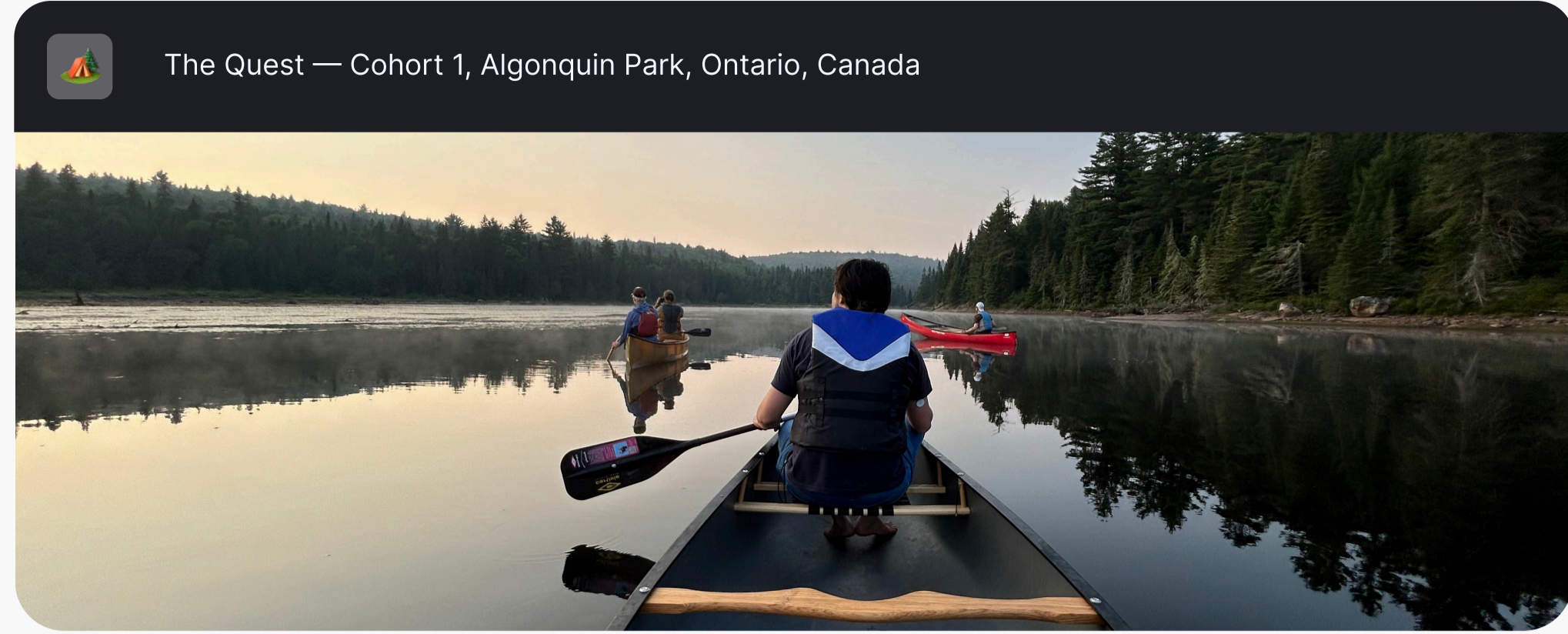


# Liminal learning

We prepare young people for the world in flux, with a collective launch into purposeful adulthood.



## Young people today are struggling to find their way in study, work, and life

- Alone**  
27% of young adults ages 19–29 report feeling very or fairly lonely.
- Suffering**  
40% of youth face anxiety, depression, and other mental health problems by the time they're 18.
- Aimless**  
Youth living without purpose report 2x higher rates of anxiety and depression.
- Confused**  
23-39% of undergraduates drop out or fail to complete their bachelor's degree within 8 years.
- Overwhelmed**  
Youth unemployment is 2.5x higher than for older adults; >50% report climate anxiety; 83% are stressed about the future.

