APPLICATION ESSAYS AND ADDITIONAL DOCUMENTS

All documents (essays, resume, transcripts, and health forms) must be submitted by the deadline for your application to be considered complete. All forms must be submitted as PDFs.

This page details all required documents including:
- Essays (2)
- Résumé
- Transcripts
- Medical Forms and Copy of Insurance Card
- Health and Wellness Forms

ALL DOCUMENTS ARE DUE IN DIGITAL FORM TO PROGRAM DIRECTOR LUCI-JO DIMAGGIO at dimaggi171@duq.edu BY FEBRUARY 9th 2018. It is permissible to apply and participate in this program while taking graduate classes but you must declare that in the email that accompanies your application.

APPLICATION ESSAYS

We value the life experience you bring to this process and encourage reflection on your journey thus far. Answering the following questions will help you examine your readiness to make the commitment to the Spiritan Year of Service (SYSP) and to carry out its mission to work for justice and peace as well as grow in your own spiritual journey.

Essays should be typed in 12 point, standard fonts, using 1 inch margins, and 1.5 spaced lines. Documents should be saved as PDF files prior to submission.

Please be sure to include your name and the title of the essay on each page of each document.

Essay A: Autobiography (3-5 pages total)
Please compose a brief and cohesive autobiographical essay that shares with us information about who you are and the background and experiences you would bring to the program. Consider including information about the following:
- Persons, experiences, and identities that have helped shape who you are today including your personality, faith, and ideals
- A challenge you and/or your family has faced and how you worked through it
- A difficult choice you’ve had to make, your process in approaching the decision, and how the decision reflects your values
- Elements of your personality that will help you thrive in SYSP; Elements of your personality that may hinder your ability to thrive
- Your passions and how you act on them

Essay B: Short Answers (no more than 1 paragraph per prompt)

Mission of the SYSP: In the rich tradition of the Spiritans to create a more just world, the Spiritan Year of Service Program strives to engage college graduates as they live their faith in action and grow on their spiritual journeys.

- Consider SYSP’s mission statement. How do you believe this program will help to foster your growth as you live your faith in action?
- Please share a personal example of your work with those on the margins of society. How do you think this service relates to the broader systemic work of social justice?
- In striving toward a more just, peaceful, and hopeful world we recognize that racism can inhibit the ability to build relationships of equity, trust, and justice. Reflect on your own understanding of racism and its impact on your community. What is one example of how you see racism manifested in your current context (school, work, neighborhood)?
- What tensions do you anticipate experiencing in working alongside marginalized people as someone privileged to commit to a year of service? How does this relate to your understanding of your own privilege?
- Living a simple lifestyle is not about the things you give up: it's about what you gain. SYSP participants commit to a simple lifestyle, living within a modest monthly budget and focusing on people and relationships (rather than material possessions). Please share your understanding of a simple lifestyle through a concrete example of how you currently choose to live out this value and an example of when it is difficult to do so.
• This program and mission draw upon influences from our Catholic Spiritan spiritual tradition. The value of spirituality is expressed in this program through various experiences, including retreats, events with the lay Spiritan community, and personal prayer and reflection. What are your expectations for the role spirituality will play in during your time in the program?
• All participants live in intentional community with other SYSP members while also committing to engage in their local communities. Drawing on any past experiences, please share a bit about what it means to live in an intentional community. How is it different than living with family, a significant other, or roommates?
• What do you anticipate to be the most challenging part of community living for you? Why? What are some of your needs in living with others?
• How do you see your role as a “guest” in a different place or culture? How do you anticipate the time commitment of SYSP affecting your relationships with local community members?
• Living in community, working towards social justice, committing to a simple lifestyle, and growing in your personal spirituality can bring many graces and challenges. Reflect briefly on a time in your life when things did not go as you had planned or expected. How did you react in the situation? What lessons did you learn? How do you take care of yourself?
• How do you recognize when you are well-balanced and off balance? Please draw from specific examples in your past that taught you this about yourself.

RESUME
Please submit a resume of no more than one page. In your resume, in addition to education, experience, skills, etc., please also include all cross-cultural and international experiences you have had as well as your most meaningful service experiences.

