



# Gap Year

A gap year is a very useful idea especially if you do not have any idea of what to do next once you've finished sixth-form.

It is an excellent opportunity to gain experience, trial out work sectors and earn money, volunteer and travel.

It looks good on your CV / personal statement as long as you have gained skills from it.

For example:

- Resilience
- work sector knowledge
- independence
- communication
- empathy
- maturity
- altruism...



If you know your future degree subject or careers sector then you can tailor your gap year to relate to these.

However, bear in mind, especially if you are travelling, that planning is essential.

Unifrog and UCAS have some excellent information, advice and weblinks:

[www.unifrog.org](http://www.unifrog.org)

<https://www.ucas.com/alternatives/gap-year/gap-years-ideas-and-things-think-about>