

Garden City Parent University

Non-Traditional Post-HS Pathways: Gap Year Options



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WE ARE JANE & JASON SAROUHAN,
THE J2 BEHIND J2GUIDES

For 30 years we have mentored
thousands of students who are
searching for change or challenge.



Accredited Professional
Gap Year Consultants



USA Gap Year Fairs
Keynote Speakers



Gappers

Instructors

Directors

Consultants



RECENT  GUIDES GAPPERS!





A GAP YEAR IS . . .

an intentional break

hands-on learning

for any age, at any time

exploration of
skills & interests

in the US or Overseas

exposure to career
& academic paths

MYTHS:

“

My child/ I won't go to college after a gap year.

“

My child/ I will lose study habits after a gap year.

“

Gap years are frivolous, glorified vacations.



90% of gappers return to college after their gap year.



Follow Bob Clagett's research at Middlebury and UNC:



98% of students report they **grew as a person.**

FACTS:

Gap year students on average **graduate college in 4 years** (vs 6 year national average.)

Students who take a gap year achieve **higher GPAs** than their non-gap peers.

84% say they gained skills **helpful to their careers.**

73% say they are better **prepared for college.**



#WHATISYOURWHY?

academic burn-out

mental/ physical health

not ready for college

apply/ reapply to college

don't know what to study

curiosity about the world



HOW TO START?

#whatisyourwhy



There are no wrong answers, and you may have multiple reasons.

What is my Why?

I want to take a gap year because I am burnt-out!
I want to travel, have new experiences and meet interesting people.

My Gap Year Ideas!

- Spanish *
- Environment
- Internship *
- Photography
- Travel *
- Group *
- Surfing
- Hiking

overseas

western U.S.

Brainstorm



Critical that the student brainstorms without limits or conditions.



GAP YEAR PROGRESSION

SUPPORT



INDEPENDENCE

Fall

Structured Programs \$\$\$
Like-aged Peers
Mentors



Winter

Less Facilitated Placements \$\$
Volunteers/ interns/ students
Supervisors



Spring

Independent Experiences \$
Solo or with friends
Self-directed





STUDENT PROFILE: ZACK

"I feel like I finally found my people. It felt amazing to go through these incredible hands-on experiences with other like-minded peers."

Fall

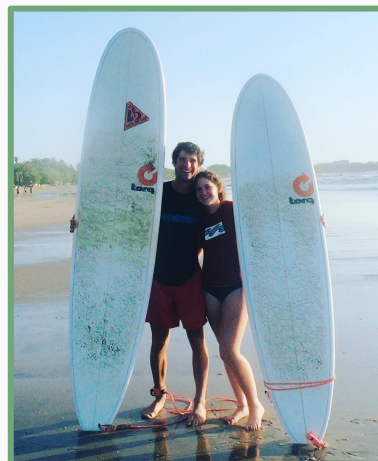


Wilderness + Conservation
Program in the U.S.

Winter/ Spring



Spanish Immersion + Travel
in Costa Rica.



Fall



Off to
Duke!



STUDENT PROFILE: EMMA

"I took a gap year to get real world experience in a field that I am interested in. I am so glad I took the leap: this has been the most fulfilling year of my life!"

Fall



Studying to be an EMT.

Winter



Group travel and service program in Hawaii.

Spring



Home working on an ambulance.

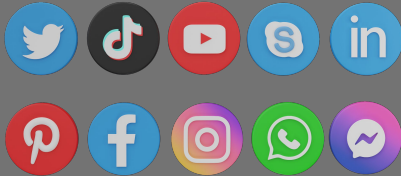
Fall



Off to Northwestern!

GAP YEAR RESOURCES

Social Media



USA Gap Year Fairs

Gap Year Association



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www.j2guides.com

**Schedule a free
consultation!**