

# ALL ABOUT THE GAP YEAR



## WHAT IS A GAP YEAR?

A deliberate period of time taken after high school to deepen one's practical, professional, and personal awareness. Also known as a "bridge" or "discovery" year.

## WHY NOW?

A gap year offers students the ability to enter adulthood with more confidence and maturity. Whether the next step is college, military or another path, a gap year helps them prepare.

## WHY US?

School administrators, counselors and educators have a unique opportunity to educate students and parents about the gap year option early.

## BENEFITS

- 90% of gap year students begin college within a year.
- 88% of surveyed gap year students said their year significantly added to their employability.
- Gap year students show a clear pattern of having higher G.P.A.'s than traditional students, and the positive effect lasts over all four years.
- Students who have taken a gap year overwhelmingly report being satisfied with their jobs.

## OUTREACH IDEAS



Discuss the gap year during preliminary post-secondary planning meetings starting freshman year



Highlight gap year alumni by profiling them in school publications or inviting them back to present



Ensure your graduation statistics reflect the students who took intentional gap time



Stock the counselling office with gap year resources for students.

## MORE INFO & JOIN AS A MEMBER

Gap Year Association  
[www.gapyearassociation.org](http://www.gapyearassociation.org)