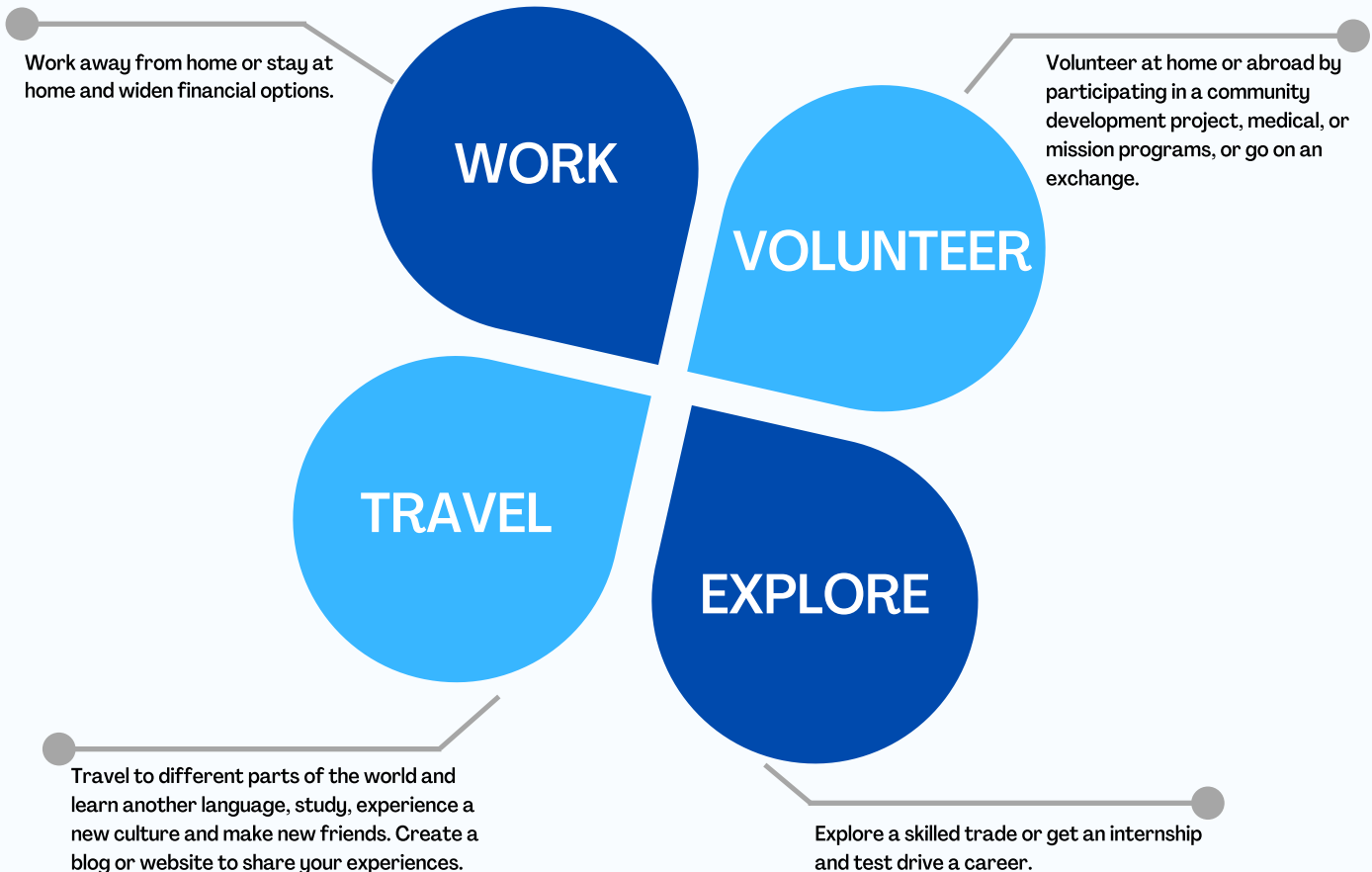


## CAREER PLANNING

# Gap Year

A gap year is a break after secondary school, before making a commitment to an apprenticeship, college, university or the workplace. It can be any length of time, before and during studies, time off from work or other career pursuits and include any number of activities. You can figure out who you are, what your opportunities are, who you want to become and what you need to get there.

### What Can I Do on a Gap Year?



## **What Are the Benefits?**

- Gain life experience and skills including independence, responsibility, adaptability, initiative, organization, teamwork and communication, and focus on who you want to become.
- Learn about local or international programs and work practices, develop new interests, build your resume and networks.
- Reflect on personal goals, strengths and values. Gain perspective thinking about your future, your opportunities and your plans.

## **How Can You Make It Happen?**

- Talk to your school counselor
- Talk to others who have experienced a gap year.
- Work with an organization that supports the development of Gap Year activities - plan independent activities or go with a friend, a group or a support organization.
- Set goals and create an action plan. A well-researched and concrete plan with timelines and goals will provide the richest experience. Don't forget to include what you will do when your 'gap' is finished.