



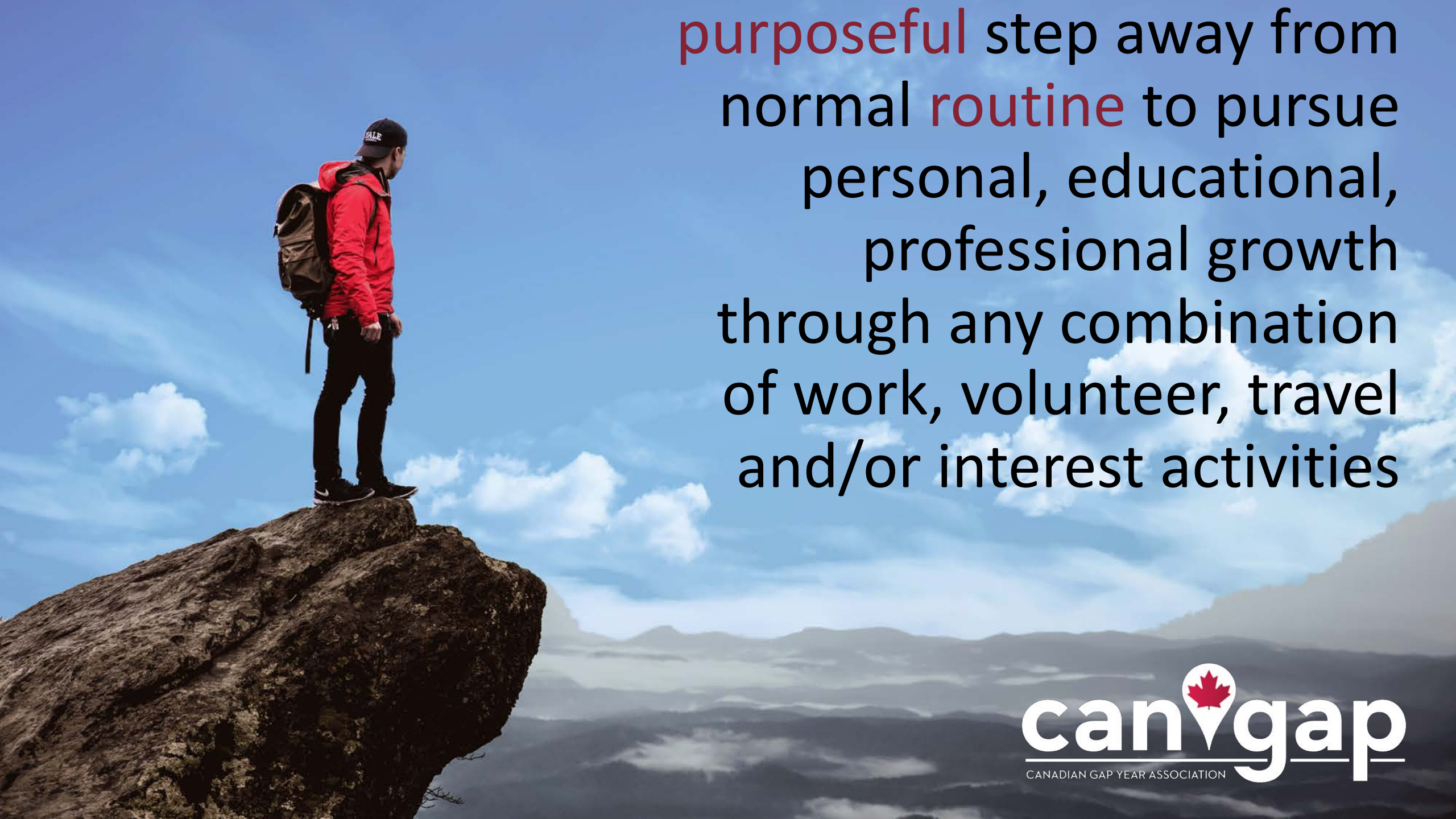
**EXPERIENCE LIFE  
LIFE EXPERIENCE**

**GAP YEARS AS AN  
ANSWER TO EDUCATIONAL DISRUPTION  
TOOLS AND IDEAS FOR PROFESSIONALS & PARENTS**



# Who are you?

Poll (2 questions)



**purposeful** step away from  
normal **routine** to pursue  
personal, educational,  
professional growth  
through any combination  
of work, volunteer, travel  
and/or interest activities



# About Me

- Educator (high school through college)
- Youth leadership specialist
- Experiential educator
- Curriculum and Policy writer
- Facilitator
- Explorer
- Navigator/connector
- Entrepreneur
- Gap Year Advisor for 10+ years

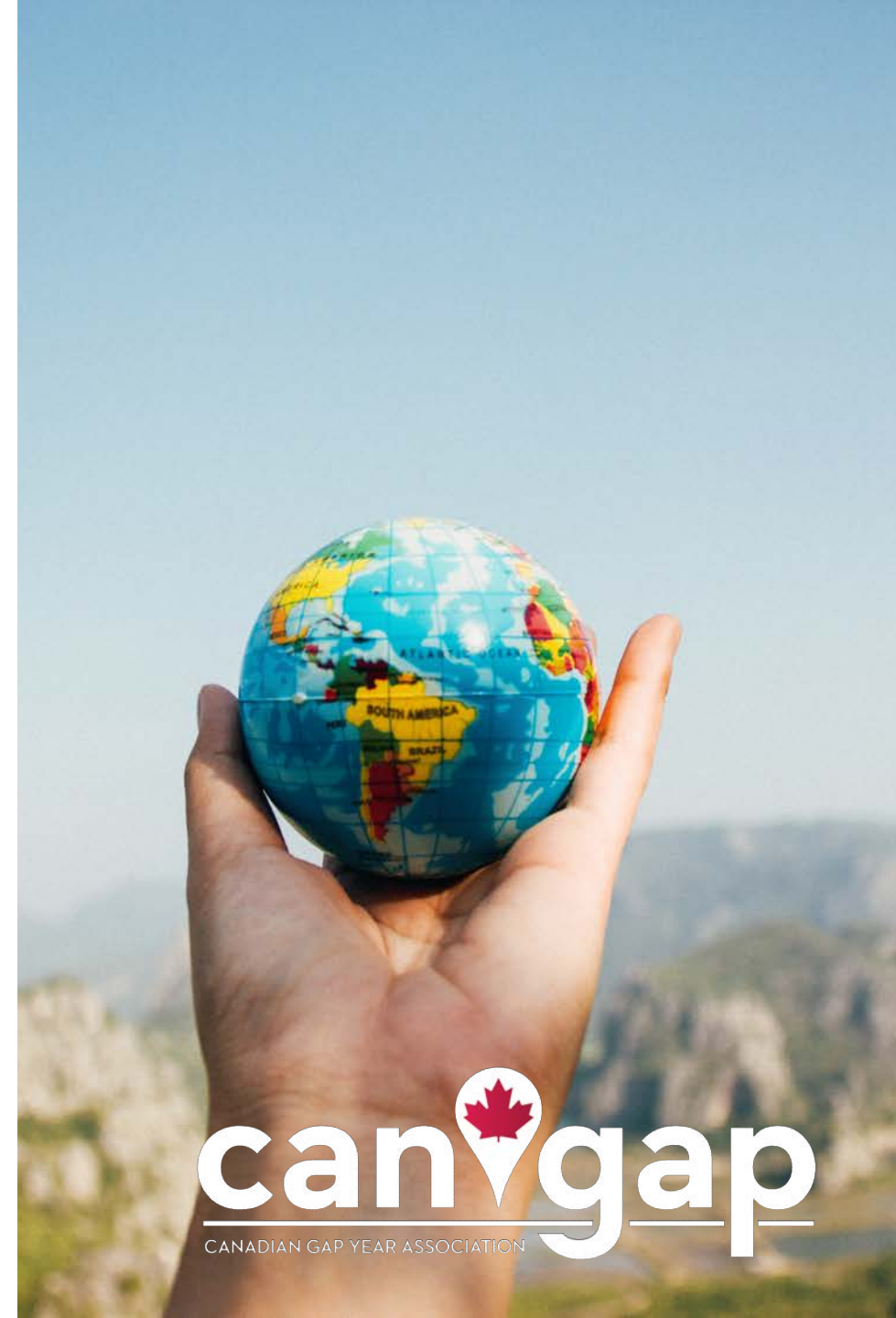


# About CanGap

- National non-profit organization focusing on education and advocacy, research and resource curation.
- Our mission is to build a healthier, happier, more resilient and experienced Canadian youth population by connecting families with the resources they need to have purposeful gap years.
- Our resources include online and in-person events, connection to gap year and youth-specific programs and activities, a recognition program, and knowledge and expertise for all those connected to gap years.



