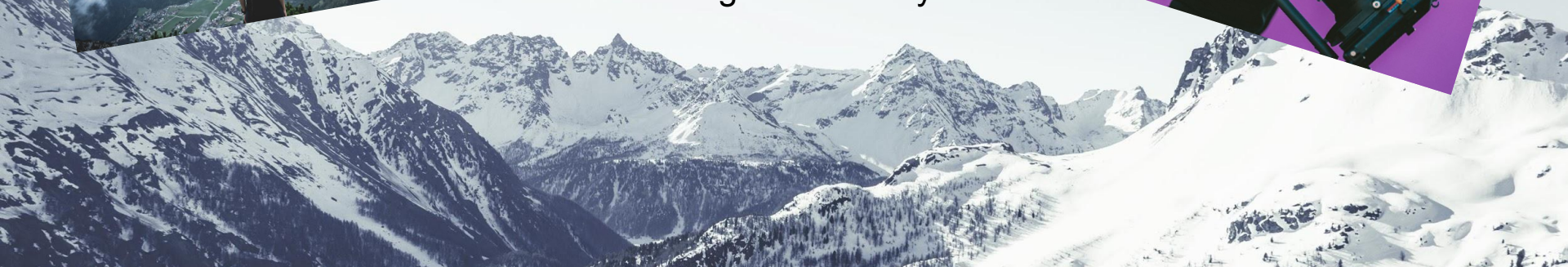

Advantages of Taking a Gap Year!



Bianca Ferrajohn
Career Life Connection Teacher
Rockridge Secondary



What is a Gap Year?

A **Gap Year** is an intentional step away from normal routine to pursue personal, educational, professional growth through work, volunteer, travel and interest activities.

- **Recharger** – High achieving students who have put everything into their studies/extra-curriculars and just need time to recharge to do the same at post-secondary
- **Worldly Knowledge-seeker**– Understanding that there is so much to explore, understand beyond the classroom walls
- **Now-or-never** - Thirst for adventure, travel, experiences before taking on debt and pressure of finding a job
- **Career Seeker** – those who don't know what career they want to get into and seek more time to explore options

- **Youth with Barriers** - overcoming a barrier in their life (ex. loss of a loved one, social anxiety, depression, etc.)
- **Financial Need** – young people who need to earn some money prior to their next financial commitment.
- **Plan B** – people who did not get into a program of interest and are taking some time to come up with a new plan or strengthen their application for future years

Imagine!

Imagine you are a 17-year old student who has been given an opportunity to take a gap year.

What would you do?

What would you hope to get out of your Gap Year?



Reasons to Take a Gap Year



Misconceptions of a Gap Year

“The fear parents have that their children **may never go back to school**” (Jermyn, 2016).

“Because of that **lack of first-person experience, misconceptions abound**” (ourkids.net, 2019).

“The only goal (of a gap year as perceived by parents is) to have a good time and **experience some newfound freedom at the parents’ expense**” (ourkids.net, 2019).

“Parents often fear that a gap year will set their children back, **stunting their education and career opportunities**” (Kielburger M. & Kielburger C., 2018).

“Gap years **were once frowned upon by employers, as if kids would rather travel than focus on their careers**” (Counter, 2013).



Post-Secondary Admissions View of a Gap Year

“One telling observation is that many students who take gap years end up changing their intended major after returning. During college, their gap year experiences enrich their courses, strengthen co-curricular endeavors, and animate undergraduate research and creative projects.”

Joe O’Shea, Director of Office of Undergraduate Research at Florida State University

“I am convinced that one’s college education is greatly enhanced by the maturity, experience, and perspective a student can bring post gap year.”

Fred A. Hargadon, Dean of Admissions at Princeton University

“The feedback from students almost all the time has been that this experience was transformative. The more life experience you bring, the better off you are in school.”

William Fitzsimmons, Dean of Admissions at Harvard University

(Heidebrecht, 2015)



Develop Soft Skills & Self-Efficacy

“Only a small minority of young people can identify a “calling” in secondary school, despite strong pressures to do so”.

