

Essential Eligibility Criteria

We're looking for engaged young adults who are open to experiential learning, who will approach the Year On program as a time to stretch, grow, strengthen skills, and invest in relationships. We use the admissions process to assess these key characteristics:

REFLECTION

Are you willing to examine your identity and capabilities, to recognize areas of weakness without judgment, and to see them as opportunities for growth?

EFFORT

Are you willing to be stretched by experiences that might be unfamiliar and temporarily uncomfortable? Are you willing to work towards a greater sense of confidence, clarity, and direction that will help you move on to college and make the most of that experience?

PARTICIPATION

Are you willing to shoulder accountability for pursuing and accomplishing the goals you set for yourself (with the support of Year On staff)? Do you have a clear understanding that the more you put into the program, the more you'll get out of it?

Year On programs are open to individuals who meet the following essential eligibility criteria. To be a successful participant in Year On programs, all fellows must:

Basic Criteria

- Be at least 18 years old and no older than 23 years old on the first day of the program.
- Be able to take responsibility for their personal belongings and behavior.
- Be able to speak and write fluently in English.

Physical Criteria

- Have the cognitive ability to understand and follow instructions.
- Be in good general health and physical condition in order to manage the transport of luggage and personal belongings, or with the assistance of an attendant accompanying the participant.
- Document their physical and mental health as part of a health screening process prior to enrolling.
- Be able to manage all personal care and mobility independently, or with the assistance of an attendant who accompanies the participant.
- Be able to maintain and self-administer proper prescription medication dosage without assistance from program staff or others (except possibly in emergency situations).
- Maintain focus for several hours at a time in order to successfully perform volunteer work, collaborating with others in group settings, and learning in workshops.

Attitude and Approach

- Cultivate a cooperative, positive attitude and exhibit an openness to the opportunities of experiential education, even when challenged physically, mentally, or emotionally.
- Be flexible and adaptable to a routine that is likely to be much different than their usual routine at home, including technological and communication variability.
- Demonstrate self-advocacy by proactively notifying staff members of personal concerns, injury, emotional stress, safety or health issues, or any other need for assistance.
- Adopt the habits of goal setting and goal execution, which will require the use of personal electronic devices such as a working cellular phone and a laptop computer.
- Work effectively as a member of a cohort in potentially stressful and difficult conditions, which may require problem-solving on an interpersonal or group level.
- Contribute to a positive and safe learning environment—no verbally or physically inappropriate behavior toward others will be tolerated for any reason.
- Be open and aware of differences and foster a sense of inclusion and appreciation of diversity within and among the cohort, the staff, and program partners.

Cultural Immersion and Travel

- Be able to travel independently to and from the United States and an international program location, or with the help of an attendant.



- Be open to cultural exchange and structured volunteer work that may include working with children, construction, digging, painting, office work, etc. for up to six hours per day.
- Be responsible to independently provide oneself with meals and tend to personal items, including medications, when traveling, or with the help of an attendant.
- Be able to appropriately and accurately assess risk and use clear judgment to avoid unsafe situations, etc.
- Be able to live responsibly and independently in a residential location with variable levels of direct supervision from program partners and/or staff.
- Be willing and able to learn skills and to engage in activities to support oneself, the cohort, and program partners including those necessary for living harmoniously in a variety of community settings.
- Be able to tolerate changes in climate, air quality, weather, sunlight, wind, and other environmental factors such as insects and wildlife.
- Be able to tolerate access to clinics and medical facilities that may be less comprehensive than those at home.
- Be able to respond appropriately in the face of unexpected challenges in traveling, such as homesickness, unfamiliar surroundings, limited language skills, delays in travel, changes in scheduling and itineraries, and downtime.

While many students can benefit from a gap year, we are unable to accept those who are adjudicated or court-mandated, or those requiring regular in-field therapy, as monitoring these conditions is beyond the expertise of Year On.