Engineer capstone courses help students transition from school to work

Capstone design courses offer students the opportunity to work in teams on authentic engineering projects to prepare for the transition from school to work. However, few studies have examined that transition to understand new graduates’ experiences as they become working engineers. The Capstone To Work project addresses the gap by following graduates from four institutions through their first year of work. A range of workplaces, new engineers reported high levels of preparation but faced challenges around self-directed learning, teamwork, and communication. New engineers noted many skills and experiences that transferred from their industry-oriented capstone courses. This work informs capstone design education and industry onboarding.

Many engineering students in the USA and other countries undergo capstone design courses at the end of their undergraduate experience. Similar to clinical experience for medics and lawyers or bachelors’ theses in some European countries, capstone courses offer academic experiences aiming to bridge school and work. These courses are a place where students bring together knowledge from previous courses plus new learning in application to industrial projects for external clients, while simultaneously expanding students’ professional skills.

Since their inception in the 1980s, capstone design courses have become ubiquitous because of their potential to enhance students’ professional preparation in engineering. They often take the form of a semester or year-long project sponsored by external clients from industry and government. Despite a growing body of research into capstone design courses, suggesting that these courses are successfully mirroring workplace environments, a rich window into participants’ experiences shifting from the role of student to that of new engineer.

New engineers during their first month on the job.

Perceived Preparedness
In general, the new engineers felt well-prepared for the tasks and activities they encountered. Participants from all four institutions reported feeling more prepared on average for work the longer they were on the job. Notably, many participants also reported receiving feedback on their performance from supervisors and colleagues, while these perceptions are self-reported, they are also contextualised. Women reported the same average growth in perceived preparedness as men, but reported statistically significantly lower absolute values in months 2 and 3 when asked to rate themselves on a numeric scale (1-10). That is, women’s score of preparedness increased at the same rate as men, but they scored themselves lower numerically. These findings are consistent with prior research showing that women typically underestimate their performance on tasks while men overrate their performance.

Challenges
While participants reported feeling prepared for workplace tasks and activities, their first twelve months of work were not free from challenges. More than 90% of the new engineers experienced challenges related to self-directed learning (particularly lack of knowledge and time management) and teamwork and communication. Almost all participants reported needing to get up to speed quickly on new technical content, products, and processes, and many were challenged to figure out how to complete their work by marshalling resources or people rather than receiving direct instruction.

New employees are expected to be self-directed learners, able to quickly grasp technical concepts as well as a company’s culture and goals.

Adapting to problems was what our capstone courses were intended to be about.

I think I had their adaptable skills then and I needed it to do a good engineer.

CAPSTONE TO WORK RESEARCH
The “Capstone to Work” (“C2W”) for short project is studying this transition, focusing on what activities new employees engage in, how prepared they feel for various tasks, what challenges they face at work, what strategies they employ to meet these challenges, and, in particular, what aspects of capstone design transfer to their early careers. The research has major implications for improving both capstone courses and industry on-boarding practices to smooth the transition and ensure prepared and proficient new employees.

Led by Marie Paretti at Virginia Tech, alongside Julie Ford (New Mexico Tech), Susannah Howe (Smith College) and Daria Kotys-Schwartz (University of Colorado Boulder), the C2W team recruited 120 graduates from two different years at four institutions as they completed project-based capstone design courses. The capstone courses at these institutions were consistent with national trends in terms of course structure and teaching. Every participant was interviewed at the end of the capstone design course and, also after 3, 6, and 12 months of being in the workplace. During their first 12 weeks of work, the graduates also recorded their workplace experiences in twice-weekly surveys and reflective journals.

NEW ENGINEERS’ EXPERIENCES
Analysis of the extensive interview and survey responses provides a rich pathway to impact for the Capstone to Work (C2W) project. Understanding that these courses are successfully mirroring workplace environments.

Assignments
A recurring theme amongst participants was the critical role of interpersonal relationships at work.

Common challenges during the first three months.

Pathway to impact for the Capstone to Work (C2W) project.
they have gained in education, and students assimilate the knowledge place students out of their comfort through open-ended projects that building new knowledge. The courses serve as critical preparation, culture and goals. Capstone design technical concepts as well as a company's directed learners, able to quickly grasp technical, innovation versus maintenance, resist binaries present in master narratives in different terms and their experiences solving, reviewing, field work, and more. - design, troubleshooting, problem-

New graduates reported feeling well-prepared for their first three months at work. Capstone design courses played an important role in this preparation. 85% of participants leveraged their capstone design experiences related to self-directed learning, and 74% drew on teamwork and communication skills. Capstone colleagues work during business hours and head home to families and personal lives after work. Finally, capstone design courses - and even contemporary residential universities - cannot prepare students for the broader challenges of emerging adulthood as they

- design, troubleshooting, problem-solving, reviewing, field work, and more. - design, troubleshooting, problem-solving, reviewing, field work, and more. - design, troubleshooting, problem-solving, reviewing, field work, and more. - design, troubleshooting, problem-solving, reviewing, field work, and more. - design, troubleshooting, problem-solving, reviewing, field work, and more.