“The new career management paradigm is not about making the right occupational choice. It is about **equipping people with the competencies (skills, knowledge, attitudes, character, and emotional intelligence** known as “soft skills”) to make sound decisions about the myriad choices that adults face in every aspect of their lives, for the rest of their lives”.

“Building competencies **will help them find and maintain jobs they find satisfying and fulfilling**”.

Giving students an opportunity to build these competencies “will also help them to be **better friends, parents, and citizens**”.

(Jarvis, 2014)



Gap Year Statistics

- ***Skill development:*** 92% of students who choose to take a gap year say their intentions are to add life skills and experience personal growth (AGA).
- ***Employability:*** Canadian Council of Learning study found that students who took a gap year were 8% more likely to be employed upon graduation.
- ***Focus:*** Only 54% of students graduate from their original program within 5 years (Statistics Canada 2008).
- ***Focus:*** Students are less likely to change career paths once they return to school after a gap year (Canadian Education Project 2008).

(Machan, 2019)

Applying for a Deferral



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Deferring your admission

If you are offered admission to full-time study in the first year of a direct-entry degree, most UBC faculties will allow you to defer your studies for one full academic year.

Am I eligible to apply for deferred admission?

You are eligible to apply for a deferral if **you have been admitted to year one of an undergraduate degree** and one of the following conditions applies:

- You are planning to take a gap year.
- You are required to complete mandatory military service.
- You will be participating in a Rotary program.

2019 Rockridge Alumni: Gap Year Adventures

Brylie



Karina



Gap Year Tools for Students



Pathway Comparison: Gap Year

Use this worksheet to help guide you with making a decision regarding which Gap Year plans you are thinking about experiencing after high school. You might also want to weigh each category differently by using a 1 to 5 scale (5 being really important) depending on which aspects of your Gap Year are most important to you.

Gap Year Exploration:

<ul style="list-style-type: none">American Gap Year AssociationCanadian Gap Year AssociationCanada World YouthCenter for Internim ProgramsCUIS InternationalEducation FirstGap WorkGlobal Leadership Academy	<ul style="list-style-type: none">Go VolunteeringIdealistLattitude Global VolunteeringMy Gap YearNamining OverseasProjects AbroadRed Cross	<ul style="list-style-type: none">Study and Go AbroadThinking Beyond BordersUnited Nations VolunteersU.S. Gap Year FairsVolunteer ForeverWorld University Service of CanadaWWOOF
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Gap Year Timeline Overview:

Date	Activity	Goal(s)

Explore Your Future

International University and Experiential Travel Expo

VANCOUVER

Tuesday, March 3, 2020

[Pre-register Now!](#)

Meet with top universities, graduate schools and professional schools from Canada and around the world

STUDY AND GO ABROAD FAIRS

STUDY TRAVEL VOLUNTEER

LATTITUDE GLOBAL VOLUNTEERING

HAVE YOUR STUDENT APPLY BY FEBRUARY 29TH

Gap Year Exploration Month is happening now! Please remind your students that for volunteer placements departing between in mid-2020 and early-2021, they should apply by our Priority Deadline, **February 29th, 2020**, to secure their spot. And we have a special gift! Students may use the coupon code **CAMAIL50** to save 50% off their application fee.

ROCKRIDGE CAREERS

COURSES CAREER EXPLORATION POST SECONDARY SCHOLARSHIP/FINANCE GAP YEAR/TRAVEL

High School Travel & Exchange
Gap Year
High School Travel and Exchanges

- American Gap Association
- Why Harvard Encourages GAP Year
- Gap Work
- Lattitude Global Volunteering
- My Gap Year
- Gap Year Consulting
- GAP Year Fairs in the US
- Go! of Canada Guidelines for Work Visas
- World Wide Opportunities on Organic Farms
- Canada World Youth
- 2018 Best World Wide Volunteer Opportunities
- Volunteer Opportunities

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