



MENTAL FITNESS SCHOLARSHIP

HLF has created the Mental Fitness Scholarship program help optimize your mental fitness through our three pillars of The Higher Learning Method.

Level 1: Students from 16 to 18

Educate - 20 hours - *Mental Fitness Workshop / Mental Health First Aid.* The scholarship candidates will receive Mental Fitness Training. The training offers formal wellness education informed by the science of positive psychology.

Engage - 20 hours - *Mental Fitness Self-Practice*

The candidates will be required to incorporate self-care practice into their routine and use the Higher Learning Journal to keep track of their experience. Practice may include yoga, gratitude journaling, meditation, and more.

Empower - 20 hours - *Volunteering / Community Involvement*

The candidates are required to volunteer or host a fundraiser through HLF's community building initiatives.

Level 2: Young adults above 18

Engage - 10 hours - *Mental Fitness Self-Practice*

The candidates will be required to incorporate self-care practice into their routine and use the Higher Learning Journal to keep track of their experience.

Empower - 50 hours - *Volunteering / Community Involvement*

The candidates are required to volunteer or host a fundraiser through HLF's community building initiatives.

Program Details:

Scholarship Value: \$1,000 for academic/professional purposes

Scholarship Term: 10 months

Scholarship Intakes: Winter – January / Fall – September

Application Dates:

Application Intake: September 1 to November 1 / May 1 to July 1

Interview Process: November 1 to December 1 / July 1 to August 1

Eligibility:

To be eligible for, the candidate has to meet these requirements:

- Enrolled in an academic institution
- Ages over 16 years old

Application Package:

To apply for the program, the applicant is required to submit a filled application form, the most recent resume, and an essay on HLF's official website or to trish.hlf@gmail.com to be considered for the scholarship. See essay requirements on the application form below. Qualified applicants will be contacted for an interview.

