

The Gap Year Advantage

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President**



Center for Interim Programs
Gap Year Counseling Experts Since 1980

Marine Biology Internship ~ Hawaii

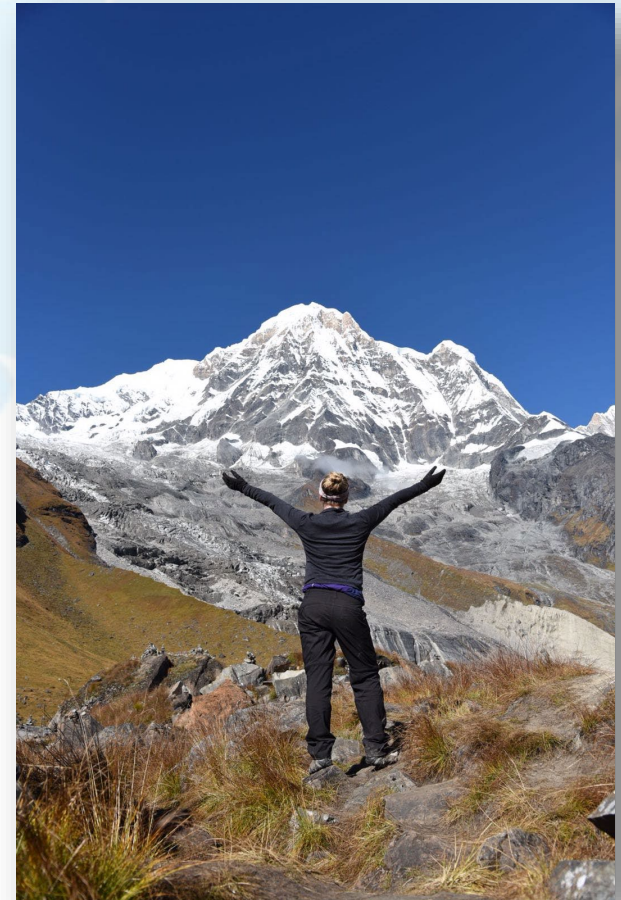


Cultural Study Semester ~ Greece



Core Value: Working From The Inside Out

- ❖ *Who Am I?*
- ❖ *What Interests Me?*
- ❖ *I Choose!*



What is a Gap Year?

- **A chance to explore interests and skills**
- **Typically between high school and college, or during college**
- **Usually around 3-9 months**
- **A “Year On”**



Who takes a Gap Year?

- **Malia Obama**
- **Anyone Interested**
- **HS Grads, College Students, and Older**
- **All Types of Learning Styles**
- **No Experience Required**



Ongoing Benefits



- ✓ **Self Motivation**
- ✓ **Rest (offload stress)**
- ✓ **Relevance of Studies to the World**
- ✓ **Financial Awareness**
- ✓ **Skill/Resume Building**
- ✓ **College/Career Clarity**
- ✓ **Jobs Post College**

How do Gap Year students perform in college?

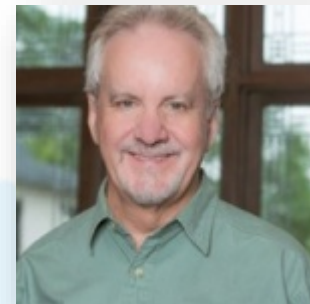
Myth:

*They will lose academic momentum if
they step away from formal studies*

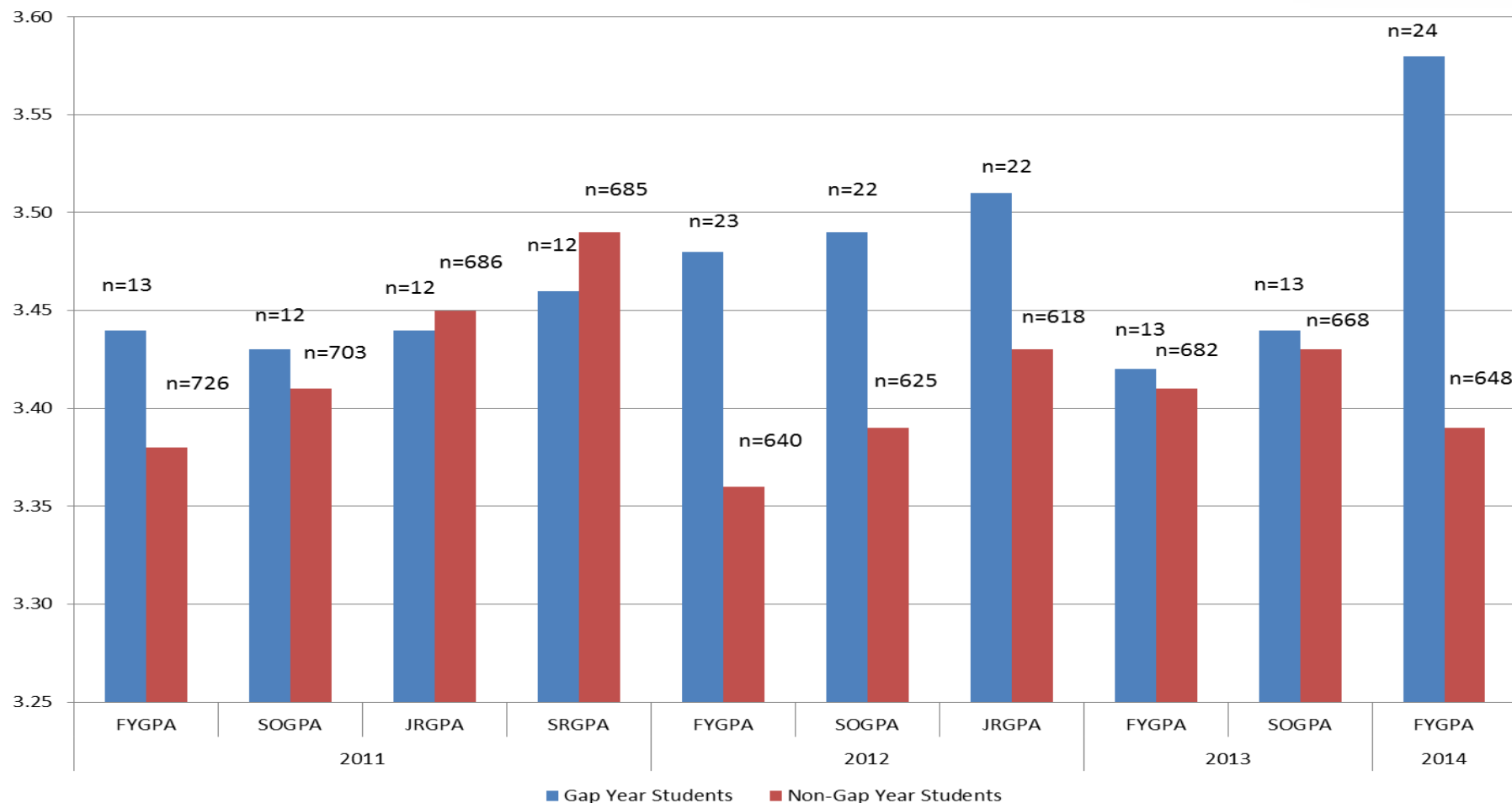
Reality:

*On average, they perform at higher levels
than non-gap year students*

GPA Research – Bob Clagett Middlebury College



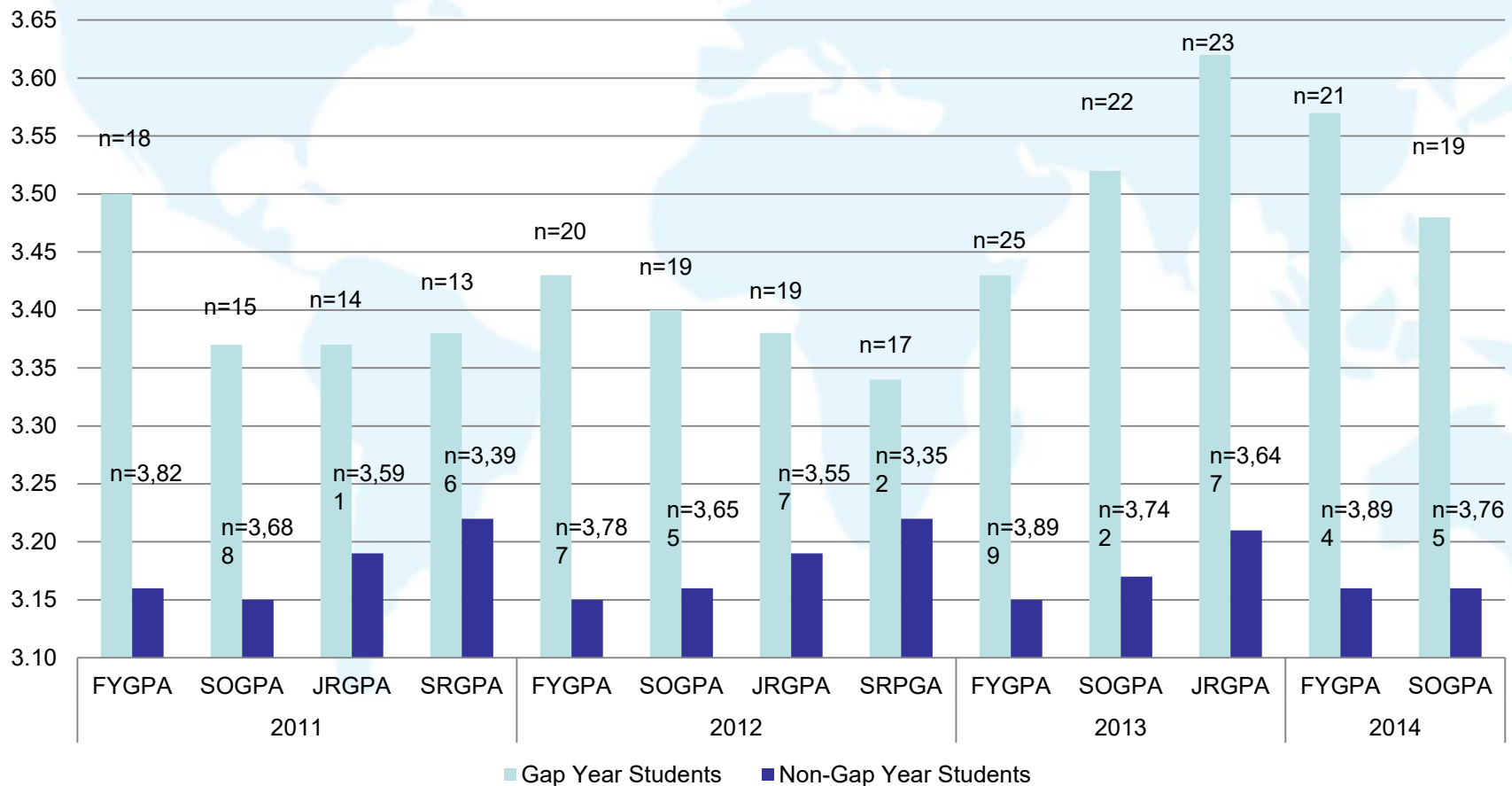
Average Overall GPAs of Gap Year vs. Non Gap Year Students



GPA Research – Bob Clagett

UNC Chapel Hill

**Average Overall GPAs of Gap Year vs. Non Gap Year
Students - UNC**



Colorado College

Mark Hatch - Admissions



- ✓ **First-year GPA is higher (+.12)**
- ✓ **Gap year males outperform non-gap year females**
- ✓ **Leaders on campus**
- ✓ **Fewer behavioral issues**
- ✓ **Finish college in 4 years or fewer**
- ✓ **Goal: 20% gap year freshmen (currently 8-11%)**
- ✓ **Mental Health Inventory (MHI) - Will Schiffelbein**
 - ✓ Anxiety 3.3 down to 2.6 post gap year
 - ✓ Depression 3.4 down to 2.2 post gap year
- ✓ **Decreased #s of disciplinary incidents in college**

