



TAKING A GAP YEAR

How to Build an Intentional Path
to Your Future





WHAT AM I GOING TO DO WITH MY LIFE?



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ENROUTE CONSULTING



HOST
Gap Year
Radio Podcast



COUNSELOR
Since 2008



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PRESIDENT**
& Board Member
2017-2024



ALUM
Gap Year in
Tanzania



WHAT IS A GAP YEAR?

An intentional period of time devoted to personal growth and exploration through experiential learning opportunities.

A time to focus on:

Personal,

Practical, &

Pre-Professional

development.



WHY YOU? WHY NOW? WHY A GAP YEAR?

Future of Jobs Report 2025

Core skills in 2025

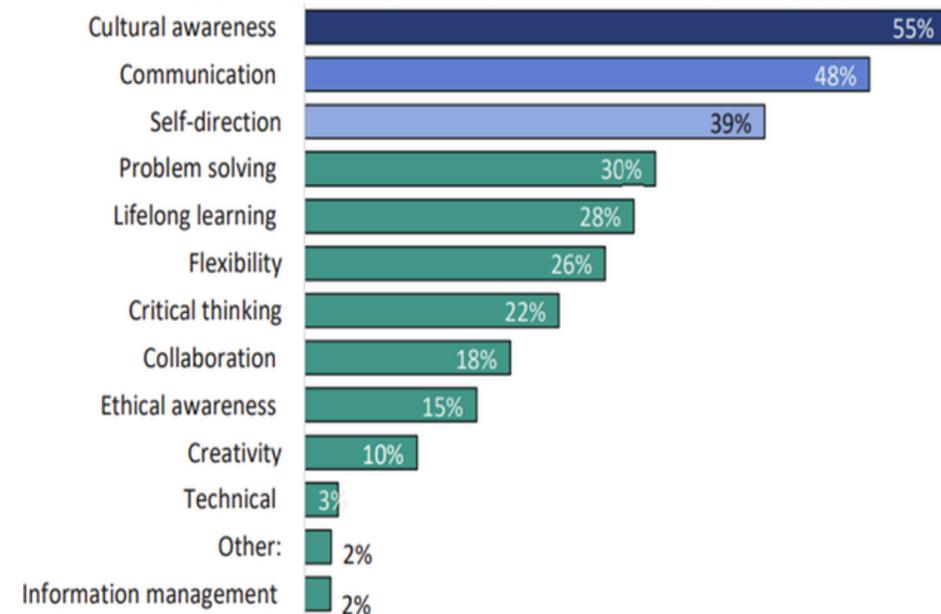


1.  Analytical thinking
2.  Resilience, flexibility and agility
3.  Leadership and social influence
4.  Creative thinking
5.  Motivation and self-awareness
6.  Technological literacy
7.  Empathy and active listening
8.  Curiosity and lifelong learning
9.  Talent management
10.  Service orientation and customer service

● Cognitive skills
 ● Self-efficacy
 ● Working with others
 ● Management skills
 ● Technology skills
 ● Engagement skills

Note: The skills selected by surveyed organizations to be of greatest importance to workers at the time of the survey.
 Source: World Economic Forum, (2025), *Future of Jobs Report 2025*.

Figure 11. Skills GYA survey participants improved upon the most during their gap year



45%
 of Gen Z students regret
NOT taking a gap year.