We are your partner for all things gap years.



can  gap  
CANADIAN GAP YEAR ASSOCIATION

# In COVID Times

- Facts:
  - We don't know when we will be allowed to 'return to normal' or what the new normal looks like
  - We don't know when we will be allowed to travel
  - We don't yet know what post-secondary for fall 2020 will look like
  - Many students feel like they are missing out on their grade 12 experience
  - Many students (and parents) have lost jobs and might not be able to afford university/college
  - We will all be learning on the fly – remember the Double Cohort?

Featured

HM Government

NHS

**CORONAVIRUS**  
PROTECT YOURSELF & OTHERS

Campaign

**Coronavirus (COVID-19): what you need to do**

Read the latest information about the coronavirus situation in the UK, along with guidance on what to do if you think you're at risk.

20 March 2020 — News story

**Crucial medicines for coronavirus (COVID-19)**

More than 80 medicines used to treat patients in intensive care have been banned from the NHS.





# In COVID Times

- Predictions:
  - Many grade 12's will return for 1 semester to get closure
  - Families will need extra time to pay for school
  - Families will be more nervous about kids moving away from home
  - Online/distance learning will take a stronger place in higher ed programs
  - Students will opt to study part-time in post-secondary

Featured

HM Government

NHS

**CORONAVIRUS**  
PROTECT YOURSELF & OTHERS

Campaign

**Coronavirus (COVID-19): what you need to do**

Read the latest information about the coronavirus situation in the UK, along with guidance on what to do if you think you're at risk.

20 March 2020 — News story

**Crucial medicines for coronavirus (COVID-19)**

More than 80 medicines used to treat patients in intensive care have been banned from the NHS.





## A Change of Plans

The novel coronavirus pandemic has disrupted the traditional bachelor's-degree path for many students.

Take a "gap year"



Enroll part time in a 4-year program



Enroll in a 2-year college



Work full time



Enroll in a certificate or diploma program



Don't know



Source: Art & Science Council of Education, 2020

### PROSPECTIVE STUDENTS ARE UNSURE ABOUT THE YEAR AHEAD

Overall, it is clear that many applicants are feeling uncertain about whether they will in fact enrol in postsecondary in September: Only 26% said they are very certain they will attend postsecondary this fall, while 33% are somewhat certain, and nearly a third are very or somewhat uncertain about whether they will attend.



Prospective students' greatest concern about the school year is related to program delivery method. 65% are concerned about whether their program will be online or in-person.

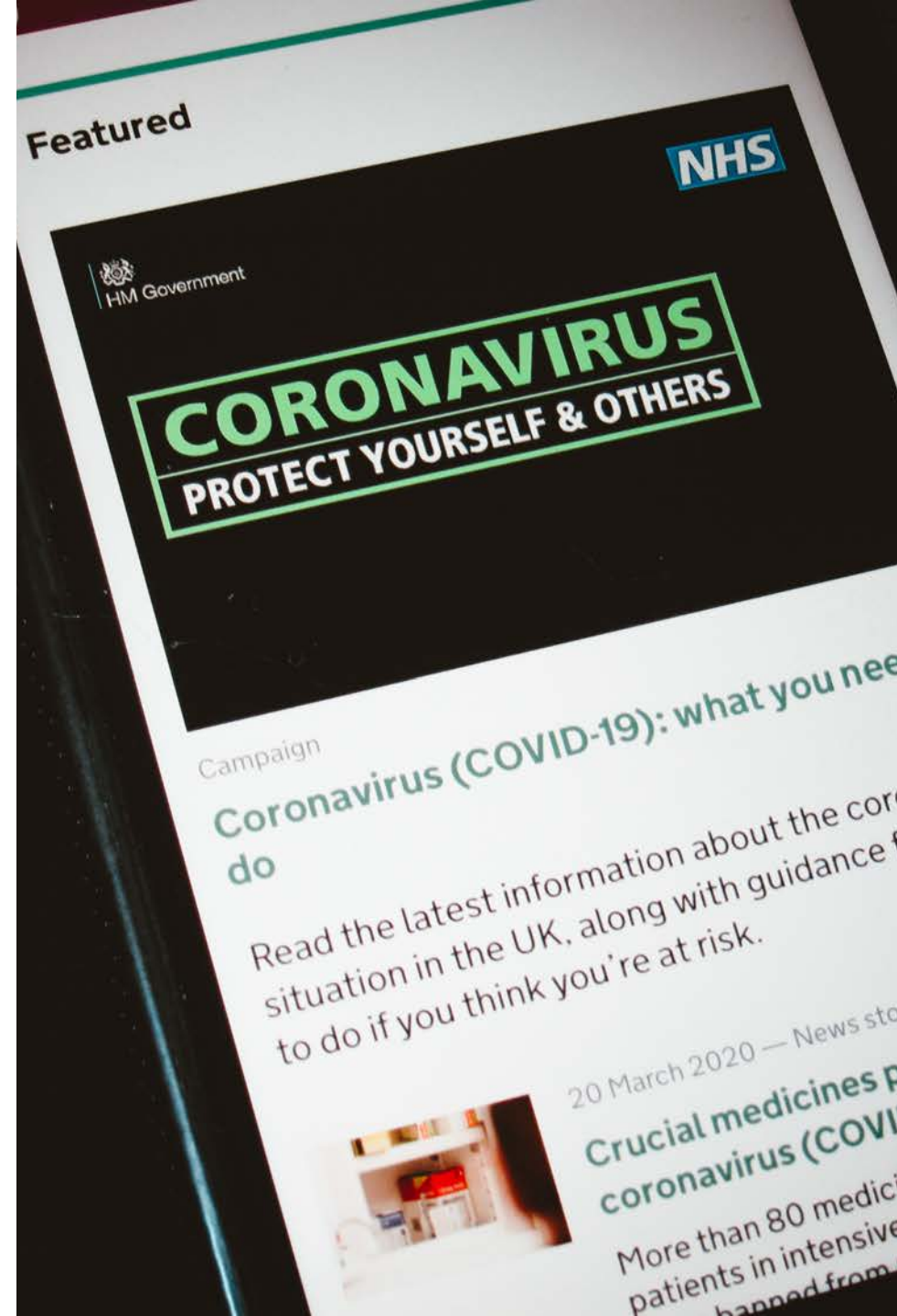
SECTION



ive  
ok

# In COVID Times

- Gap Years are even more valuable this year:
  - Gives you back the first year experience you always wanted
  - Provides an opportunity to earn more money BEFORE you go to post-secondary
  - You get to focus on cool things you have always wanted to try.
  - You get more clarity and certainty on what your future could look like
- **With proper planning and intention, it will not look like what you are doing right now.**



EDITORS' PICK | 691 views | Apr 26, 2020, 06:40am EDT

## For This Year's Graduate

12,311 views | Apr 26, 2020, 10:19am EDT

The opportunity to reinvent the new year is both immediate and critical.

EDITORS' PICK | 829 views | Apr 29, 2020, 09:32am EDT

# How Purpose Done Right Can Guide

But understanding our purpose, our reason for getting up in the morning – the way that our unique skills can meet the needs of the world – has been shown to reduce anxiety, sharpen focus, and even improve our physical health. Those are all things that we need more than ever, right now, as we enter the post-acute phase of the Covid-19 pandemic and think about [what future we want to contribute to](#).



Nell  
Leader

*I guide leaders on their unique journey of purposeful growth, so together we can build healthy, fair, and successful companies and communities.*

because of it.



Apprehen



# Why do students take gap years?

## TRADITIONAL

- The Explorer
- The Direction Seeker
- The High Achiever
- The Barrier Breaker
- The Savvy Saver
- The Plan B Gapper
- The Project-Based Gapper



## COVID19

- The Barrier Breaker
  - High Risk for COVID19
  - High Anxiety around contracting COVID19
- The Savvy Saver
- The Plan B Gapper
  - Rejecting an Online experience
- The Victory Lapper



What do the statistics say?

