

SFS Essential Eligibility Criteria (EEC)

SFS offers transformative, field-based programs designed to foster intellectual and personal growth. Our programs take place in dynamic environments that require adaptability, resilience, and active participation. These criteria help students arrive prepared for a rewarding experience. Please contact studentlife@fieldstudies.org for any questions, discussion, or guidance.

Participant Readiness

To make the most of your SFS experience, participants should be ready to:

- Approach new and remote environments with openness and adaptability.
- Contribute actively within a close-knit community and support group tasks.
- Immerse themselves in an academic and field-based learning environment.
- Develop independence by pursuing challenges away from familiar support systems.

Physical & Environmental Readiness

SFS programs run in dynamic, field-based ecosystems. Participants should be ready to:

- Adjust to varied climates, such as heat, humidity, rain, wind, or high altitudes.
- Participate in extended physical activities like hiking, swimming, and field science.
- Embrace the opportunity to break from routine comforts and immerse in a new experience.
- Navigate diverse landscapes, including steep hills, uneven terrain, and flowing and open water, with minimal accessibility modifications.

Health & Well-being

To maintain personal well-being and manage challenges, participants should be able to:

- Follow the Medical Clearance Guidelines, submit SFS Medical Paperwork before departure.
- Demonstrate emotional resilience by recognizing stressors and applying coping strategies.
- Prioritize self-care through healthy sleep, diet, and routines and seek support as needed.
- Proactively manage health conditions with guidance from medical professionals.
- Prepare for limited access to healthcare services while on the program.

If you have experienced a significant medical or mental health event in the 12 months prior to the program start date, please contact our team to ensure the best support plan for your success.

Academic Commitment & Fieldwork

SFS emphasizes experiential learning. Participants should be prepared to:

- Manage time effectively to balance coursework, fieldwork, and personal responsibilities.
- Collaborate on group projects and approach problem-solving with a growth mindset.
- Engage fully in coursework, research, and fieldwork with academic rigor.
- Embrace challenges and build resilience to maximize the experience.

Community and Cultural Engagement

SFS is grounded in respect, inclusivity, and teamwork. Participants should be ready to:

- Prioritize real-life experiences with people and nature over digital distractions.
- Foster a welcoming and inclusive environment that values diverse perspectives.
- Follow cultural guidelines and engage with the community with curiosity and respect.
- Live within a tight-knit community, share common space, and contribute to group tasks.
- Seek support when needed and, even in times of stress, recognize the best in each other.

Next Steps >>>

If you have any concerns about these criteria, we encourage an open conversation. Our goal is to support you in preparing for this unique and exciting journey.