gap year

Learn about you!
Learn about the world!

Have you considered a 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 you do on a gap year?

Work away from home or stay at home and widen financial options. For example, be a ski instructor or work on a farm.

WORK

VOLUNTEER

TRAVEL

EXPLORE

Travel to different parts of the world and learn another language, study, experience a new culture and make new friends. Create a blog or website to share your experiences.

Volunteer at home or abroad by participating in a community development project, medical or mission programs, or go on an exchange.
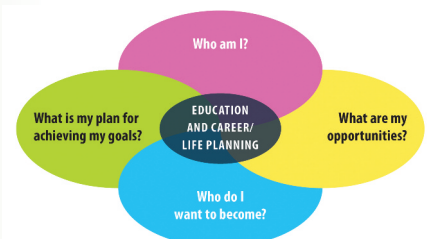
Explore a skilled trade or get an internship and test drive a career.

"A gap year is an essential time to explore interests, learn about yourself and go outside of your comfort zone... Over the year I was able to accomplish what once seemed unachievable, make friends from across the world, and learn about myself. What I have learned in this year will benefit me throughout my life and the memories will always be cherished."

Breanne O. 2012 – College

Who am I?

What is my plan for achieving my goals?

EDUCATION AND CAREER/ LIFE PLANNING

What are my opportunities?

Who do I want to become?

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?

What is my plan?

- Talk to your guidance counsellor and/or go to the Ontario School Counsellors' Website: www.osca.ca and click on the "Students/What are my opportunities" tab.
- 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.

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OSCA / ACOSO

Ontario
MINISTRY OF EDUCATION