



# TAKING A GAP YEAR?

## WHAT YOU NEED TO KNOW?

CAREER



### How to Explain a Gap Year (This Matters)

Whether for uni, apprenticeships, or jobs, be ready to explain:

- What you did
- What you learned
- How it changed your direction or skills

**Don't say!**

**"I just worked and travelled."**

**Good answer:**

**"I worked full-time to develop reliability and financial independence, then travelled to gain confidence and clarity about my career goals."**

### Why are you taking a Gap Year?

Before booking anything, decide your main goal(s). Common ones:

- Earn money
- Gain experience for uni / apprenticeships
- Improve mental health or confidence
- Travel with a purpose
- Figure out career direction

### KEEP IN TOUCH!

If you are applying to University next year or looking for a degree apprenticeship we can support you.



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### Keep Your UCAS / Career Options Open

If you:

- Deferred a uni place → stay in touch with the uni
- Haven't applied yet → keep a timeline for UCAS deadlines
- Are considering apprenticeships → research early (they fill fast)

Use your year to:

- Visit open days
- Talk to people in careers you're curious about
- Re-evaluate your choices with more maturity