



A PURPOSEFUL GAP YEAR

www.discoveryear.ca



Crucial Skills
Workshops



Work
Terms



Travel



Coaching and
Mentorship



Community
Project

Offered by:



“Ask not what the world needs.

Ask what makes you come alive, and go do that. Because what the world needs is people who have come alive.”

- Howard Thurman



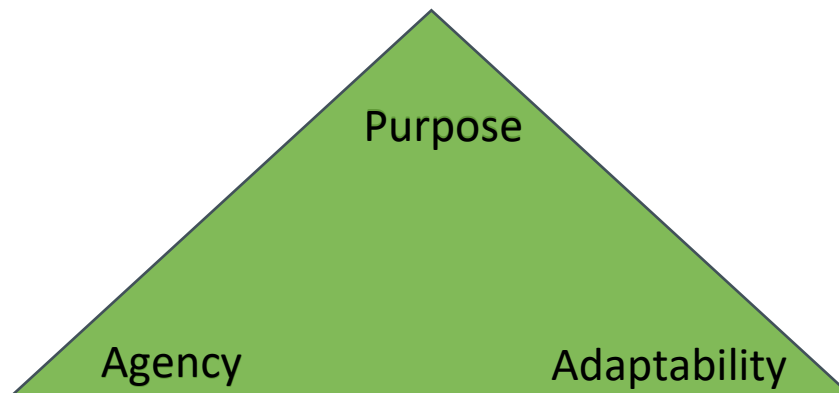
“A Discover Year is not a guaranteed one-year journey to success, but this one year IS the start of a lifelong journey to significance. We strive to help our students come alive, and we would love to join you on your journey.”

- Jay Gosselin

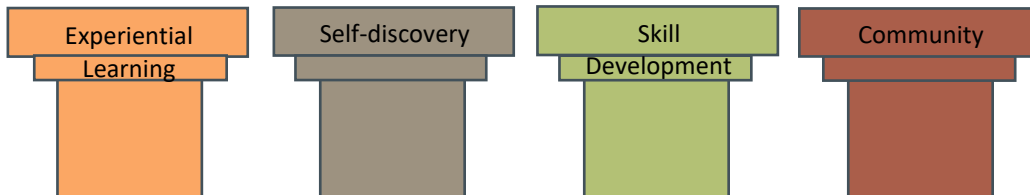
Founder, Discover Year



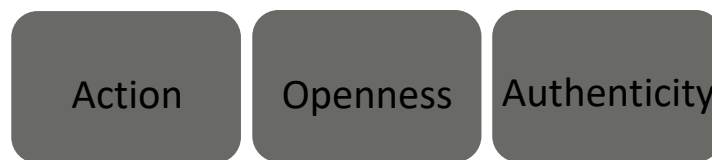
Discover Year is a structured one-year program that aims to provide young adults with a *sense of agency and adaptability* through **experiential learning, self-discovery** and **skill development**.



Our Objectives



Our Process



Our Principles

90% of students who take a gap year return to their studies within one year, and they almost always over-perform academically.

**American Gap Association 2015 Survey*

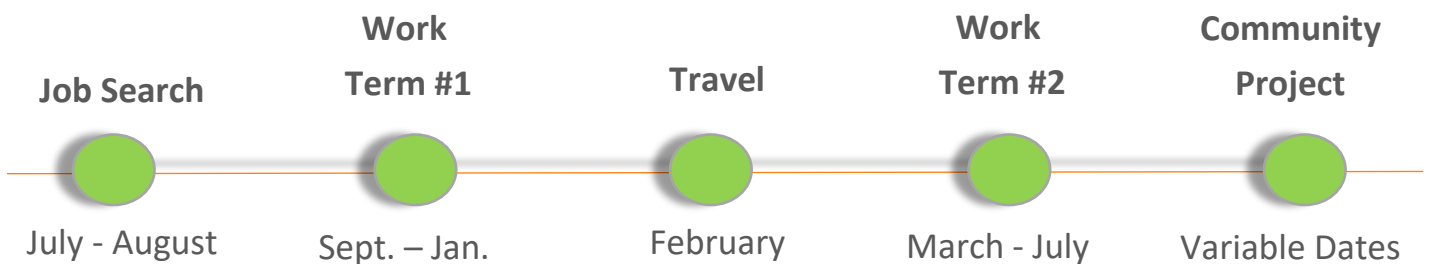
"I would absolutely recommend the program to other families.

Not only does it impact positively on the participant, but the entire family."

-Alma Harris, Parent, '17



5 Phases of Discovery



Discover Year by the Numbers...

- 🔥 25 skill-building workshops
- 🔥 25 group career development exercises
- 🔥 30 career panel mentorship discussions
- 🔥 10 off-site career exploration & team-building days
- 🔥 12 individual sessions with personal career coach
- 🔥 4-6 networking events
- 🔥 100 amazing mentors to offer guidance and networking opportunities



“Before taking a Discover Year, I didn't know what I wanted. I was aimlessly following what people around me suggested. Now I feel like I'm in control because I know what I want for myself in the future.”

— Josh Harris, '17

Workshops Include the Following:

- | | |
|--------------------------------|---|
| 🔥 Success in the Workplace | 🔥 Project Planning |
| 🔥 Non-verbal Communications | 🔥 Personal Financial Management |
| 🔥 Active Listening | 🔥 Travel Preparation |
| 🔥 Public Speaking | 🔥 Critical Thinking |
| 🔥 Professional Writing | 🔥 Leadership & High-performance |
| 🔥 Intercultural Communications | 🔥 Organizational and Time Management Skills |
| 🔥 Effective Feedback | 🔥 Technology for Tomorrow |

Did you Know?

When young professionals were asked how students could improve the transition from school to work,

- **90%** said to take time to **network and connect with professionals**
- **66%** said to **gain work experience and build transferable skills**
- **55%** said to **take the time to learn about different career paths**

**RBC/CCDF Career Launch Study*

Our inspiring mentors have been drawn from a diverse array of fields and include:

- Accountants
- Artists
- Communications experts
- Educators
- Emergency services professionals
- Engineers
- Entrepreneurs
- Financial services specialists
- Health professionals
- Human resources professionals
- Humanitarian aid workers
- Lawyers
- Public servants
- Psychologists
- Sales people
- Scientists
- Trades people



Did you know?

Harvard University has actively encouraged their students to take a gap year for over 40 years. Every year, between 80-110 students defer their acceptance at Harvard to embark on meaningful gap years.

Program Cost

The registration fee for the 2018-2019 session is \$4,900*. This fee covers the services offered during the job search and work phases of the program.

Travel expenses are not included.

Estimated Student Budget Breakdown

Income from Work Term: + \$16,800

Program Fees: - \$4,900*

Travel Expense: - \$3,500

Net Income: + \$8,400

*** Financial aid available – see website for details**

Admissions Criteria

We are looking for young adults who are:

- High school graduates
(as of July 2018)
- 18 – 22 years old
(as of December 31st, 2018)
- Positive, open-minded and motivated to find their greater purpose in life



“This year I learned a lot about my own strengths, challenges, values and goals. I also learned the importance of networking and exposing yourself to new opportunities. Then, of course, there were the many new career skills in the workshops!”

-Kate Gallagher, '17



Contact

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