## American Youth took gap years because....

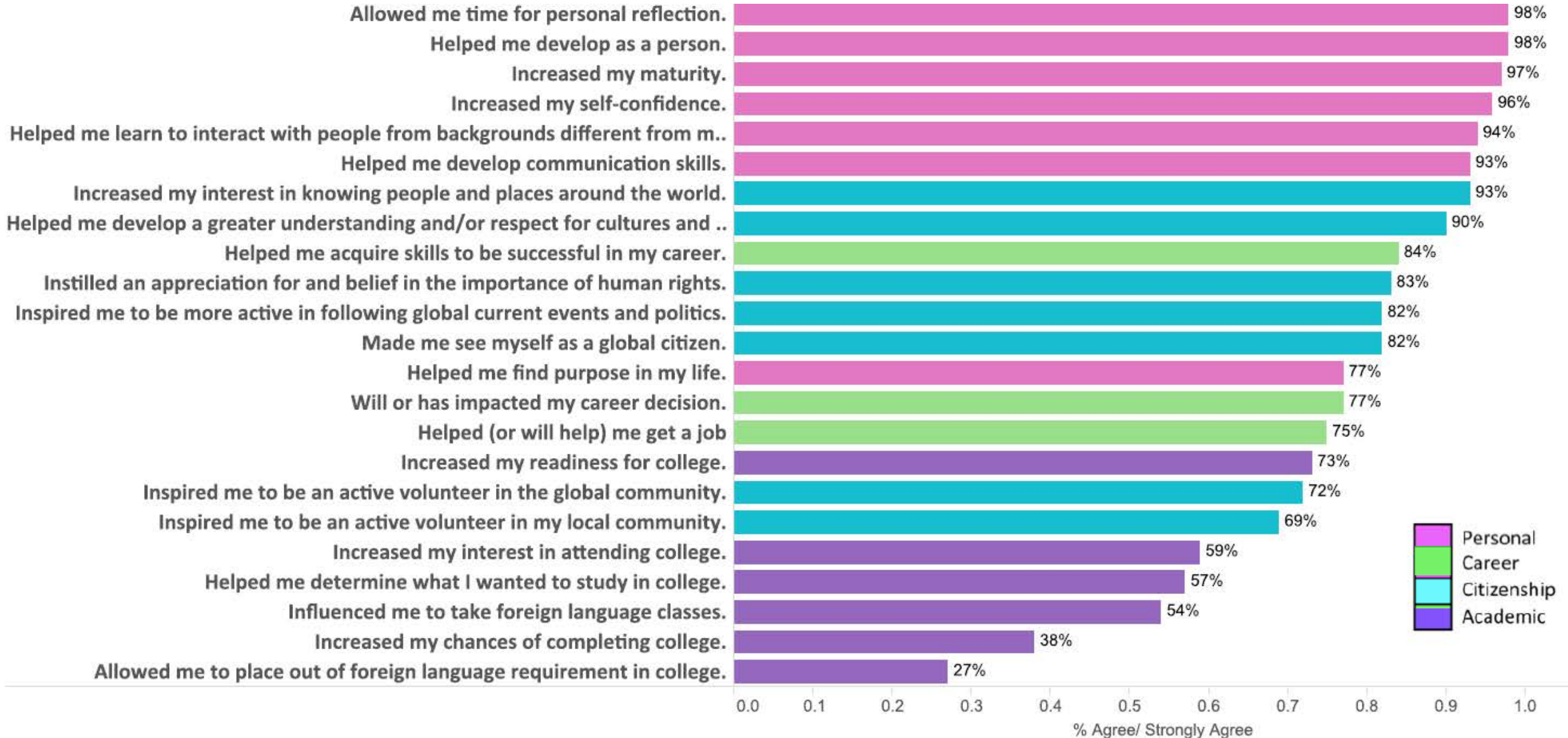
- 92% wanted to gain experiences, personal growth
- 81% wanted a break from academic track
- 52% wanted to explore academic pursuits
- 44% wanted to explore careers
- 7% were not admitted to college

## British Youth took gap years because....

- 40% wanted to build independence
- 24% wanted a break from studies
- 17% needed to earn money
- 10% wanted to gain work experience
- 9% responded other



# What do they get out of their gap year?



# How does this affect them in the long run?

- Higher GPAs
- Graduate in fewer years
- More employable upon graduation
- More involved in leadership opportunities on campus

# Important Numbers:

<b>24%</b>	<b>81% - 90%</b>
Of Canadians take 1 year off after high school before entering post-secondary	Of those who take time off, return back to post-secondary



What are post-secondary  
saying?



