

Gap Year Goal Setting

Plan and budget your gap time by first identifying your goals.

Name:

Date:

Personal: I interested in trying or delving deeper into the following hobbies, interests or projects:

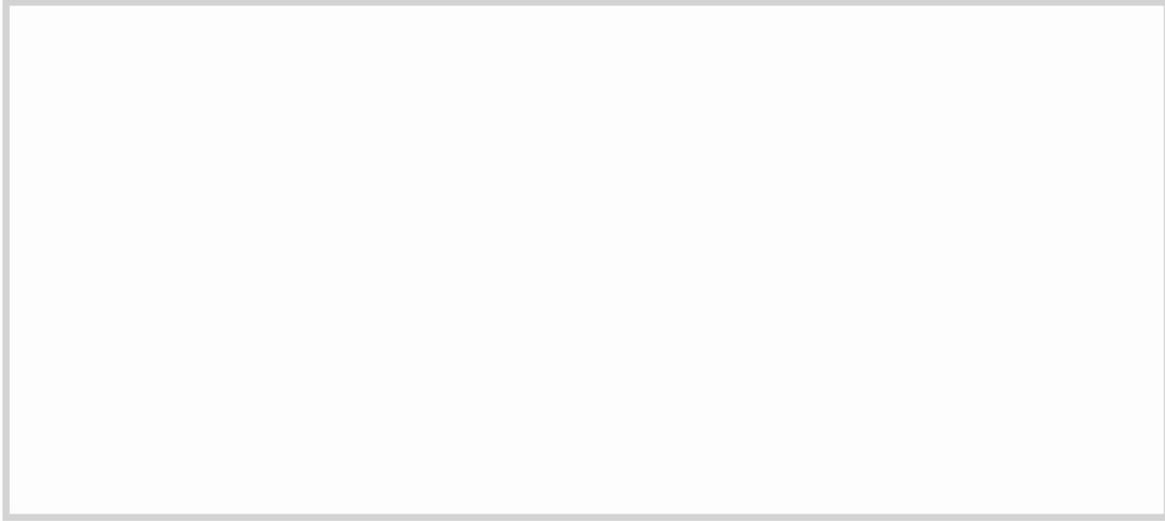
Practical: I want to practice the following life skills so I'm prepared for what comes after my gap year:

Professional: What careers could you explore? What experiences could give you clues about your college major or professional path?

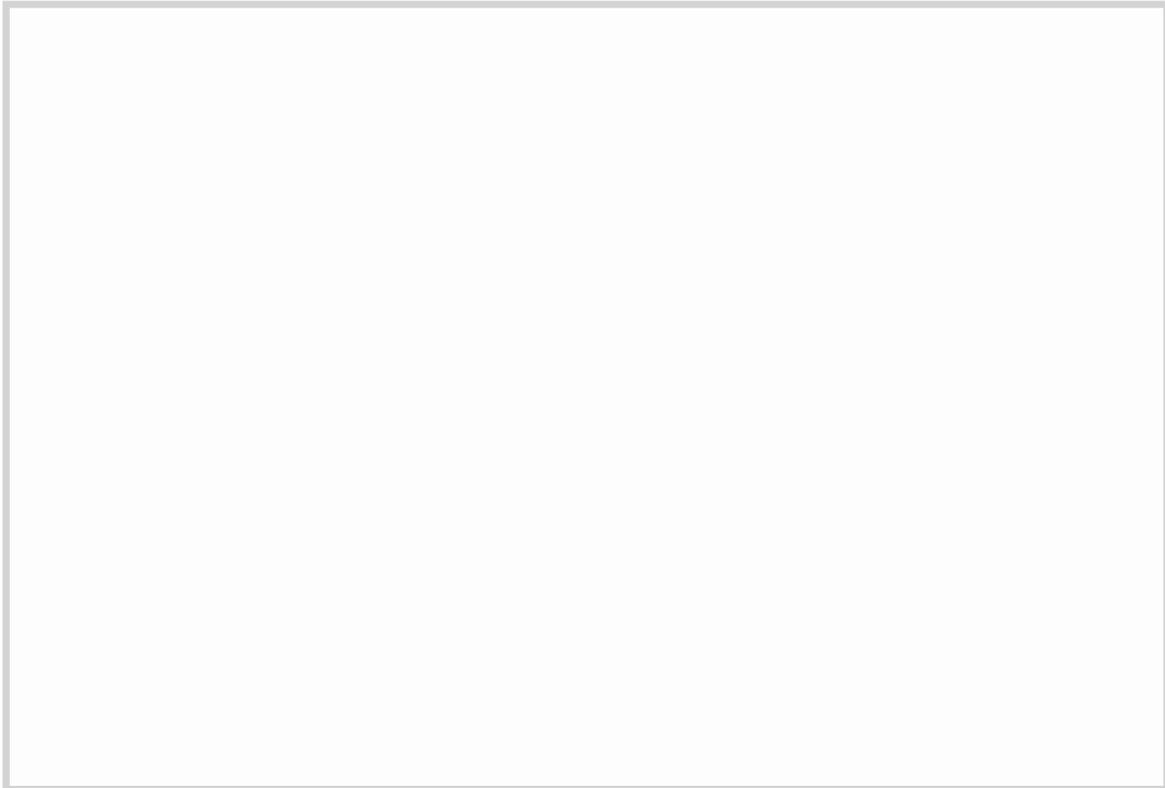
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Geography: List the places you most want to explore in both the US and abroad:



