

# Gap Year Research Consortium

## *Results of the Gap Year Surveys & Academic Achievement Models*

Kevin Rask, *College Research Professor*  
Colorado College  
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# Pre/Post-Gap Year Survey Responses

- Because this is the first round, two different cohorts represented for each school, therefore, longitudinal analysis is not possible.

	<u>Pre Survey Responses</u>		<u>Post Survey Responses</u>
Colorado College	38		11
Denison University	11		3
Duke University	16		6
Lafayette College	3		4
<i>Total:</i>	<i>68</i>		<i>24</i>

# Gap Year Goals: Pre Survey

What are your goals for the gap year?	Freq	Pct
A break from school	3	4%
A break from school, Earn money	1	1%
A break from school, Earn money, Emotional health	2	3%
A break from school, Earn money, Experience a new place	3	4%
A break from school, Earn money, Experience a new place, Emotional health	2	3%
A break from school, Earn money, Experience a new place, Give back via service	1	1%
A break from school, Earn money, Give back via service	1	1%
A break from school, Emotional health	1	1%
A break from school, Experience a new place	12	18%
A break from school, Experience a new place, Emotional health	9	13%
A break from school, Experience a new place, Give back via service	5	7%
A break from school, Experience a new place, Give back via service, Emotional health	1	1%
A break from school, Give back via service	1	1%
Earn money	2	3%
Earn money, Experience a new place, Emotional health	4	6%
Emotional health	2	3%
Experience a new place	12	18%
Experience a new place, Emotional health	2	3%
Experience a new place, Give back via service	4	6%
<b>Total:</b>	<b>68</b>	



# Gap Year Plans: Pre Survey

Gap Year Plans	Freq.
Competitive Sports/Athletics	1
Domestic	2
Domestic, International	10
International	32
Professional Prep	1
Service	1
Take Classes	1
Take part in a gap year program (NOLS, Where There Be Dragons, etc.)	1
Travel, Take Classes, Take part in a gap year program (NOLS, Where There Be Dragons, etc.)	1
Travel, Take part in a gap year program (NOLS, Where There Be Dragons, etc.)	1
Travel, Unstructured/unscheduled time	1
Travel, Work, Professional Prep	1
Work	1
Work, Professional Prep	1
	<b>Total: 55</b>
No Response	13

# Preparedness for College: Pre Survey

<u>Do you expect to be more or less prepared to begin college?</u>	<u>Freq.</u>	<u>Pct.</u>
Much less prepared	1	1%
Less prepared	3	4%
About the same as	5	7%
More prepared	30	44%
Much more prepared	29	43%
	<b>Total:</b>	<b>68</b>



# Program Name: Pre Survey

<u>Gap Year Program Name</u>	<u>Freq.</u>
ARCC	2
ARCC and ISA	1
Amigos de las Americas	1
Art History Abroad (Semester Program)	1
CIEE	1
CIEE: Spanish Language & Culture (Seville, Spain)	1
Carpe Diem Southeast Asia Spring Semester	1
China, South of the Clouds	1
Global Citizen Year	1
HMI and Where There Be Dragons	1
ISA language immersion	1
Kivunim	1
NOLS	5
NOLS Fall Semester in the Rockies, Possibly Where There Be Dragons in Nepal	1
NOLS North Cascades Mountaineering	1
NOLS Patagonia	1
NOLS Wilderness Medicine WEMT & Rescue course	1
National Security Language Initiative for Youth (NSLI-Y) Arabic in Morocco	1
Nols New Zealand Semester	1
Pacific discovery, EF tours	1
Raleigh International	1
Rotary International Youth Exchange Program	1
Rotary Youth Exchange	2
Where There Be Dragons	1
Where There be Dragons "Andes and Amazon" program, and CIEE's Costa Rica Internship Program	1
Year On	1
international people's college (folk school)	1
kivunim	1
	<b>Total: 34</b>
No Response / Don't Know / Not going on a formal program	34

# General Gap Year Plans: Pre Survey

<u>Number Who Responded that (below) is in their plans</u>	<u>Freq:</u>
Travel	49
Work	29
Professional Prep	17
Service	11
Take Classes	16
Sport	5
Unstructured	11

# General Gap Year Plans: Post Survey

<u>Number Who Responded that they did (below) on their gap year</u>	<u>Freq:</u>
Travel	23
Work	12
Professional Prep	8
Service	10
Take Classes	4
Sport	0
Unstructured	10