# Post-secondary

- Two options: (1) Apply during your gap year (2) Apply in grade 12 and defer your acceptance.
- Applying Out of Phase:
  - Gappers are not penalized, they are coded differently in the back-end system
  - Grade 12 grades (or upgraded marks) count in the same way
  - Supplemental applications can be more robust with gap year experiences included
- Deferrals
  - After receiving an acceptance, look into the school and program's policies
  - We recommend this pathway IF you know what you want to study or IF it provides reassurance for student/parents in the gap year decision.

# Harvard

## Should You Take Time Off?

Each year, between 80 and 110 students defer their matriculation to Harvard College, and they report their experiences to be uniformly positive. In fact, students have created the Harvard Gap Year Society, which is designed to support students who are taking or have taken a gap year, as well as promote the benefits of taking a year off.

We encourage admitted students to defer enrollment for one year to travel, pursue a special project or activity, work, or spend time in another meaningful way—provided they do not enroll in a degree-granting program at another college. Deferrals for two-year military service are also granted.





Have a question? Ask Gryph!

Can I defer my acceptance of the offer of admission?

Ask

[Print Friendly](#) [Session Summary](#)

## Can I defer my acceptance of the offer of admission?

### Undergraduate Students

Yes it is possible to defer your offer of admission. Students entering university from high school who would like to defer an offer of admission should contact Admission Services for details.

Send a message to [admission@uoguelph.ca](mailto:admission@uoguelph.ca)  or call (519) 821-2130.

# Deferral of Admission for Undergraduate Students

York University recognizes that after accepting an offer of admission some applicants have legitimate reasons for requesting a deferral of their admission to allow them to start their studies at a later semester start date. Although some programs do not allow this, in most cases requesting a deferred entry is possible and quite straight-forward. The deferral request process ensures that all admission conditions are satisfied before a deferral is granted. Deferral requests may be granted for up to a maximum of one calendar year.

If you plan to complete any further studies at an accredited institution after accepting your offer of admission to York, you will have to reapply for admission to a future session and provide transcripts from the institution that you attend in order to be reconsidered for admission. This form is for requesting deferral only and cannot be used for making a reapplication.

## Deferral of s

- An automa
- Scholarshi

## Deferral Pro

1. Accept yo
2. Review the
3. Submit all
4. Submit the

## Important Notes

- Applications that involved a supplementary evaluation will be reviewed by the academic program prior to being processed.
- Allow a minimum of two weeks for processing of a Request for Deferral.
- Once your deferral is processed, the University will send you an official decision notification. If you are an international student, a new offer and immigration letter will be produced.
- Need to change the start term for your deferral?
  - Accept your previous Deferral of Admission.

The following programs DO NOT accept requests for admission deferral:

- Business Administration (BBA & iBBA - Schulich School of Business)
- Nursing (BScN)
- Social Work (BSW)
- Design
- Certificates



## A.4.5 Deferral of Admission

Offers of admission are only valid for the term outlined in the admission letter. Students who are not registered in a course(s) after the course drop deadline for this term must re-apply for admission, unless they are approved for a deferral of admission.

Requests for deferral of admission are available to students who are applying directly from high school and have not attended another post-secondary institution. Requests may be submitted after a student has been admitted and paid the \$500.00 admission deposit. Deferral requests may be submitted in writing to the Associate Registrar, Recruitment and Admissions who will consult with the Faculty to which the student has been admitted. Deferrals are only approved for special circumstances and will be considered on a case-by-case basis. Students who attend another post-secondary institution during the deferral period will have the deferral cancelled and must re-apply for admission.

Students admitted to the Cumming School of Medicine (MD program), Veterinary Medicine, and Law see the faculty website for admission deferral information.



Applications and offers of admission are only valid for the program, year and session indicated. We can't **defer** admissions.



uOttawa



## Request to Defer Admissions

### Deferral of Admissions for Undergraduate students

St Francis Xavier (StFX) University recognizes that after being admitted some applicants experience unique personal circumstances that may warrant a deferral of admission to the next academic year. StFX will grant a deferral at its discretion for exceptional cases. Approval of deferral requests may be granted one time only for up to one year. A final grade 12 transcript is required by **August 15th** and all entrance conditions must be satisfied before a new acceptance letter will be issued. If you plan to complete any studies at an accredited institution after being admitted to StFX, you must reapply for admission as a transfer student.