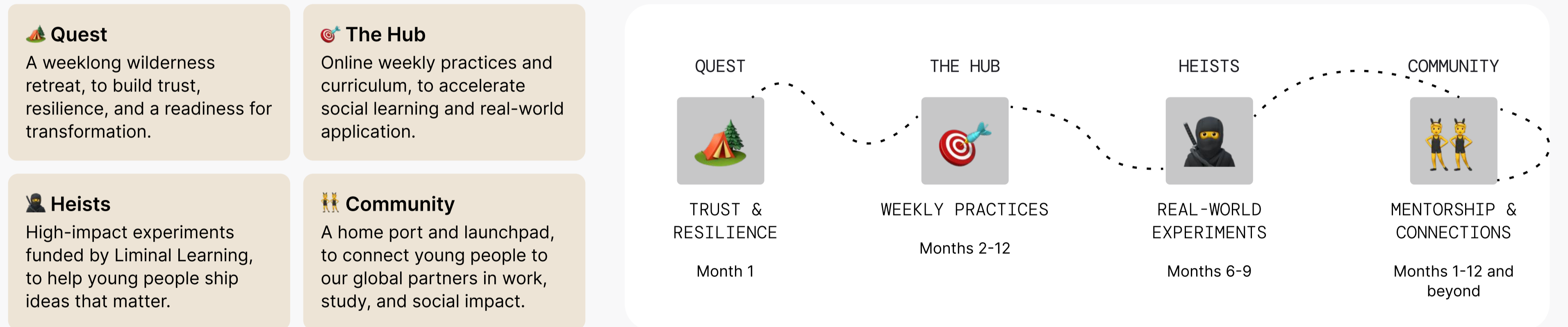
## We offer the scaffolding for thriving in new and uncertain times

Whether they are studying, working, or taking a gap year, young people need strong friendships, a sense of agency, and trusted mentors they can build a future with. Liminal Learning offers a comprehensive "world-readiness" program that prepares young people (ages ~18-24 years) to thrive.

We combine evidence-based, developmentally-sensitive curriculum with practical collaboration tools — equipping young people to craft their lives with purpose while pursuing work, study, or a break.

- ALONE → CONNECTED
- SUFFERING → EXPLORING
- AIMLESS → PURPOSEFUL
- CONFUSED → CREATIVE
- OVERWHELMED → EMPOWERED

## Our program is a yearlong, evidence-based path to individual and collective flourishing



## Our pilot shows an impact on young people's struggles

- CONNECTED**  
Almost all our youth participants are using practices post-Quest, e.g. active listening, and continue working in the group.
- EXPLORING**  
"I really do like those activities because when done right they help us realize who we are, and how we're different in a positive way. And those discoveries can be quite empowering" — Finn, 22
- PURPOSEFUL**  
"...being self aware, being present, a lot of that, just like having to ground myself into whatever I'm doing. I think the whole Quest just kind of helped me with that." — Maya, 18
- CREATIVE**  
"The conversations we were having made me realize that life doesn't really have rules.. you kind of can make your own rules up for the life you want to live." — Sameera, 20
- EMPOWERED**  
Most Pioneers report increased tolerance for uncertainty after a Quest.  
"At the end you could throw anything at me and I'd be ok with it, but at the start I definitely was not." — Mia, 18

We are experts in diverse fields and experienced educators



Our team brings expertise from teaching, design, developmental psychology, mental health, entrepreneurship, journalism, philosophy, technology, and creativity. We've published 100+ peer-reviewed articles and taught over 50,000 young people aged 8–28.

Chair/Executive Director: Prof. Isabela Granic, PhD, Founder of GEMH Lab.  
Full team bios [↗](#)

Join us on a Quest

[liminal-learning.com/upcoming-quests](https://liminal-learning.com/upcoming-quests)

We help young people find their way. Our online-and-offline program is suitable for those studying or working full-time and those taking a gap year.