Source: USA Today/Blueprint Poll, 2024



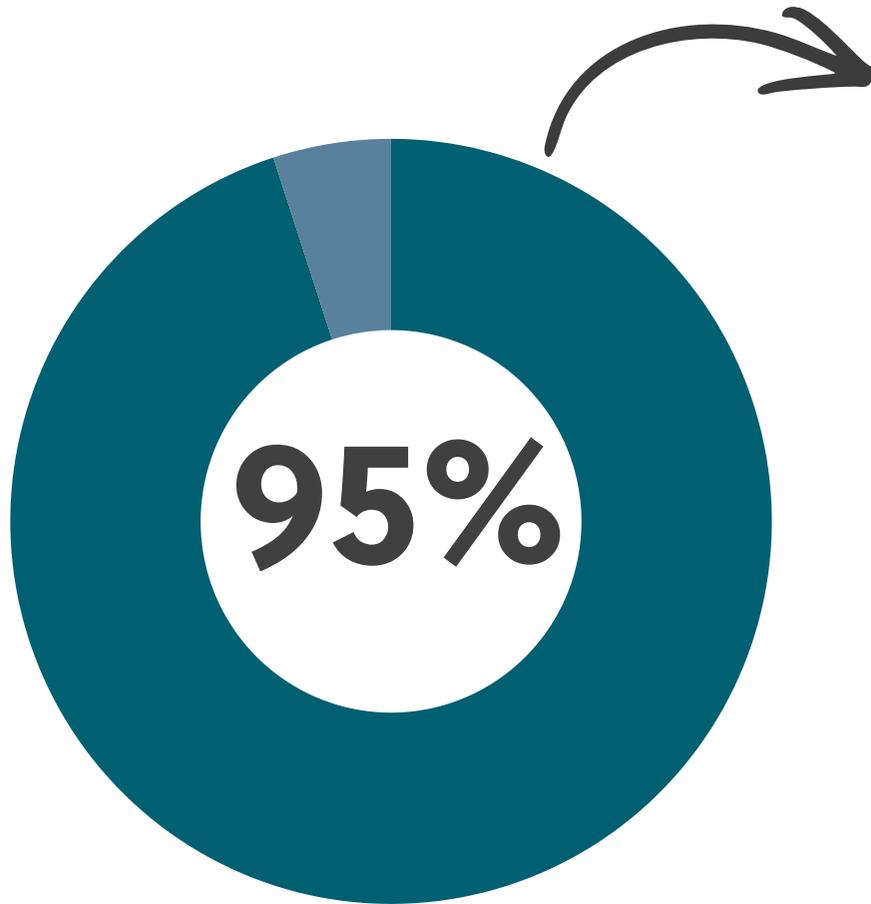
WALKER

- Worked in landscaping in Shelburne
- Volunteered at a monkey rehabilitation center in Belize
- Home for the holidays & worked on college applications
- Volunteered at another wildlife center in Thailand
- Traveled through Europe while work-exchanging on farms in Switzerland and Italy

WALKER'S ADVICE

"I TELL ALL MY FRIENDS TO TAKE A GAP YEAR. IT REALLY SHIFTS YOUR PERSPECTIVES ON THINGS."

GAP YEAR ALUMNI BENEFITS



Say their gap year helped set them up well for their next step in life.

98% Developed their ability to interact with people of different cultures & backgrounds

98% Helped improved their maturity and confidence

82% Gave them a competitive advantage when applying to college and/or jobs

WHO TAKES A GAP YEAR?

Stranger Things Edition

THE WORKER



- *High Test Scores*
- *High GPA*
- *Typically aiming for competitive schools*

THE MEANING SEEKER



- *Bright & Curious*
- *GPA doesn't always match potential*
- *Excels in interest areas*

THE FLOATER



- *Dislikes or struggles with formal education*
- *Needs to mature & build skills*
- *Would not thrive if sent straight to college*

THE PRAGMATIST



- *Motivated to attend post-secondary education*
- *Wants to explore career paths/major before investing in college*