# Unstructured Time (What They Did): Post Survey

WWOOFin<sup>g</sup> in Hawaii on a dragonfruit farm. I gave myself unstructured time to be able to take part in spontaneous activities such as exploring new towns and countries, hiking, waterfall canyoning, and many others. I would do online courses. I also tried to gym regularly. Additionally, I would spend time reading and watching TV. I hiked 1200 miles on the Appalachian trail over the course of four months. Traveling! Seeing different things. I travelled for 4 months with all unstructured time so I found a farm to work at and a hostel then I also did a lot of reading and writing. I spent time reflecting, swimming, experiencing, and meeting new people. In the winter, I got a job at a restaurant and planned my spring. I ended up structuring a 3-month backpacking trip with a friend I met in the fall. We traveled in Southeast Asia together. I spent a lot of the free time I had (and I had LOTS of free time) hanging out with friends that were around, producing music, and reading. Photography, writing, hiking, spending time with friends, exploring cities. My parents said they would support me taking a gap year, but I would have to fund the whole thing myself. That immediately took established programs off the table so I used Workaway to find volunteer opportunities across Ecuador and Guatemala as well as word of mouth once on the ground in these destinations to find places that were community oriented and needed volunteers with.

# College Preparedness: Post Survey

How prepared do you feel for college?	<u>Freq.</u>	<u>Pct.</u>
Less prepared	1	4%
About the same as before my gap year	5	21%
More prepared	10	42%
Much more prepared	8	33%
Total:	24	

# Did Your Gap Year Alter Your Plans?: Post Survey

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Did your experience alter your college plans?	Freq.
No	8
Yes	16

I have always known I want to work with kids and this passion was cemented on my gap year. However, my passion for the language of Spanish was re-invigorated, and I hope to become fluent throughout my time at ##. **I was exposed to different groups of people and really got to see the extent of my capabilities.** I didn't want to pursue an education in science and a career in medicine before because I thought I wasn't smart enough. Now I know I am smart and capable of doing the hard work, and intend to go into medicine. The gap year was a major confidence builder. **I didn't have any idea of what I wanted to study or where I wanted to go, and after a year of adventure I figured out I am interested in outdoor ed and conservation science.** During my gap year, I was given a scholarship to pursue a significant travel experience. This allowed me to become more comfortable in living in different locales. Being an international student, there is always a decision about where you would choose to settle down after college. This experience allowed me to become open to not settling in the US after school. **It gave me a greater understanding of what life will be like post college.** Made me more aware of the importance of self-care. **I decided I didn't want to be a Bio major.** I was unsure about studying but I know I want to study human interaction and work for Outward Bound. **It made me realize that I'm really interested in working for the program after college and I want to make travel a huge part of my life.** I felt like my gap year gave me a clearer direction with my studies and inspired me to pursue further learning into other cultures. I am now tentatively planning to double major in Anthropology/Social and Spanish, and hope to someday work in international development. **I had a clear idea of what I wanted to study here at ## before coming, the engineering studies program being one of the main reasons I applied, so my specific major did not change from my gap year, but rather my approach to college and a new feeling of ownership and responsibility of my education.** I would best describe my gap year as reaffirming what I wanted to study and giving me a new drive and focus, with a new understanding that I was pursuing education because I saw what I was capable of with a high school diploma, and I now wanted to do more and educating myself for another four years would allow me to do just that! **I became more aware of my passion for working in business and discovering a way to combine this with social impact work.** Completely changed my major/course of study. Upon arriving at ## as an engineer, I found that the ## was too rigid for me in allowing me to explore my interests, ranging from the classics to world history, I had explored and studied during my gap year program. Also, living in Israel, I was exposed to Middle Eastern foreign affairs and current events-- which directly tie in to my current desire to build a program geared around policy, technology, and society, with a focus on Middle Eastern politics, national security, and cyber operations. **I am still pre-med but it did make me more interested in philosophy and religion.** I obtained my Wilderness EMT certification, which confirmed a passion for medicine and has allowed me to join ## EMS, my main involvement on campus this far. **It just changed my entire perspective on what I want to accomplish with my college career as well as my life in general.** My gap year changed my major plans slightly, since my intern experience turned me away from Civil Engineering. Additionally, my experience volunteering as a High School English teacher in Peru made me more interest in education and volunteering in general. I am intending to complete a ## independent project this upcoming summer, in the same region where I taught previously. This time, I intend to volunteer as a teaching assistant at a University (Universidad Nacional Santiago Antunez de Mayolo) to have a more widespread impact on education in the region.

## Gap Year Cost: Post Survey

<u>How much did your gap year cost?</u>	<u>Freq.</u>	<u>Pct.</u>
I actually made money during my gap year	2	8%
It cost between \$5,000 - \$10,000	9	38%
It cost more than \$10,000	13	54%
<b>Total:</b>	<b>24</b>	