



THIS HANDOUT IS AVAILABLE ON THE PRAIRIE SOUTH SITE UNDER STUDENTS, CAREER PLANNING, LIFE AFTER GR. 12 RESOURCES (LAST LINK ON THE LEFT SIDE).

So, you're considering a purposeful gap year. Congratulations!

There are multiple organizations to assist you with planning a gap year and ensuring you make the most of it. Here are three to consider investigating.

1. **Discover Year** is an innovative one-year life skills program that helps young adults better understand what they want and build the skills they need to go out and get it. Students learn a variety of skills and have experiences that prepare them for life after their gap year, whether that be the workforce or a post-secondary program.
 2. **The Canadian Gap Year Association** provides for a variety of different options for a gap year after grade 12. Instead of an in-person year of activities, this organization has **several specific programs**.
 3. **Stepabroad** provides enriching working holiday and international internship opportunities to Canadians. They are passionate about helping students obtain personal and professional growth through work abroad experiences.
- Remember: A gap year is usually just that—a year. If your plans change, ensure that you are steering the ship. If you specifically choose to extend your gap year, that's fine. If you are just not deciding about life after the gap year because you have chosen not to bother, that will not be so helpful for you.

- If you are going on to a job after the gap year, make certain that you have a resume, cover letter drafts, and have done some work on interview preparation. Apply early for jobs as needed.
- If you are planning on attending a post-secondary institution, you should apply as early as possible for first-qualified, first-admitted programs. If you are planning on other programs, ensure you apply before deadlines. November or December is generally a good rule of thumb for most university programs.

And lastly, best of luck on your fabulous journey!