THE ADVENTURER

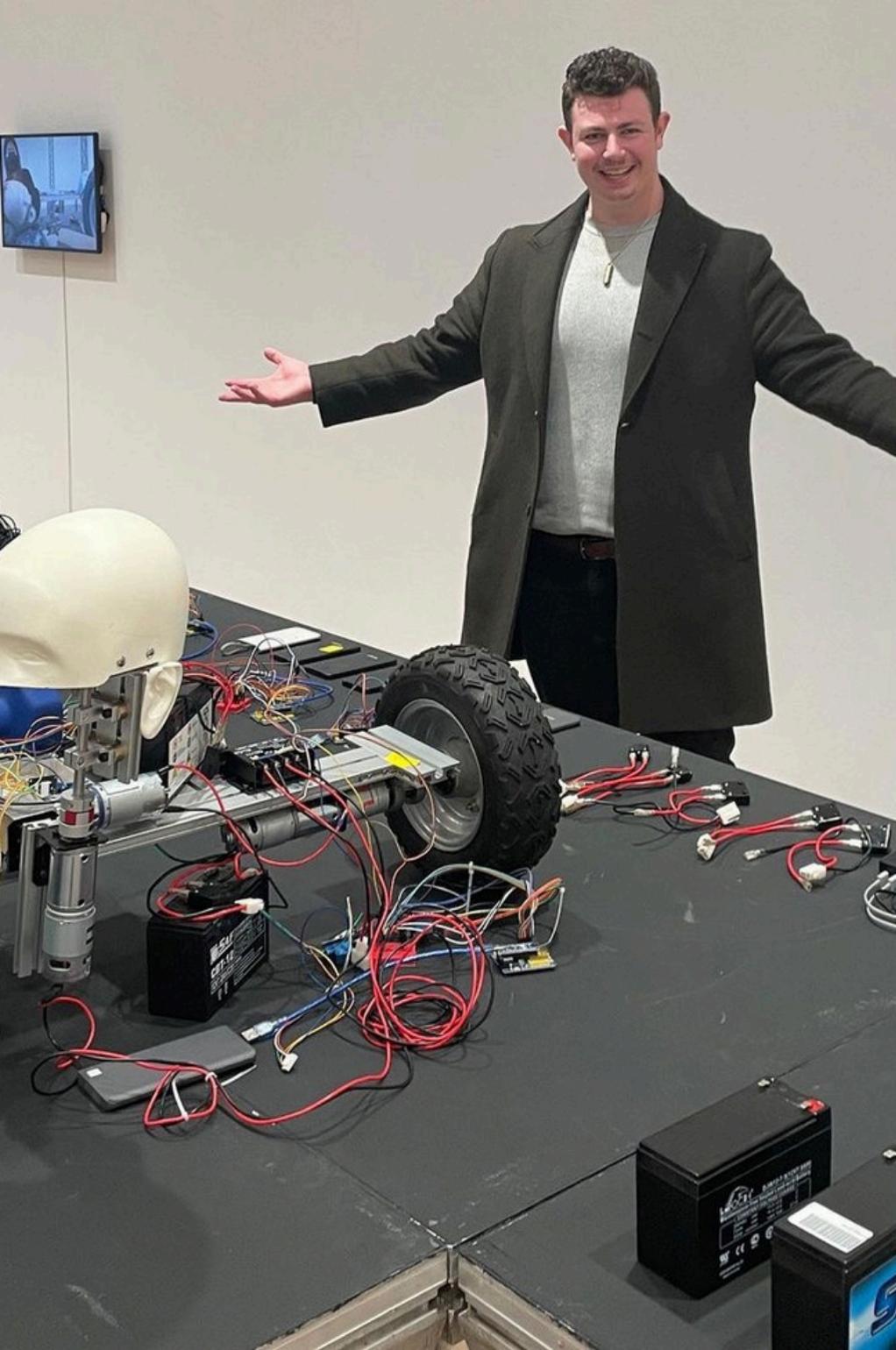


- *Enthusiastic to see the world*
- *Highly motivated to tackle independent experiences*

THE SOUL SEARCHER



- *Considering gap time to focus on mental or physical health*
- *Desires time to explore identity*
- *Incorporate wellness into their life*



JULIAN

- Worked at gourmet cheese shop in hometown
- Art & Design internship course in London
- Traveled for 6 weeks in Europe

ADVICE FOR HIGH SCHOOL STUDENTS:

“A gap year is not just for people who don’t know what they want to do for college/university. It’s for people who want to evolve before beginning that adventure.”

