



WHY NOT TAKE A GAP YEAR?

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The background is a teal-to-blue gradient. In the corners, there are decorative circuit-like patterns consisting of thin white lines and small white circles, resembling a network or data flow diagram.

HOW TO START BE OPEN

NEW TRIER STUDENTS

Projects Abroad

International Studies Abroad

Visit Oz

ARCC

Thinking Beyond Borders

Where There Be Dragons

National Outdoor Leadership School

Rotary Youth Exchange

SeaMester

Amigos de la Americas

Americorps

Global Citizen Year

Tzedek America

Interlochen

Wilmette Harbor Association

Kung Fu training

Hiking the Appalachian Trail

Mission work

Working at an animal sanctuary

Youth International

Rustic Pathways

Irish Gap Year

ADVICE FROM NT GRADS

- “If a gap year is a thought, definitely do it. Going back to school is a refreshing change as was taking the year off. My grades from this year were some of the best I ever had.”
- “A gap year is a great way to test possible career paths. My jobs have given me insight on what to study and pursue at college.”
- “I was given the opportunity to open my eyes and push myself out of my comfort zone, which has made me into a better, more self-aware, empathetic and appreciative person.”

BENEFITS OF A GAP PROGRAM

- Colleges look at favorably
 - Better prepared and more engaged
 - Better grades
 - More leadership roles
 - Higher retention
- YOU
 - Greater satisfaction with career
 - More confident
 - Life-changing

QUESTIONS TO ASK

- Length: semester/trimester/year
- Location: local/domestic/international (level of fluency)
- Price range: free/paid stipend/budget (level)/529
- Structure: group or individual
- Overall goal
 - Take a break
 - Something different
 - Travel
 - Service
 - Learn

OPTIONS AND TYPES OF PROGRAMS

- Academic- courses (Seamester, EF International Language)
- Adventure/trips- explore (NOLS, Outward Bound, Venture Semester)
- Community Service- domestic and international (Tzedek America, The Leap)
- Environmental Conservation- (International School for Global Studies, WWOOF)
- Internship/work experience- paid (Visit Oz, Dynamy Internship Year)
- Leadership (NOLS, Irish Gap Year)
- Skill building/certification (Scuba Diving, Kung Fu, Culinary)
- Travel/Cultural immersion (Art History Abroad, LEAPNOW)
- Combination

WHERE TO START

- American Gap Association- www.americangap.org
 - Planning a Gap Year guide
- USA Gap Year Fairs- www.usagapyearfairs.org
 - Gap Matcher
 - Booklet
- Teen Life- www.teenlife.com
- Study Overseas Global <http://studyoverseasglobal.com/>
- PHSC
- Independent Consultants
 - Center for Interim Programs- www.interimprograms.com (free consultation)
 - Student Extended Experiences Consulting- www.seectimeout.com (local)

HOW TO RESEARCH PROGRAMS

- Fees and what it covers
- Scholarship/financial aid
- Deadlines
- Consult a student who has done the program
- Ask about a typical day in program
- Type of training for orientation/transition
- Level of support before/during/after
- System for communication with family/friends

COLLEGE SPECIFIC

- Investigate deferral process
- Ability to start in spring?
- What is orientation like for spring admits?
- Does college accept credit?
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WHY NOT?

- Still defer at school
- Time
 - National signing date *May 25* for fall programs
 - May have option to start college in the spring
 - Can still apply for programs this summer
- Costs- vary and some are even paid
- Not sure- create your own
- Reapply?
- PHSC can still guide