Visioning: How would you like to feel at the end of your gap year? What do you hope to accomplish?



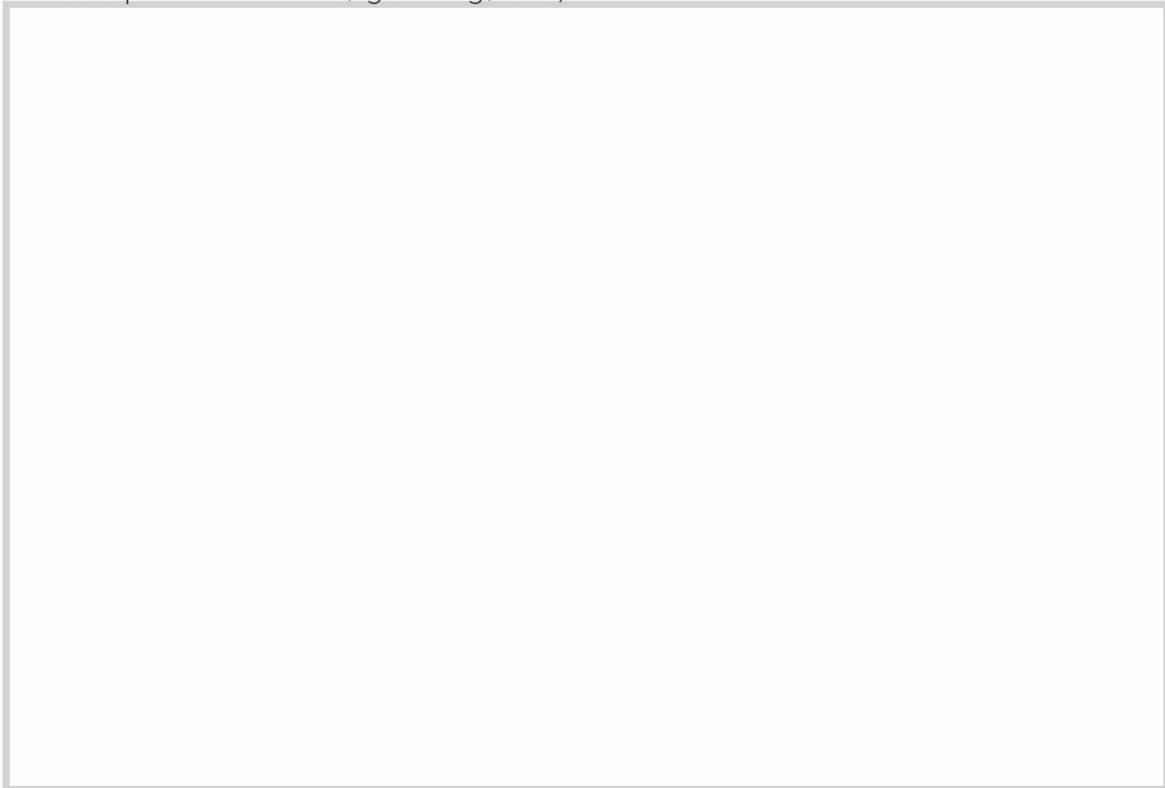
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Anticipating: How might COVID-19 affect your goals?



