

# What is a gap year?

An opportunity after high school or during college to see more of the world, discover your passions, and gain firsthand, practical experience.



## Travel abroad

Explore the monuments and masterpieces, landscapes and lifestyles of other countries.



## Language study

Grow proficient in another language by living and studying where it is natively spoken.



## Service learning

Be part of the solution by working with and learning from communities in need or helping to preserve the environment.



## Cultural immersion

Build meaningful, lasting relationships with those from another culture. Learn by living as a local.



## Internship

Explore potential career paths and gain professional skills by interning at an organization in your area of interest, in the US or abroad.



## Leadership

Become a 21st-century leader through experiences that hone communication, decision-making, and teamwork.

Structured group programs led by professionals are the highest rated by former gap students

# The gap student

## Adventurers



You know you'll eventually go to college—you've got the grades and tests scores—but first you want to explore the world, connect with other cultures, and maybe even discover your true path in life.

## Planners



You know your career path and have been accepted at exactly the right school to get you there. It's all part of the plan to defer enrollment for a year and gain some firsthand experience to enhance your future plans.

## Alternative seekers



You aren't sure what your next step is, but you know you want something beyond the traditional classroom with hands-on learning experiences across the world. Who knows, you may even find a new passion.

## Grow as a person

The vast majority of gap year students return home transformed

97%

report increased  
**MATURITY**

96%

report increased  
**SELF-CONFIDENCE**

72%

activated their  
**SOCIAL RESPONSIBILITY**

77%

found their  
**PURPOSE**

## Excel in college

Studies show that gap students often perform better than traditional college-bound students



- BETTER PREPARED
- HIGHER GPA
- MORE LEADERSHIP ROLES

## Graduate faster

60% of all students who enroll in a bachelor's degree program in 2019 will take more than 4 years to graduate. Gap year students change majors and transfer between schools less often and tend to graduate faster.

## Boost your career

Gap year students believe they now have a competitive edge in the career world

**JOBS**

88%

increased their  
employability

**SKILLS**

84%

acquired the skills  
they need

**CLARITY**

60%

defined their  
career path

**SOURCES:** Gap Year Association / Recent survey conducted by the Gap Year Association / National Center for Education Statistics / Recent Haigler and Nelson survey / Recent Middlebury College/UNC Chapel Hill survey / Robert Claggett, former dean of Middlebury College / Mark Hatch, Vice President of Enrollment, Colorado College