



Benefits of a Gap Year Experience

Academic and Career Benefits

Gap Year alumni have a chance to experience new ideas which will help them to **choose a topic of study or job or career.**

Gap Year alumni will often use their experience to write **better admissions essays** and increase their chances of being **accepted into college.**

Gap Year alumni are more likely to be supported with **scholarships in college.**

Universities recognize that students who have completed a gap year tend to be more invested in their studies, **better community members** and have **better employability.** Field experiences and cross-cultural perspectives developed during a gap year contribute to these outcomes.

Time spent on a gap year program can re-ignite a sense of curiosity for learning and inspire young adults to pursue their interests with more **dedication and focus.**

A gap year will challenge young people to be both **more independent and to work with others** to accomplish tasks, both of which are valuable skills for life-long learning and leadership.

Experiences while on a gap year program can be directly applied to later studies and is one reason why gap year alumni have less burn-out and **higher graduation rates** than others.

Personal Benefits

Develop **new perspectives** through cross-cultural immersion and working with diverse groups.

Learn **how to communicate** with people from different backgrounds.

Creative **problem solving** while being in a new environment.

Understand how different environments inform cultural foundations and shape **relationship among the earth** and local communities.

Expand **perspective on “living”**, how it is done and what is viewed as successful by others.

Evaluate **personal values** and identify one’s own ‘best way of living’ and definitions of ‘success’.

Explore one's **comfort zones** in the face of newly gained independence and opportunity to interact with people from different backgrounds.

Learn how to **laugh** and take one's self lightly in the face of challenges.

Understand and experience different ways of learning through '**head, hands and heart**' which can shape the foundation for life-long continuing education.

Increased ownership of one's own **self-direction**.

Understand what it means to be a '**global citizen**'.

Develop an understanding of balance between **body, mind and spirit**.

Gain **leadership experience** by working with others to overcome group challenges and consider new ways of learning and living.

Gain new ways of understanding **conflict resolution, emotional control** and cooperative decision making that benefits the collective whole.

Seeing new sights, tasting new tastes, hearing new sounds and **learning about different cultures and places!**

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\*Information taken in part from findings by the Gap Year Association - [www.gapyearassociation.com](http://www.gapyearassociation.com)