### A student may qualify to defer their acceptance when all of the following exist:

- Have been accepted to StFX and have paid their \$100 confirmation fee
- Have submitted proper documentation with the application (Visa refusal letter, medical note)
- Are not a transfer student
- Please note: Requests to defer acceptance are not valid for the BSc in Nursing Program

### For what reason can a student defer their acceptance?

Deferrals will be considered for the following conditions:

- International VISA/Study permit issues: Situations vary and circumstances must be disclosed below. If you have encountered a Visa/Study permit refusal, please enclose your refusal letter with this form
- Medical issue: A Medical note is required
- Gap year: The name of the organization/program must be presented on the form
- Other exceptional circumstance (this must be explained on the Request to Defer Form)



# Things to be aware of:

- Students are sometimes ineligible for scholarships if they are not making a direct transition from high school to university
- Students are most uncomfortable with the prospect of being “a year behind” their peers
- The two most challenging times for gappers are:
  - June of their grade 12 year
  - September of their gap year.

# How are we doing?

Poll (2 questions)



What can I do on a gap year?

# COVID Gap Year Ideas

- Start a Business or Work on a Major Project
- Save the Planet
- Get Political
- Build a Network and Get future clarity
- Learn a new skill
- Plan for future travel – things WILL open up again
  - Look at domestic options AND international options





# SAMPLE PLAN

## SUMMER 2020

- Dreaming of Nicaragua
  - Learn Spanish online (BBC Languages)
  - Connect with an online Spanish conversation group
  - Learn to cook 5 new Nicaraguan dishes
  - Force your dad to learn to Merengue (or watch some Dancing with the Stars)
- Career Boosters
  - Do 5 informational interviews
  - Rewrite your resume
- Self-Care
  - Do a Couch-to-5K program
  - Find a counselor to support your mental health post-covid19



- FALL 2020
- Earn \$\$
  - Find a job
- Adventure
  - Go on a road trip with your friends
  - Get your SCUBA (or drivers or pilots) licence
- Learning
  - Get your Smart Serve/first aid certification
  - Continue your Spanish courses
- Service
  - Join a local climate action group or start an initiative of your own



**canogap**  
CANADIAN GAP YEAR ASSOCIATION



## Winter/Spring 2020

- Earn \$\$
  - Design and execute a fundraiser for your trip OR a charitable cause
- Pick up a new skill
  - Learn to knit, change the car's oil, make your own jewelry, drywall your basement
- Travel (if possible)
  - Travel to Nicaragua with an organized group for a cultural immersion/service trip

## Summer 2020

- Prepare for School
- Earn \$\$
- Complete your Gap Year Certification



# Role of the Professional Advisor



# What Can You Do To Support?

- Be informed of this pathway AND refer when you are not informed
- Provide guidance to determine if the gap year pathway is the right one
  - Look at what they want to get out of their post-secondary experience. Will that be possible?
- Provide sample activities they can engage in on their gap year
- Advise on the transition from gap year to post-secondary
- Inform them of the Gap Year Certification
- Be an accountability partner, check in on them.



# How CanGap Can Support Your Students

- Free Resources:

- CanGap Group Presentation (Virtual or, in select cases, in-person)
- Online Gap Year Information Sessions
- Gap Year Kits
- Gap Year Podcast
- Gap Year Newsletter
- Quiz - Is a gap year for me?
- Free 30-minute consultations

- Fee-for-service Resources:

- Gap Year Planning Toolkit
- Gap Year Certification Community
- Gap Year Coaching



# Gap Year Certification

- Provides resources for planning, executing and reaching milestones along the journey
- Allows gappers to focus on activities that are interesting to THEM
- Can be completed locally or abroad
- Connection:
  - Meet new friends
  - Connect with amazing professionals
  - Get access to ongoing opportunities and ideas



# Almost Done

Poll (2 questions)





# Action Steps

- Go to
  - [cangap.ca/counsellors](http://cangap.ca/counsellors)
  - [cangap.ca/start-planning](http://cangap.ca/start-planning)
- Check out The Gap Year Podcast episode on Decision-Making
- Sign up for the Gap Year Planning Workshop on May 19<sup>th</sup>
- Get on our mailing list and follow us on social!





Questions?

[michelle@cangap.ca](mailto:michelle@cangap.ca)

[www.cangap.ca](http://www.cangap.ca)

647.821.7060

