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Self-reflection Questions

Before you apply for the LEVEL Youth Policy Program, consider the guiding questions below. They're designed to help you understand the program in more detail, so you can decide if it's the right fit for you.

Is the LEVEL Youth Policy Program right for me?

Thank you for considering the LEVEL Youth Policy Program (YPP). Over the years, we've learned a lot from past participants, including what has helped them on their public policy journeys.

We invest in the leadership of Indigenous, racialized immigrant, and refugee youth to help empower youth voices. As you consider applying, these reflection questions can help you decide if LEVEL YPP is right for you, and if now is the right time to participate.

Looking for more information? Check out our [FAQs](#).

1. Do you identify as a youth who is Indigenous, a racialized immigrant, or a refugee?

LEVEL YPP is an opportunity specifically for self-identifying Indigenous, racialized immigrant, and refugee youth aged 19-29. We invite you to reflect on how your identities connect to these communities. Think about how your lived experience shapes your perspective, and how it can contribute to the learning of other participants and the program.

We also encourage you to think about the strengths you bring, including your identities, knowledge, experience, and confidence in navigating systems.

2. Can you identify the communities you're connected to? What might they look like?

In LEVEL YPP, your identity and your relationships with community are core to driving policy change. Understanding who you are, and who your communities are, helps you advocate more effectively within them.

See how [past participants have influenced change](#).

3. Whose support do you need to participate in this program?

Success in YPP often means drawing on a blend of program supports as well as support from your own communities. Each cohort, we bring together a circle of support for participants, including Elders, faculty, Community Advisors, partner organizations, community champions, and your fellow participants.

How will you ask your communities to support you? What kind of support do you think you'll need most?

See past [Elders, faculty, and advisors](#).

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4. How will you commit to participating in all the modules, meetings, and assignments?

LEVEL YPP requires time and commitment to your community. Participants spend about 150 hours over eight months, which includes attending modules, meetings, and working on your policy proposal. Please review our [schedule for the 2027 cohort](#) and ensure that these dates work for you, including the in-person modules.

With this time and community commitment in mind, consider how you will manage it alongside your other priorities. Accommodations and other supports are available — check them out in our [FAQ](#).

5. What's your capacity to navigate complexity?

Learning about public policy and how to influence policy change can be difficult, uncomfortable, and even emotionally demanding at times. Are you open to navigating these challenges while embracing the growth and impact they can bring? How do you navigate these kinds of challenges when they come up in your current life? What tools do you use to keep this work sustainable for you?

Still not sure?

We hope these questions help you decide if LEVEL YPP is right for you in this season of your life. If you need more information, check out our [FAQ](#) and [eligibility details](#).

Information session and drop-in office hours available

If you have a question, join our information session or any of our drop-in office hours. You may attend as many sessions as you like. Just register below to get the meeting link.

[Register for the information session](#), happening on October 7, 5:30pm PT.

[Register to get a meeting link to our drop-in office hours](#), which happen:

1. Wednesday, October 14, from 12 to 1pm PT
2. Wednesday, October 21, from 12 to 1pm PT
3. Wednesday, October 28, from 12 to 1pm PT

Contact us

Need to talk something over with a member of our team? Email us at ypp@vancouverfoundation.ca.