

Gap to Growth Year- Making the most of your Gap Year Planning

Embarking on a gap year can be an enriching and transformative experience for any students. It provides an opportunity to explore new avenues, gain valuable skills, and make a positive impact. However, it is essential to plan your gap year effectively to make the most of this valuable time.

When does the gap year hiring cycle begin?

- For most major organizations that processes opens in November and deadlines are often in March.
- More agile organizations often have rolling applications into April.
- Many of the AmeriCorps positions will be opening in April/May and can often run hiring through September
- Peace Corps is a 6 month-1 year process, often with a launch date in August.

Designing Your Gap Year in Four Steps:

To make the most of your gap year, it's essential to follow a systematic approach. [Good Work](#) suggests four steps to help you design your gap year effectively:

- 1- Understand your why: Reflect on your purpose and focus for taking a gap year. Consider your passions, interests, and goals to align your experiences accordingly.
- 2- Map what matters: Use reflective exercises to identify areas of interest and explore potential paths for your gap year. The [Mapping of What Matters Reflection](#) can assist you in this process.
- 3- Articulate your skills and growth areas: Take stock of your existing skills and determine areas where you'd like to develop further. The [Transferable Skills Sheet](#) can help you identify your strengths and growth areas.
- 4- Understand and name your needs and capacities: Consider your personal needs, capacities, and aspirations for the workplace. The [Post-Grad Bridge Year Reflection Guide](#) offers valuable insights to assist in this reflection.

Where to find Gap/Bridge Year Programs:

- [University Of Iowa , Gap Year Opportunities](#) - comprehensive list of Gap Year opportunities by category

- [AmeriCorps](#)- Developed in 3 subsections, AmeriCorps offers a clearing house for non-profit organizations to post their positions.
- [Catholic Volunteer Network](#) - Offers the most comprehensive listing for service based programs (not all religiously affiliated)
- [UVA Bridge Year Opportunities](#)

Pre-Health/Med Focused Gap to Growth Year Resources:

JHU Pre-Professional

- [Gap Year Opportunities](#)- Johns Hopkins Related Resources
- [Relevant Experience](#) - includes volunteering and clinical opportunities
- [University Of Iowa , Gap Year Opportunities](#) - comprehensive list of Gap Year opportunities by category - search health
- [UVA Bridge Year Opportunities](#)- includes bridge year programs, post-bac exploration (by category)

Medical Bridge Year Programs

- [Explore Health Careers](#) - Enrichment (gap year and post bac)
- AAMC - [Post Bac Programs](#)