

# Consider a gap year

Not sure what's after high school for you? That's OK. Sometimes students need a break between high school and college. That break, though, formally called a gap year can be a great way to jumpstart the rest of your future. Some students take the year off to work, travel and participate in local and global initiatives.

## Is a gap year for you?

There are a few signs that you're a prime candidate for a gap year:

- ▶ You don't know what you want to do in life.
- ▶ You think you may have financial problems once you start college.
- ▶ You feel burnt out.
- ▶ You're not sure you really want to go to a particular college, or if you should go to college at all.

## Gap year options

- **Travel.** Choose from a structured program or backpack through Europe. Either way, getting out of your comfort zone and experiencing a new part of the world is a great use of a year off.
- **Work.** Maybe you know what



you want to do and there is an opportunity to get real hands-on experience for a year. Becoming an apprentice or taking on a job to prepare you for your career can be a great option.

- **Find yourself.** The time off is a great escape from school. But it's much more than that; it's a chance to figure out what's important to you, where you see yourself in five years, what you never want to do and how to get to your goals!

## Benefits of the gap

- The experience can help you decide on a major or help you realize your career aspirations!
- If you already know what you want to do, a gap year can help you get realworld experience.
- After 12 years of school, a gap year can be a nice break from school and help alleviate burnout, which will mean you are more

energized when you decide to enroll in college.

## Finding gap year info

If you're considering or planning a gap year, the admissions counselor at the college you hope to attend can help you with information on deferring entrance.

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