem solving within the specialized professional field of Yoga therapy

The following themes are evaluated, and every theme's subheading is graded by the mentor on a scale of 0-5:

- Background, topic, problem formulation—ie client condition, challenges, goals, motivation etc
 - You can define the **research problem** and its motivation
 - You can formulate the aims that form the basis of your approach
- Literature, previous research, theoretical foundation
 - You can identify appropriate research and describe relevance of research and literature
- Method, approach, process
 - You can independently choose and formulate the appropriate method and process for creation and application of care plan
 - You can perform the process independently and proficiently—appropriately incorporating feedback from mentors and adjusting accordingly
- Results, analysis, problem solving
 - You present your results in a structured, logical manner
 - You contribute to solving complex problems within your profession and you can have a reflective discussion about the results, implications and outcomes
- Structure/Language/Readability /Ethical issues
 - You are able to communicate results and reflect on ethical issues
 - You are able to address ethical issues in academic research

Evaluation will assess:

- Focus and working life relevance
- Methodology and work process
- Results and reflective discussion
- Approach
- General appearance and structure
- Ethical relevance
- Grade
- Other information