



Gap Year and Study Abroad Information

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Questions to Ask Yourself

- Where do you want to get out of your experience?
- Where do you want to go?
- How much are you willing to work for this experience?
- Are you able to spend months away from home?
- Do you enjoy trying new things and being uncomfortable?
- Do you get anxious meeting new people, or do you enjoy it?

Resource Websites

- **American Gap Association:** Excellent source for well regarded programs that will give you either high school or college credit, advice on how to choose a program, financial aid and more .
<http://www.americangap.org/gap-year-programs.php>
- **Go Overseas:** Filter programs by length, location, season, price, with ratings from former students. Note: not all programs are accredited. Be sure to check the program website for full details.
<https://www.gooverseas.com/gap-year>

Sample Gap Year Programs

Name	About	Program Length	Cost Range	Financial Aid Offered	Website
NOLS (National Outdoor Leadership School)	Earn high school or college credit, learn skills like wilderness survival/medicine and participate in outdoor activities such as backpacking, climbing, rafting, kayaking and cultural experiences. Ages 17 & up	1 semester or year programs only	\$8,000-\$30,000	Yes, average \$500-\$3,000	http://www.nols.edu/courses/
Global Leadership Adventures	Summer programs for high school students to volunteer in a non-tourist location to immerse in a community and make an impact. Earning high school credit is possible, depends on home school. Ages 14-18	1-6 weeks	\$3,000-\$6,500	Yes, but no full fare scholarships	https://www.experiencegl.com/
The Experiment in International Living	Summer programs for high school students wanting a meaningful connection to another country.	3-5 weeks	\$5,000-\$7,000	Yes, average \$250-\$3,000	http://www.experiment.org/

*Average Cost : \$6500-\$9000 (For a 6-9 month program)

Washington State School Deferral Policies

(For other states and school policies, check out <http://www.americangap.org/fav-colleges.php>)

- Gonzaga University**, Spokane. Acceptance rate: 65% (2010). "We require the student to send an email or letter to the Office of Admission requesting to defer their admission for 1 year. We then send a letter back to them confirming that they're admission will be deferred. By February 1st of the following year, they must submit an abbreviated application and their final high school transcript. We will then send them a new acceptance packet. If they want to enroll, they must send a tuition and housing deposit to us by May 1st. Students must fill out a new FAFSA and new applications for any scholarships that require separate applications (most scholarships do not). No federal or institutional aid is deferred."
- Whitman College**, Walla Walla. Contact the Admissions office for more information. This college has otherwise been known to be favorable to Gap Year students deferring.
- Whitworth College**, Spokane, (1 year deferral. Students submit their acceptance letter plus a letter to the Dean of Admissions stating their intent for a Gap Year. Financial Aid will transfer)
- Seattle Pacific University**, Seattle, (2 year deferral, submit re-activation of application; small school with big global mission so while scholarships and aid are not held, Gap experience may make other aid programs available)
- Seattle University**, Seattle, (no deferral but admissions indicated it was "almost certain" they would be admitted the following year. Talk to admissions counselor before going.
- Trinity Lutheran College**, Everett. Acceptance rate: 73%. [To defer, a student would need a] written note/email or call to an admissions counselor. The financial aid process starts fresh when they matriculate and all current scholarships would be available to them."
- University of Puget Sound**, Tacoma, (1 year deferral with written statement and deposit to reserve space. Admissions Counselor wants to stay in touch with students during Gap Year for support and encouragement. Financial aid is generally held.
- Western Washington University**, Bellingham, (1 year deferral on individual basis with written explanation of Gap project to Admissions Dept.)

Self-reported Gap Year Impacts