TYPES OF GAP YEAR OPPORTUNITIES

PROGRAMS

EXPERIENTIAL SEMESTERS



VOLUNTEERING



ENRICHMENT COURSES



NATIONAL SERVICE



INTERNING



TRAVEL



LOCAL OPPORTUNITIES



DESTINATION WORK



PROJECTS



WORK EXCHANGE



SELF-DESIGNED



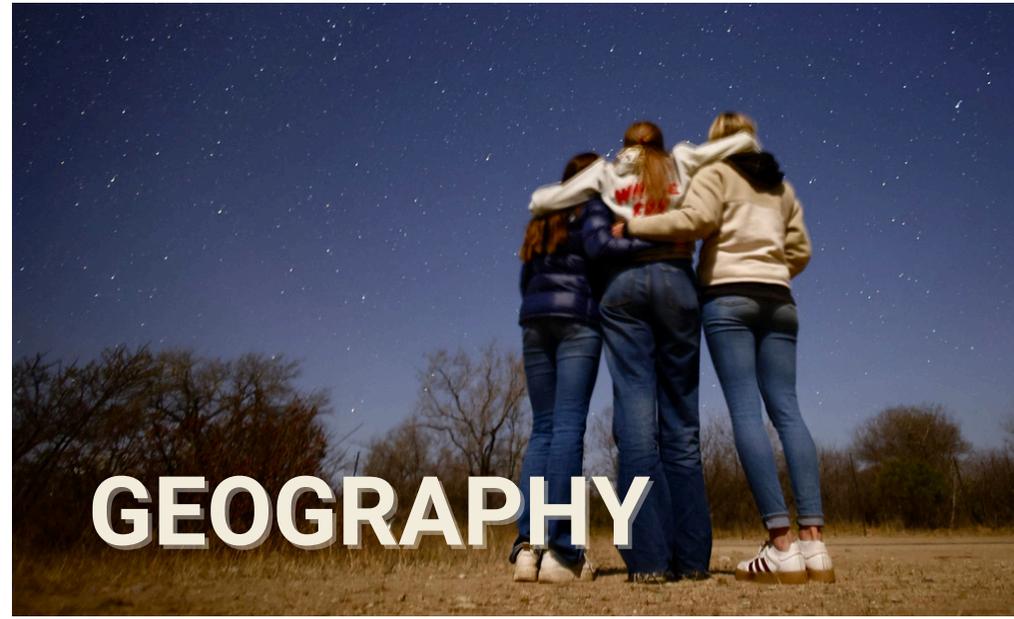
ELSA

- Experiential semester in Nepal
- Worked at home over the holidays
- Outdoor expedition in Costa Rica
- Conservation volunteering & backpacking in Australia and New Zealand

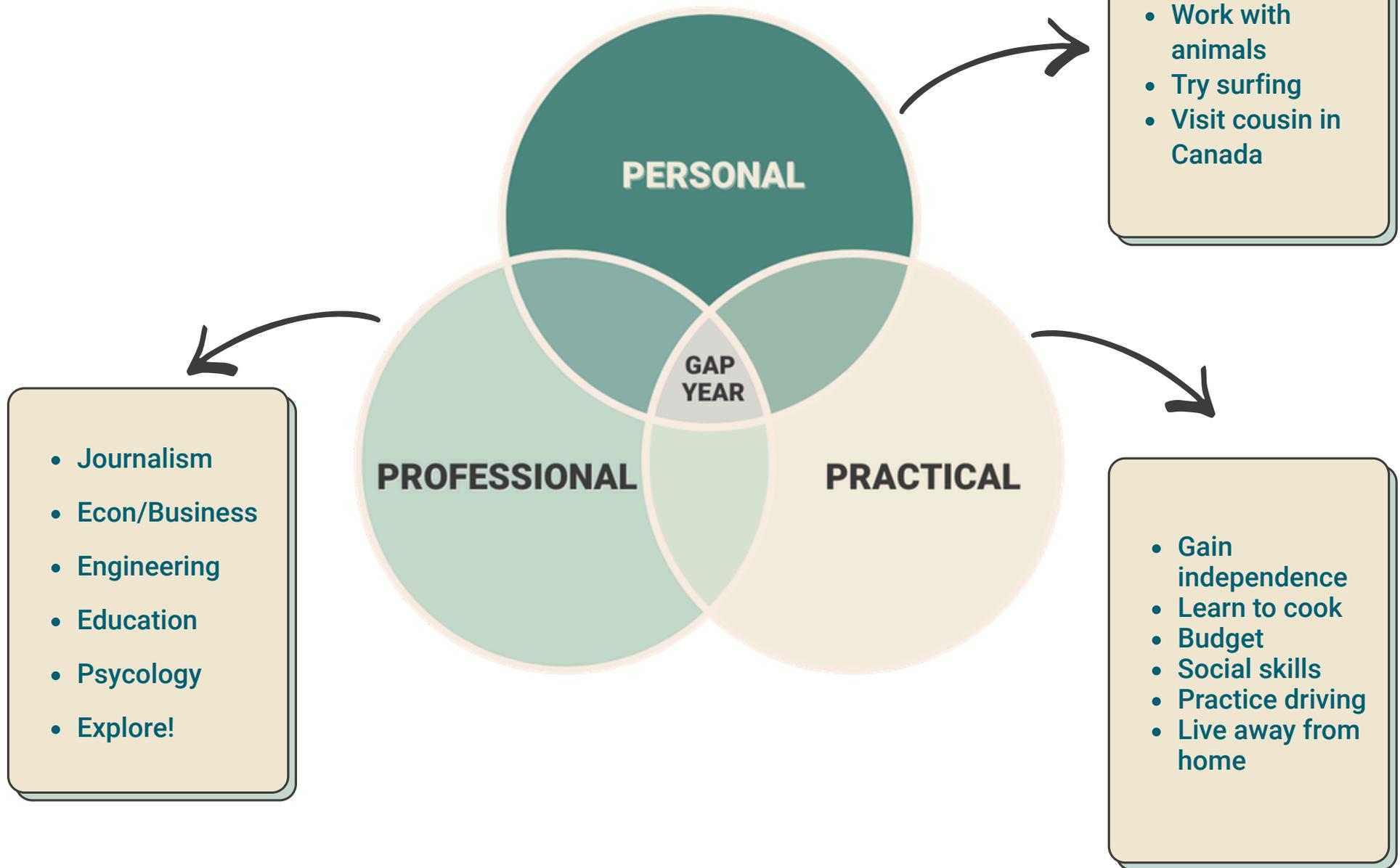
ADVICE FOR HIGH SCHOOL STUDENTS:

