TAKING A GAP YEAR

TO EXPLORE OPTIONS & GAIN EXPERIENCE

A Gap Year can be defined as time spent in between life stages to learn and grow. Read on to determine if a gap year is right for you.

WHAT IS A GAP YEAR

- A beneficial time to hit the pause button and reflect on your needs for future careers
- A way to intentionally explore interests and engage in experiences
- Can extend more than one year

WHY TAKE A GAP YEAR

- Take time to prepare for graduate or professional school applications
- Build skills and gain experience for a desired career
- Explore and evaluate career interests
- Navigate uncertainty surrounding available career opportunities
- Need to focus on other priorities including family

WHO TAKES A GAP YEAR

- Graduates of all majors and disciplines
- 10-20% of MSU graduates report working in a position described as a "stepping stone" or exploratory
- 1-2% of MSU graduates report pursuing other commitments besides working or continuing education

HOW TO FINANCE

- Seek opportunities that offer payment or stipend
- Plan early to save money and find ways to cut expenses
- Talk to your bank or credit union about personal loan options
- Defer or delay loan repayment

CHOOSING AN OPTION

- Structured Programs: AmeriCorps, MSU College Advising Corps, Peace Corps, Mercy Works, and the Disney College Program
- Post-Graduate Internships or Volunteering
- Gig Economy/Freelance: blog writing, photography, web design, transcribing, or tutoring
- Short-Term Employment: temporary or seasonal work

FINDING AN OPPORTUNITY

- AmeriCorps Programs
- FlexJobs
- Handshake
- Indeed
- Michigan Temp Agency Directory
- Pure Michigan Talent Connect