



Gap years can be defined as a transition period prior to pursuing graduate school or establishing a career. Students choose this intentional period of time to gain skills, prepare for exams, or to obtain hands-on experiences in relation to their future career goals.

## SHOULD YOU CONSIDER TAKING A GAP YEAR?

Can you identify with these statements?

- I'm not sure what to do after graduation
- I want to go to graduate school, but I'm not sure which type of program to pursue
- I would like to gain more experience to enhance my graduation school applications

If so, then a gap year might be just what you need!

## Taking advantage of this time may include:

- Exploring an interest or fulfilling a dream you may not be able to pursue in the future
- Developing transferable skills through real-life experiences
- Learning more about yourself through self-evaluation
- Making an impact within a community by volunteering or joining a meaningful organization
- Gaining exposure to different cultures
- Studying for entrance exams such as the LSAT, MCAT, or GREs in preparation for graduate or professional school
- Exploring career fields

## Questions to Consider

### Location

- Where would I like to have a gap year experience?
- Should I work abroad or stay in the United States?

### Program type

- What type of experience am I looking for?
- What do I hope to take away from this?
- How will I benefit my career goals?
- What kind of programs would I prefer:
  - social service, health, environmental, research, education, community development, arts and culture, advocacy, or public service

### Program Length

- How much time am I willing to commit for a gap period?
- Am I looking for summer, full year, or multiple years?

### Paid or Unpaid

- Will my student loans be postponed if I participate in this program?
- Will I pile on more debt?
- Is a gap experience realistic and suitable to my personal circumstances?

***Please note that many programs have early deadlines. Be sure to research and prepare accordingly.***





## Sample Gap Year Experiences

### Medical Programs & Opportunities

- Cope Health Solutions | [copehealthsolutions.com](http://copehealthsolutions.com)
- EMT & Paramedic Training Program | [ochealthinfo.com/providers-partners/education-training/paramedic-training-programs](http://ochealthinfo.com/providers-partners/education-training/paramedic-training-programs)
- Post baccalaureate Premedical Programs | [students-residents.aamc.org/preparing-medical-school/postbaccalaureate-programs](http://students-residents.aamc.org/preparing-medical-school/postbaccalaureate-programs)

### Law School Programs

- Capital Fellows Program | [csus.edu/center/center-california-studies/capital-fellows](http://csus.edu/center/center-california-studies/capital-fellows)
- City Hall Fellows | [cityhallfellows.org](http://cityhallfellows.org)
- Congressional Hunger Fellows | [hungercenter.org/what-we-do](http://hungercenter.org/what-we-do)
- Paralegal Certificate Program | [ce.uci.edu/areas/legal/paralegal](http://ce.uci.edu/areas/legal/paralegal)

### Service in the United States

- AmeriCorps | [americorps.gov](http://americorps.gov)
- City Year Youth Service Corps | [cityyear.org](http://cityyear.org)
- Congressional Hunger Center | [hungercenter.org](http://hungercenter.org)
- The Greenlining Institute Academy Fellowship Program | [greenlining.org](http://greenlining.org)
- Public Allies | [publicallies.org](http://publicallies.org)
- Coro Fellows Program in Public Affairs | [coro.org](http://coro.org)
- Peace Corps | [peacecorps.gov](http://peacecorps.gov)
- Volunteer for Peace | [vfp.org](http://vfp.org)

### Programs Focused in Education

- Teach for America | [teachforamerica.org](http://teachforamerica.org)
- MATCH Corps | [matchschool.org](http://matchschool.org)
- JET | [jetprogramme.org](http://jetprogramme.org)
- EPIK | [epik.go.kr](http://epik.go.kr)

### Environmental Based Opportunities

- Environmental Careers Organization (ECO) | [eco.org](http://eco.org)
- Green Corps | [greencorps.org](http://greencorps.org)
- Student Conservation Association | [thesca.org](http://thesca.org)
- World Wide Opportunities on Organic Farms (WWOOF) | [wwwoof.org](http://wwwoof.org)
- ARCC Programs | [arccprograms.com](http://arccprograms.com)

### Post-Graduate Internship Opportunities

- Internships.com | [internships.com](http://internships.com)
- Idealist | [idealist.org](http://idealist.org)
- The Carter Center | [cartercenter.org](http://cartercenter.org)
- American University's Graduate Gateway Program | [american.edu](http://american.edu)

### Just for Fun

- Au Pair | [aupair.com](http://aupair.com)
- Back Door Guide to Short-Term Job Adventures | [backdoorjobs.com](http://backdoorjobs.com)
- Cool Works | [coolworks.com](http://coolworks.com)