TRANSCRIPTS
Your application can only be considered complete by the deadline if we have received at least one unofficial copy of your transcript sent as a PDF. Please send one official copy of all transcripts for graduate and undergraduate work.
MEDICAL FORMS
Make an appointment with a healthcare provider who can complete your medical clearance form. Please complete your health and wellness form yourself to the best of your knowledge. Scan and submit as a PDFs. YOU MUST SUBMIT A COPY OF BOTH SIDES OF YOUR MEDICAL INSURANCE CARD WITH THESE FORMS.
Spiritan Year of Service Health and Wellness Form

ABOUT THIS FORM
We inquire about certain health issues out of respect for the needs of each individual person and of the needs of community. Past medical history with physical and/or mental health concerns does not remove you from consideration. However, your openness to discussing these issues helps SYSP staff to know how best to support you and your potential community during the upcoming year. We ask you answer these questions honestly so that we can understand your needs, and so that you can learn about the support SYSP has to offer you and what is beyond our ability to support. We ask that you complete this form with honesty and accuracy, to the best of your knowledge. Please use an additional sheet if you need extra space to write.

APPLICANT INFORMATION
Applicant Name:
Birthdate:
Today’s Date:

CURRENT HEALTH STATUS
Please briefly describe your general state of physical and mental health as you perceive it.

Are there any medical conditions which might affect your service or assignment? (detail physical challenges, chronic illnesses, pregnancy, special medications, allergies, restrictions, etc).
Allergies: Please list any serious allergies (food, medications, etc)

Are there any medications you are currently taking? For what reason?

**PERSONAL HEALTH HABITS**
Do you smoke cigarettes? If yes, how many per day?

Do you consume alcohol? If yes, how many drinks per week?

Have you ever been diagnosed or treated for drug or alcohol addiction? If yes, please explain.

On average, how many hours of sleep per day do you get?

How many times per week do you exercise?

Do you have issues falling asleep or staying asleep?

Do you have any dietary restrictions?
MENTAL HEALTH HABITS
Have you ever had individual, family, or group counseling/treatment for personal growth, emotional problems, or psychological problems?

Please comment on your reasons for counseling/treatment, any medication prescribed, and the length of treatment.

Do you anticipate requiring counseling/treatment over the course of the next year?

Please comment on your reasons for anticipating counseling/treatment.

Do you have a history of eating disorders? If yes please explain.

Have you ever experienced symptoms such as anxiety, depression, manic episodes, psychotic episodes, or suicidal ideations? If yes, please explain.
Have the symptoms in the previous question been severe enough for you to require treatment or hospitalization? If yes, please explain.

Have you ever received a mental health diagnosis from a mental health professional (including but not limited to depression, anxiety, bi-polar disorder, borderline personality disorder, and schizophrenia) If yes, please explain.

If you answered yes to any of the above questions, what plans do you have for self-care and treatment during your time in SYSP?

Our staff may ask participants to seek counseling if they display unhealthy behavior or their behavior negatively impacts their work or community life. How would you respond if SYSP staff recommended that you seek counseling?
Spiritan Year of Service Medical Clearance Form

This form will not be reviewed for applicants until after acceptance has been offered.

To The Physician: We prefer that this form is completed by a physician or physician assistant who has been involved with the applicant's ongoing, comprehensive care. The physician should not be the applicant's parent. When not possible, the form may be completed at a campus health center or by a physician/physician assistant with whom you do not have an ongoing history. This form will be used to ensure the applicant is placed where appropriate resources are available. Information disclosed in this form will be kept confidential. Type or print clearly.

Applicant Information
Applicant Name:
Significant Medical History:
Past Hospitalizations (include surgeries):

Date of Exam:
Length of Time Applicant Has Been Your Patient:
Family History (Significant Medical):
Medications and Reasons for Prescribing:
Significant Present Medical Issues:

Allergies, Dietary Restrictions:
Tobacco/Alcohol Uses:
Immunizations up to Date?:

General Physical Information
Weight: Height:

Do you have any medical concern about this applicant participating in the SYSP program? If yes, please explain.