## Benefits of Taking a Gap Year

People take time off sometime between life stages. For students, a gap year is taking a time off after graduating from high school and before entering college. It is highly popular in today's generation because students can learn to take things seriously and be responsible for what they decide on. At the same time, they expand their perspectives to see the world in another new angle. It shows that more and more students consider taking a gap as a chance to fulfil themselves. It has positive effects like being more independent and learning some social skills. More students should opt for a gap year because a well spent gap year helps students to reflect and decide on what they want to do in their future career.

Gap year is beneficial in personal and unconventional levels. We believe that self-structured gap year allows students to have complete control over how they spend their days. This type of empowering allows students to explore themselves and their new surrounding in a less restricted environment. Gap year activities typically involve an element of traveling and opportunities for cultural exchanges which will force students to have awareness about their own behaviour and its impact. A personal gap year develops the ability to take charge of and own an educational experience. According to American Gap Association statistics (2015), 97% of gap year alumni respondents felt their gap year improved their maturity. This suggests that a gap year gives students the tools and time to look deeper into their souls and uncover their ambitions.

Taking a gap year results in benefits both in social and academic perspectives. Regarding the social perspective, we believe that students can improve their language skills. While taking a gap year overseas, it will help students become more socially integrated into the country they are gapping in and learn to interact with people from different backgrounds. These social skills will

make students more effective communicators during college or professional activities such as group projects. Moreover, friendships are one of the best rewards in a gap year. Their days may be spent socializing with local students, spending time with a host family, or brainstorming with fellow interns on a task. Regarding the academic perspective, career opportunities can be improved. Furthermore, A Gap Year Advantage study (2012) revealed that 60% of students felt their gap year influenced their major. This can be explained by the stimulating and self-reflective nature of gap years. Gap years help you uncover your hidden talents and passions to ultimately find your sense of purpose.

To sum up, taking a gap year is undoubtedly a splendid opportunity. Having a year time off makes you a more well-rounded individual. With a gap, year students who take time off can gain a greater understanding of the world and themselves. Students can broaden their horizons by taking a gap year. Students will complete gap years with stronger personal and professional skills and experiences, which leads them to a more successful life. Whether students decide to gap with a program or plan their own self structured gap years, the personal, social, and academic benefits of gap years are indisputable. We highly suggest students to consider taking a serious look to gap year before diving right into the next chapter of their lives.

References:

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