The Rikkyo School in England H3 Capstone Project 2026: Building on foundations for our future

Serving as a milestone for our H3 students as their high school epoch draws to a close, the H3 Capstone Project is a dynamic 4-week journey of discovery and growth. Delivered, predominantly, in English (immersion), the program's aim is to facilitate students' preparation for their lives beyond high school through active inquiry and hands-on learning. This intensive program endeavours to equip students with practical life skills and foundational research competencies whilst fostering English communication.

Purpose

During the 4-week program, students will engage in exploration across disciplines in the fields of **art and design, science and the environment, media and communication,** and in the **study of war and peace**, integrating and applying knowledge and skills in a meaningful, focused way. The purpose of this sustained inquiry and critical engagement is for students to identify a real-world problem that resonates with their personal interests and to find solution/s.

Structure of the program

The program will run from Monday to Friday during the normal Rikkyo School in England timetable. Rather than seven lessons per day, most days, students will participate in three 'extended' sessions. The purpose of these sessions is to foster greater depth and enquiry, and to replicate a university-like learning experience.

Independent study

Not all sessions will be 'taught' by teachers. Students will be required to embark on actively independent study and so will be allocated time in the timetable to do so.

Outings and guest speakers

In addition, there will be special outings and guest speakers especially chosen to supplement and enrich hands-on learning and inquiry.

Modules

Each module is delivered using a variety of media and formats such as independent inquiry, workshops, lectures and audio-visual presentations. Students will participate in experiential learning through a variety of outings and in their interactions with guest speakers.

Module 1: Future lives (Practical aspects of university life)

Goal: To help students prepare for independent university living, study and wellbeing

1. Independent living and wellbeing
   o Budgeting and finance workshops
   o Time management and personal organisation
   o Healthy routines (sleep, nutrition, stress management)
2. Academic habits and Digital Literacy
   o Note-taking, study strategies
   o Using digital platforms (library databases, plagiarism checkers, citation managers)
   o Managing and making the most of AI
   o Understanding academic integrity

3. Community and Belonging
   o Navigating social media
   o Concepts of community, identity and belonging
   o Diversity, equity and inclusion workshop
   o Conflict resolution and respectful dialogue

Module 2: Research skills foundations (across disciplines)

Goal: to equip students with transferable research skills.

1. Research basics
   o What counts as research across disciplines
   o Framing research questions
   o Finding, evaluating, and using sources
2. Methods across disciplines
   o Qualitative v. Quantitative methods
   o Case studies, archival work, interviews, experiments
   o Data interpretation and communication
3. Presentation and communication
   o Writing skills for academic work
   o Visual communication of data and ideas
   o Oral presentation skills

Module 3: Research in context (Discipline-specific tracks)

Students rotate through strand, each illustrating distinct methods of inquiry.

1. Art & Design
   • Studio-based inquiry: sketchbooks, prototypes, mood boards
   • Researching artistic movements, materials and methods
   • Visiting art and design exhibitions
2. Science & Environment
   • Lab-based and fieldwork research methods
   • Data collection, experiments and peer review
   • Environmental issues case studies (e.g., climate data analysis)
3. War & Peace Studies
   • Historical and political research (archives, treaties, policy papers, oral histories)
   • Case studies of conflicts and peace negotiations such as Hiroshima and the fallout of nuclear arms
   • Ethical dimensions of researching war and security
4. Media & Communication
   • Critical exploration of fake/real news and AI
   • Social media and influence
   • AI and personalised content

Module 4: Capstone mini-project (Ideas to output—how to best communicate)

Goal: Students integrate aspects of their knowledge and skills acquisition/learning to identify a real-world problem that resonates with their personal interests; they will then explore/find possible solution/s. Take part in a writing lab on structuring a short essay, report or artist statement.

Students will choose an area of interest that comes from any (or combination) of the areas of study/inquiry.

- Work in small groups to:
    - Identify a real-world problem
    - Gather and evaluate possible solutions
    - Present findings in chosen medium (poster, short paper, video, art installation, debate, archetype/product, role play)
- Reflection (Journaling or portfolio)

Outings / special workshops (with guest speakers TBA) *
- Museum of London Docklands
- Walking Tour of University of London precinct (Bloomsbury)
- British Library, St Pancras
- Wellcome Collection, London
- Victoria & Albert Museum
- Imperial War Museum and Churchill War Rooms, London
- Go Ape, South East
- Wakehurst / Winkworth Arboretum / Worthing
- Mini Factory, Oxford
- Seaside trip
- First aid workshops
- Cooking and dining workshops
- News/media workshop

(*Please note: these may need to change in response to planning constraints such as numbers and availability at the time)

Outcomes will include:
- Practical life skills development (budgeting, planning, looking after one's own wellbeing)
- Core academic skills (time management, referencing, critical thinking, problem-solving, creative and evaluative thinking)
- Research exposure across disciplines
- Develop the ability to pose questions for inquiry and
- A portfolio of small outputs (annotated texts, research questions, poster, group project)
- Identifying problems and solutions
- Increased confidence and capacity to communicate more widely and deeply in English
- Opportunities to express opinions and to engage with ideas of others, including specialists, in specialists areas