Temple University's Institute For Survey Research: 2016

1,000 Gap-Year Students & Alumni (between 18-60 years old)

- ✓ Median 4-year degree graduation time = 3.75 compared to 6-year average
- ✓ Twice as likely to vote in national elections
- ✓ 89% - community service within past month
- ✓ 83% - 3.0+ GPA
- ✓ 42% - 3.7+ GPA
- ✓ 86% - satisfied or very satisfied with their jobs



Gap Year Effect on College Costs

- ❑ *Gap Year students obtain degrees in 4 or fewer years*
- ❑ *Non-Gap Year students take 5.7 to 6.4 years on average to complete degrees (U.S. Dept of Education)*
- ❑ *4 years of college costs compared to 6 year average*
 - *Public College Out of State:*
 - *4 years = \$149,720 versus 6 years = \$224,580*
 - *\$74,860 extra cost saved*
 - *Private College:*
 - *4 years = \$194,040 versus 6 years = \$291,060*
 - *\$97,020 extra cost saved*

Colleges Supporting Gap Year

- ❖ **Princeton University:** Bridge Year Program funds roughly 42 students/year
- ❖ **Tufts University:** Tufts 1+4 Bridge Year involves community service work in the US or abroad
- ❖ **UNC Chapel Hill:** Global Gap Year Fellowship provides \$7500 for 7 gap year students each year
- ❖ **Florida State University:** Gap Year Fellow awards of up to \$5000 for students
- ❖ **Duke University:** Duke Gap Year Program provides \$5000-\$15,000 toward gap year in the US or abroad

(most funding comes from alumni donors)

Potential Pitfalls & Challenges

❑ Pitfalls:

- Forced Gap Year
- Poorly Run Programs
- Poorly Designed Gap Year

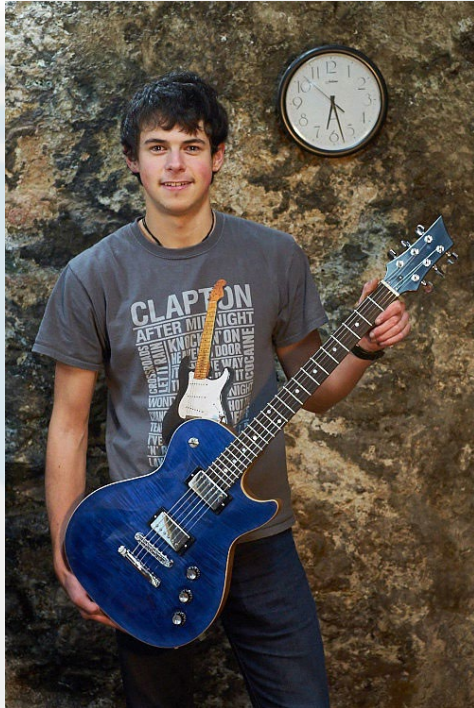
❑ Challenges:

- It Takes Work ~ More Moving Parts
- Students Change, Plans Change
- Affordability

Facilitated Group Options



Skill-Based Intensives



Urban Internships



Volunteer/ Work Options



Sample Gap Year

June-Aug: *local job to help pay for year*

Sept-Dec: *group program*

Break: *home & college apps, if need be*

Jan-May: *internships, skill-based
training, volunteer/service*

June-Aug: *work again or free travel*

Sept: *college*

Common Questions & Concerns

Students:

- ☐ *I don't want to get behind my high school class.*
- ☐ *Will I be too old as a college freshman?*

Parents:

- ☐ *Safety?*
- ☐ *Apply & Defer College? Reapply?*
- ☐ *Gap Program Application Deadlines?*
- ☐ *Budget? Scholarships? 529 Plans & College Credit?*

YOUR PLAN



REALITY



Helpful Resources

- **Gap Year Association** – *gapyearassociation.org*
- **USA Gap Year Fairs** – *usagapyearfairs.org*
- **Go Overseas** – *gooverseas.com*
- **Year Out Group** - *yearoutgroup.org*
- **Gap Year Advisors** – *interimprograms.com*
 - *Free 90-minute brainstorming session*

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