Because engineering work is so diverse, new employees are expected to be self-directed learners, able to quickly grasp technical concepts as well as a company's culture and goals. Capstone design courses serve as critical preparation, providing students with confidence to learn new things and strategies for building new knowledge. The courses provide authentic industry experiences through open-ended projects that place students out of their comfort zone. Through capstone design, students assimilate the knowledge they have gained in education, and use skills in a setting that requires professional attitudes and behaviours. Faculty teaching capstone design can help prepare students for this
design courses are a natural setting to gain these skills, given their focus on teamwork and communication. Students equipped with effective communication are better prepared to learn new skills from their colleagues and managers. While capstone courses can help prepare new graduates for their first weeks and months working in industry, there are limits to the role these courses can play. For example, they will always struggle to replicate the range of experiences and ages present in professional settings. Similarly, while capstone projects can simulate some workplace challenges in terms of time pressures and competing demands, they cannot fully replicate the financial and business consequences found in industry or the time constraints of a workplace in which professional seek to separate and balance their developing personal lives with their professional commitments. In short, regardless of their training in school, new graduates enter workplaces with steep learning curves where they perform activities and face situations they did not experience in school. Organisations hiring engineering graduates must share a role in facilitating successful school-to-work transitions by encouraging new employees and providing them with the training and resources necessary to help them activate and adapt their educational preparation, including capstone design. As such, academic preparation and industry onboarding act as partners to position new engineers for successful and rewarding careers.

<table>
<thead>
<tr>
<th>Perceived preparedness by month.</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Completely unprepared</td>
<td>(2) Somewhat unprepared</td>
<td>(3) Somewhat prepared</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Month 1</td>
<td>Month 2</td>
<td>Month 3</td>
</tr>
</tbody>
</table>

Results:
- Months 1 and 2 are statistically significantly different (p < 0.02)
- Months 1 and 3 are statistically significantly different (p = 0.000)

The Capstone To Work (C2W) research team studies students' experiences in the transition from capstone engineering design courses to the workplace.

85% of participants leveraged their capstone design experiences related to self-directed learning, and 74% drew on teamwork and communication skills.

**References**


**Personal Response**

**What impact does this work have on you as capstone design educators, researchers, and students?**

This work reinforces for me, a capstone educator, the value of open-ended, applied design experiences in preparing students for their careers. The strategies and successes I've used during capstone design will pay off as they enter the workplace.

As a student, working on the C2W project has made me feel more prepared for life after college: what to expect and how to handle the transition.

The research findings help me to be intentional with each student interaction in capstone. Additionally, we are able to inform our corporate partners what to expect as our alumni enter the workforce.

**Bio**

**Marie C. Paretti** is a Professor of Engineering Education at Virginia Tech. She holds a B.S. in chemical engineering and an M.A. in English from Virginia Tech and Ph.D. in English from the University of Wisconsin-Madison. Her research includes engineering education, design education, engineering identity, and cross-disciplinary collaboration.

**Julie Dyke Ford** is a Professor of Technical Communication and Mechanical Engineering at New Mexico Tech. She holds a B.A. in English from Elon University, an M.A. in English from the University of North Carolina at Charlotte, and a Ph.D. in Rhetoric and Professional Communication from New Mexico State University. Her research includes engineering communication and knowledge transfer.

**Susannah Howe** is the Design Clinic Director in the Picker Engineering Program at Smith College. She holds a B.S.E. in civil engineering from Princeton University and an M.Eng. and Ph.D. in civil engineering from Cornell University. Her research includes engineering design education and capstone community building.

**Daria Kotys-Schwartz** is a Teaching Professor in Mechanical Engineering and the Idea Forge Director at the University of Colorado Boulder. She holds a B.S. and M.S. in mechanical engineering from The Ohio State University and a Ph.D. in mechanical engineering from the University of Colorado Boulder. Her research includes engineering student learning, retention, and student identity development within engineering design.

**References**


**Personal Response**

**What impact does this work have on you as capstone design educators, researchers, and students?**

This work reinforces for me, a capstone educator, the value of open-ended, applied design experiences in preparing students for their careers. The strategies and successes I’ve used during capstone design will pay off as they enter the workplace.

As a student, working on the C2W project has made me feel more prepared for life after college: what to expect and how to handle the transition.

The research findings help me to be intentional with each student interaction in capstone. Additionally, we are able to inform our corporate partners what to expect as our alumni enter the workforce.