

# DISCOVER YEAR

A STRUCTURED & PURPOSEFUL GAP

[www.discoveryear.ca](http://www.discoveryear.ca)



Skills Workshops



Work Terms



Travel



Coaching and Mentorship



Community Project



Offered by:

**MentorU**  
LEADERSHIP ACADEMY



“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, Graduate



“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



## What is Discover Year and How Can It Help You?

- Do you feel overwhelmed or confused when you think about your future?
- Do you want to connect with other young people who feel the same way, while building important character and career skills?

You're not alone!

Discover Year is an innovative one-year career and life skills program that helps young adults better understand what they want and build the skills they need to go out and get it. Our students build stronger **self-awareness, confidence, communication skills, and resilience** to thrive in whatever education or career path they take.



"Discover year gave me the confidence and courage to face my fears and be the best version of myself that I can be."

Julie Chaput, Graduate



 **OUR VISION:** A society that empowers young people to pursue lifelong exploration and growth over maintaining the status quo.

 **OUR MISSION:** Guide young adults to:

- take meaningful action that aligns with their interests, strengths and values;
- keep an open mind to new and diverse ideas, perspectives and experiences; and
- honour their authentic selves in the service of others as they transition into adulthood.

 **OUR ENVIRONMENT:** A nurturing community that fosters connection and belonging through empathy, non-judgment and genuineness.

 **OUR OUTCOMES:** Self-awareness, confidence, communication skills and resilience

# The Discover Year Experience

Discover Year follows a 1:6 ratio to foster a unique, engaging, and interactive learning environment. We have **one educator for every six students**, and every week students participate in **one day of dynamic education and six days of purposeful exploration**.



## A WEEK AT DISCOVER YEAR

### 1 DAY OF DYNAMIC LEARNING



ESSENTIAL SKILLS  
WORKSHOP



MENTORSHIP  
& NETWORKING



MEANINGFUL  
FRIENDSHIPS



COACHING

### 6 DAYS OF PURPOSEFUL EXPLORATION



COMMUNITY  
SERVICE PROJECT



WORK



REFLECTION



TRAVEL

## Program Structure & Timeline



### DID YOU KNOW?

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)

## Discover Year By The Numbers

- 50** Skill-building workshops
- 35** Group coaching sessions
- 24** Individual meetings with a personal life-path coach
- 20** Career mentorship conversations
- 12** Social events
- 10** Off-site career exploration and team-building days
- 4-6** Networking events
- 100+** Amazing mentors to offer guidance and networking opportunities

*Our innovative and interactive hybrid model gives students the flexibility to complete Discover Year in Ottawa or online from anywhere in the world! Discover Year integrates online and in-person learning to create an engaging, collaborative and meaningful educational experience.*



"Discover Year creates an environment like no other. It feels safe, supportive and always friendly. It feels good to be my true, authentic self in a space where everyone else feels the same way."

Grace Lemon, Graduate





## Weekly Workshops

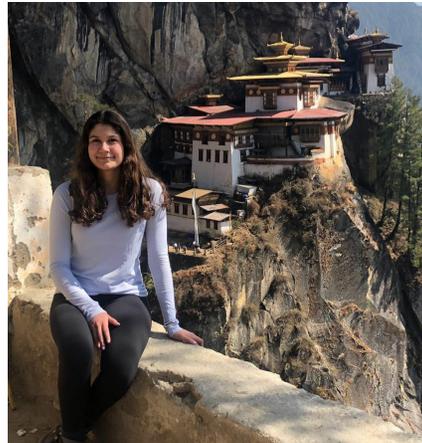
Our weekly workshops explore a wide range of topics and focus on equipping students with both “hard” and “soft” skills. Some of our workshops include:

- Success in the Workplace
- Nonverbal Communication
- Active Listening
- Public Speaking
- Professional Writing
- Intercultural Communication
- Effective Feedback
- Project Planning
- Travel Preparation
- Personal Financial Management
- Critical Thinking
- Leadership and High-Performance
- Organization and Time Management
- Technology for Tomorrow



“Never in a million years could you accomplish on your own what the students accomplish in one Discover Year. There is just so much condensed into 12 months. It’s amazing.”

Nadja Becsey, Parent



“Discover Year has completely changed my life. I am now someone who can confidently say I am a better human being. I could not imagine where I would be without Discover Year.”



Reid ten Den, Graduate

### **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 to Harvard and embark on meaningful gap years.

## Did you know?

- **100%** of our graduates agree that **Discover Year** helped them...
  - Become more self-aware;
  - Build stronger self-confidence; and
  - Improve their interpersonal skills.
- **100%** of parents of **Discover Year** graduates agree that the program was a positive choice for their son/daughter.



## Mentors and Coaches

Our inspiring mentors have been drawn from a diverse array of fields, including:

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



"Discover Year is great because it gives you a base for how to approach finding your interests and finding your passions. I think it sets you up for the rest of your life as you continue to refine your search."

Isaac Finkelstein, Graduate

"When I was figuring out what to do after high school, I was making a calculated self-assessment based on the limited skillset I thought I had at the time. Discover Year helped me realize I had drastically underestimated myself."



Rhys Fitzgerald, Graduate

## Admissions Criteria

We are looking for young adults who are:

- High school graduates
- 17 to 23 years old
- Positive, open-minded and motivated to find their greater purpose in life

## Program Fees & Tuition

At Discover Year, our goal is to make our program as accessible as possible to students of all socioeconomic levels.

The financial model for our program has been developed to help students self-fund their gap year through two five-month work terms, and even save money throughout the year while they work.

A full breakdown of our program fees can be found at [www.discoveryyear.ca/cost/](http://www.discoveryyear.ca/cost/)



"I cannot even express how impressed I am, and how great this program has been for my daughter. The changes have been tremendous."

Andreas Lentfer, Parent



"This experience has been amazing. I learned what career path I wanted to take and improved upon many skills. It was a perfect balance of not feeling like 'school' but still keeping me learning and motivated."

Aidan Calder, Graduate

### DID YOU KNOW?

Discover Year is an approved Canadian post-secondary program. Therefore, program fees are HST-free and can be claimed as tuition tax credits, and RESPs can be used to pay for Discover Year program fees.

For more information:

-  [www.discoveryyear.ca](http://www.discoveryyear.ca)
-  [info@discoveryyear.ca](mailto:info@discoveryyear.ca)
-  [fb.me/DiscoverYear](https://fb.me/DiscoverYear)
-  [@DiscoverYear](https://www.instagram.com/DiscoverYear)

“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

Your Discover Year  
will take place in:



OTTAWA

AND



ONLINE