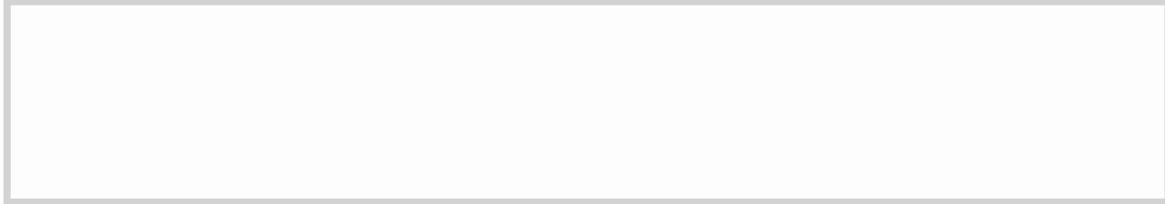
Visioning: How can you stay flexible and resilient this year? Note what has worked for you during this round of quarantine (eg exercise, virtual meet-up with friends, gaming, etc):



Gap Year Resource Mapping

Step 1: Identify your main connectors

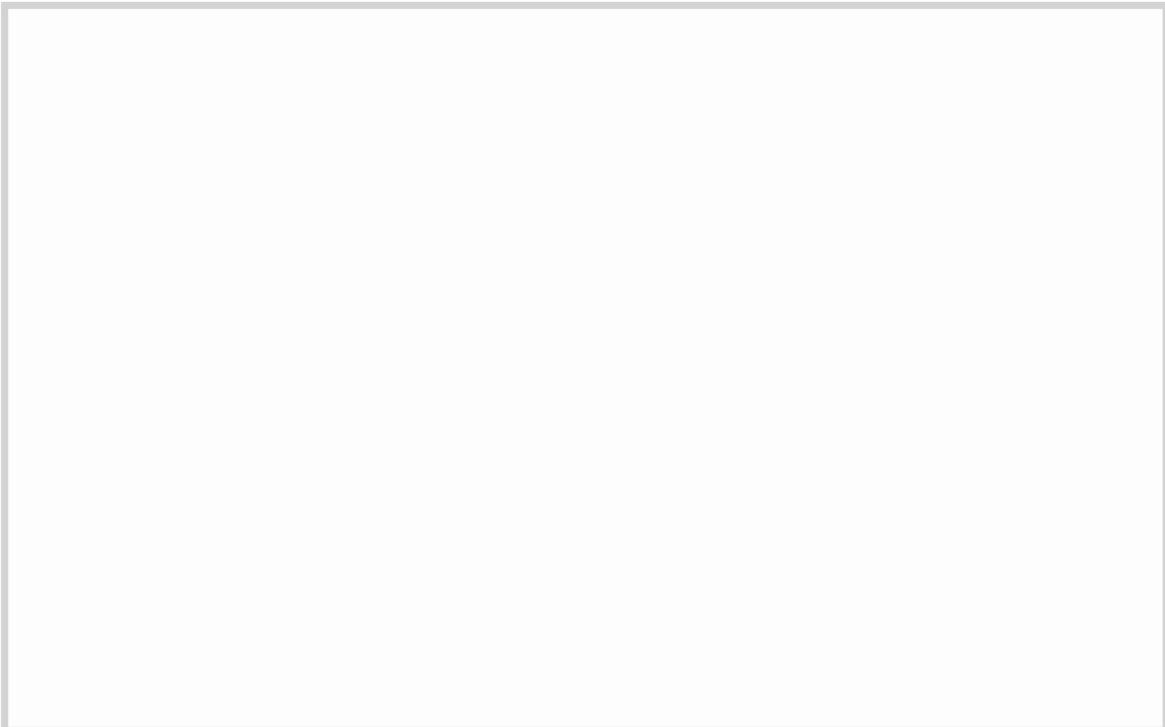
Many gap year opportunities spring from personal connections. In this step, brainstorm 4-5 family members, family friends, colleagues, teachers or others who know you well and who you could discuss your gap year goals with.



Step 2: Brainstorm connections

Set a time to speak with your connectors. Share your goals and ideal locations. Ask them if they know anyone who fits your ideal geography or your interest areas. For example, after speaking with your dad, he mentions his best friend from college lives in London and could possibly host you there. Or perhaps your favorite teacher knows a marine biologist who could set you up with an internship.

List your potential connections for your gap time, even if they don't completely meet your parameters.



Resource Mapping

Step 3: Request an introduction

Rank potential connections in order of preference. Ask your connector to make an introduction so you can see if the opportunity could be a good fit.

Example: Your mom reaches out to her friend who has a free room in her house in Boston to see if she's open to you staying there while you intern. You then email the friend directly to share a bit about yourself and set up the expectations for your stay.

Step 4: Address details

You may create part of an experience through a connection, but you'll likely have other details to work out. For example, you may secure an interesting job at a company, but you don't have housing in their location. Continue resource mapping and researching to fill out your plans. Some aspects, like securing a part-time job, can wait until you are on-site. Think about the budget for the experience, including possible start-up costs (flights, deposit on an apartment, etc) that your experience may require.

Step 5: Express gratitude

Make sure to circle back to the people who helped make your gap experience possible. Let them know what the experience meant to you and make sure to include some pictures if you send an update!

Notes: