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 jump-start 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.

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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 real-world 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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