

## Resources

Some students take a “gap” period lasting one or more years between two major phases of their lives, such as the time between graduating from college and starting graduate school or medical school. It can be a time for exploring a career field, engaging in national or international service, traveling, or working to save money for graduate school and gaining valuable experience.

### A Few Considerations

Here are a few questions to ask yourself before doing a gap year:

- How much time can you take?
- Do you need to make money?
- Are you restricted to a certain geographical region?
- Do you need to gain a certain type of experience for graduate or medical school?

Narrowing down where you want to be, for how long, the type of experiences you are looking for, and why will help you in your gap year search.

### Resources

Career Services has a variety of information on this topic. You can learn more by visiting: [career.cornell.edu/resources](http://career.cornell.edu/resources)

1. View a collection of websites through the *Link Library* tab at the right and look at resources under “Gap” or “Bridge Year.”
2. Browse the career library holdings by going to *Search Career Libraries*. Use the *Keywords* search box at the left top of the screen and enter “gap year”. You can add words to your search such as health, teach, international, short term, public policy, etc. Materials are housed in 103 Barnes Hall.

To learn more about gap year options that are right for you, schedule an appointment with Mia Ferraina, 103 Barnes – 607-255-5296.

### Some Well-Known National Programs:

#### **AmeriCorps State and National**

([www.nationalservice.gov/programs/americorps](http://www.nationalservice.gov/programs/americorps))

This is the domestic Peace Corps. Types of positions and locations vary across the country. You can search by interest like “hunger” and “state.” Full-time volunteers receive a living allowance and receive an award at the end of service, which can be used for paying for eligible post-secondary education. You serve full-time or part-time, for a period not to exceed twelve months. You can look in Handshake for postings or search and apply for jobs online by type of position and location. An applicant must be a U.S. Citizen, national, or lawful permanent resident alien. You must be 17 years old or older. Deadlines for applying vary depending on specific positions listed.

**City Year** ([www.cityyear.org](http://www.cityyear.org)) Participants work with students in elementary, middle, and high schools who are at risk of dropping out. Participants receive a modest stipend, health insurance, and an education award at the end of service. You serve full-time for eleven months in urban communities. You must have a high school diploma, GED, some college, or a college degree. You must be 18-25 years old. You must be a U.S. Citizen or lawful permanent resident. You apply online through their website. Check their website and Handshake for more details and deadlines.

#### **Teach for America** ([www.teachforamerica.org](http://www.teachforamerica.org))

Participants teach for two years in public schools and are paid with benefits. You must have a bachelor’s degree by the first day of summer training. It is a two-year commitment, and teacher training is provided. You must be a U.S. Citizen, national permanent/resident status, or deferred action for childhood arrivals recipient. You must have at least a 2.5 GPA, and you can apply online through their website. Check their website and Handshake for more details and deadlines.

# Gap or Bridge Year Options

Cornell Career Services

## Resources

### Sample International Gap Year Opportunities

#### Some International Programs:

**Peace Corps** ([www.peacecorps.gov](http://www.peacecorps.gov)) You serve abroad for two years plus three months for training, working directly with communities to build capacity in education, health, youth in development, the environment, community economic development and agriculture. It takes six months for the application process. Students apply for a specific program/country. For more information, Cornell's Peace Corps campus recruiter can be reached at [peacecorps@cornell.edu](mailto:peacecorps@cornell.edu).

**BUNAC** ([www.bunac.org](http://www.bunac.org)) This organization offers flexible, paid work and travel programs in Asia, Australia, New Zealand, and North America. It also has volunteer and teaching placements in Africa, South and North America, and Asia. There is a cost.

**Dave's ESL Café** ([www.eslcafe.com](http://www.eslcafe.com)) This is the internet's meeting place for English as a Second Language and English as a Foreign Language teachers and students from around the world.

### General Job Posting Resources:

**Handshake** ([www.cornell.joinhandshake.com](http://www.cornell.joinhandshake.com)) Visit handshake to search for short-term jobs, fellowships, and gap-year opportunities.

**Idealist** ([www.idealist.org](http://www.idealist.org)) This organization's mission is to close the gap between intention and action by connecting people, organizations, ideas, and resources. The site offers a database of domestic and international nonprofit jobs, volunteer opportunities, internships, and more.

### **Taking a Gap Year is exciting because the opportunities are endless!**

“Gap Year” experiences don't have to be through a well-known program or specifically designed for students who are taking a break during or between degrees. Any experience that you choose intentionally to help explore options or develop skills can be a “Gap Year”.

If you're considering a Gap Year, but aren't sure, or know you want to take one, but are looking for the right opportunity, don't hesitate to reach out.

*Make an appointment with  
Career Coach Mia Ferraina  
by calling 607-255-5296.*