"Taking a gap year is such an amazing and life-changing thing. You're not missing out on anything; people who don't take them are missing out."

GAP YEAR PLANNING BASICS



GAP YEAR GOAL SETTING



GAP YEAR FINANCES

- Grassroots volunteering
- Americorps programs
- Work-Exchange
- AuPairing (nanny abroad)
- Destination Work
- Independent Travel
- Personal Projects

INCORPORATE
LOW COST OR
COST POSITIVE
ACTIVITIES

YOUR
FAMILY'S
STARTING
POINT

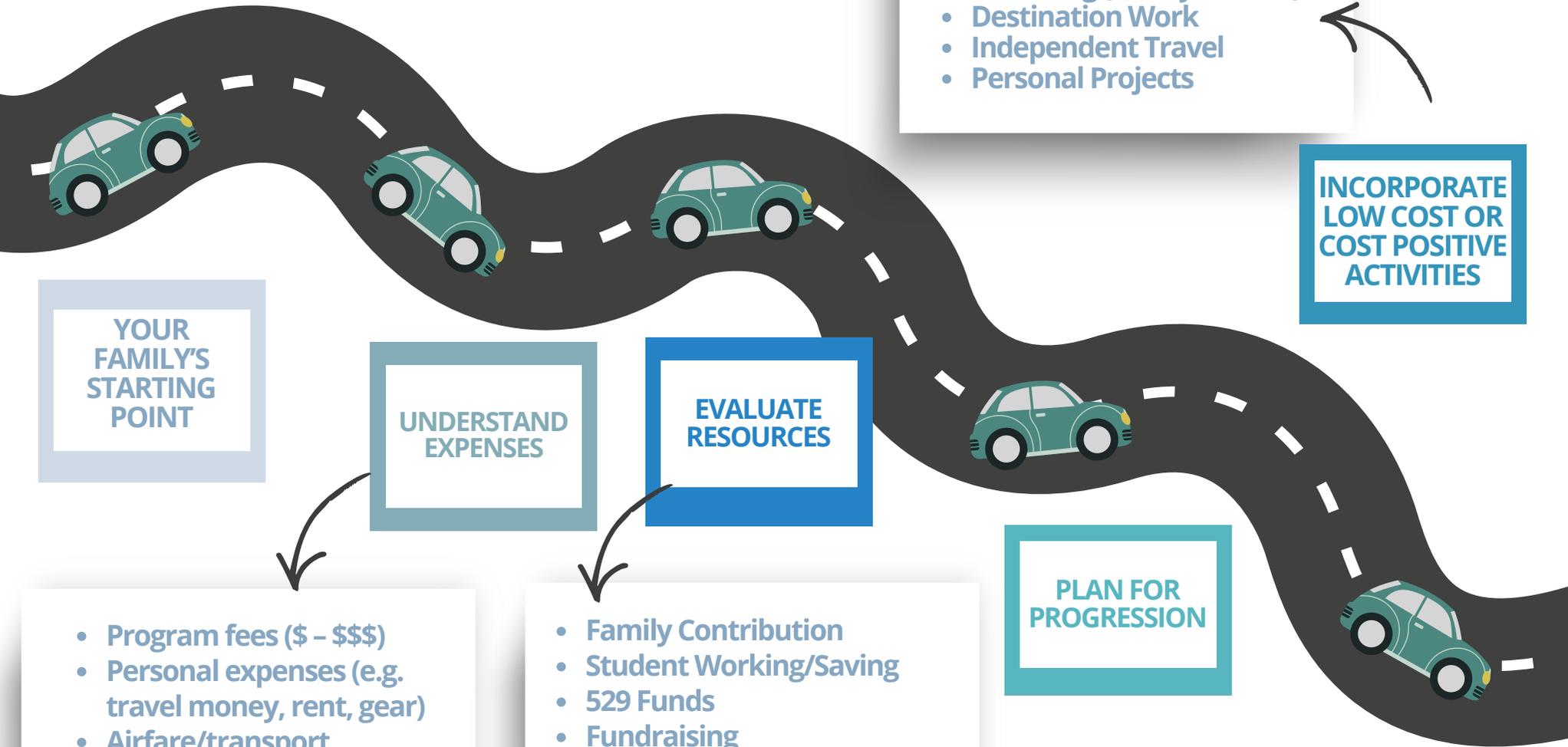
UNDERSTAND
EXPENSES

EVALUATE
RESOURCES

PLAN FOR
PROGRESSION

- Program fees (\$ - \$\$\$)
- Personal expenses (e.g. travel money, rent, gear)
- Airfare/transport
- Health/meds/vaccines
- Visas/Passport/Insurance

- Family Contribution
- Student Working/Saving
- 529 Funds
- Fundraising
- Scholarships
- Financial Aid from Program





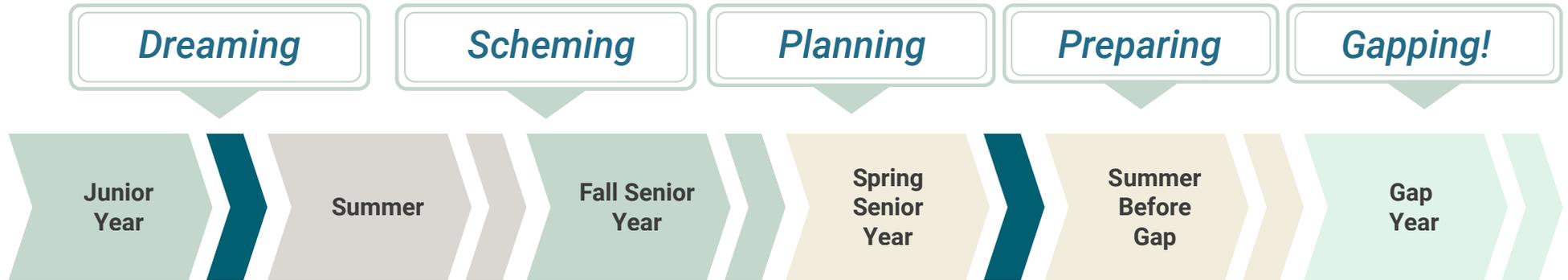
MICHELLE

- 3 months of Spanish language school in Guatemala
- 5 months Women's microfinance internship in Mexico
- 2 months solo travel in Colombia and Peru

HOW SHE SELF-FUNDED HER YEAR:

- Worked and saved before gap time
- Applied for a travel grant
- Participated in lower-cost opportunities

COLLEGE & GAP YEAR PLANNING TIMELINE



COLLEGE PLANNING:

Apply senior year
vs.
Apply on Gap Time

DEFERRAL PROCESS:

Check with each school
Plan for a thoughtful
deferral request (usually a
letter)

\$\$\$:

Financial Aid
FAFSA
Understand college
credit rules

RESOURCES

GoOverseas

GoOverseas.com



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- Julia@enroutegapyear.com
- Come find me at my table!

THANK YOU!

Q&A



Julia Rogers

