



## 10 Reasons to Take a Gap Year

Researchers have studied both the motivations and outcomes of taking a gap year. Time and again the data comes up positive. Gap experiences can have a lasting powerful effect on your future.

1. **Gain skills.** In one survey, 84% of gappers said they acquired skills that will help them be successful in their careers.
2. **Learn more about yourself.** If there's one thing you should be an expert on, it's yourself. Your gap year is like an independent study of you.
3. **"I want to do everything."** This quote from one of our Winterline alumni says it all – that's why we help you dip your toe into many waters.
4. **Learn by doing.** Keats said, "nothing ever becomes real until it is experienced." A gap experience is a time to learn outside the classroom.
5. **You'll do better in school.** It's true. Studies show that gappers outperform other students, both immediately after their gap experience and over the long term. \*\*
6. **It builds character.** Personal growth can be fun! More than 90% of gappers report increased maturity and confidence after their gap year. One of our alumni said, "Be ready to be challenged like never before."
7. **Try something different.** Exploration. Experimentation. In one survey of gappers, 60% said their gap year either confirmed their chosen path or set them on a new one.\*
8. **Recharge.** You've been a student for a long time. Maybe you're a little burnt out. A gap year can help you re-discover your joy of learning.
9. **If not now, when?** In some countries, more than half of high school grads take a break before starting college. It's a time of freedom in your life – take advantage of it.
10. **You'll be happier later.** 86% of past gappers who are currently employed said they are satisfied or very satisfied with their current job.\* Your gap year can be the first step toward a more satisfying life.

\*American Gap Association brochure

\*\*Bob Clagett study, American Gap Association website