



# Gap to Growth

Post Graduate Bridge Year Planning

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For 1-2-year experiences to engage a bridge year between structured opportunities. Often referred to as a “gap year” these are anything but a gap in experience. They are layered with unique opportunities to enhance specialized skill sets. Many professional programs will offer specific time-limited skill building programs.

## **Who Should Consider a Post-Graduate Bridge Year?**

Someone looking to engage one or more of the following:

- Enhance your experiences and skill sets through challenging
- Become a stronger applicant for graduate school and future career options through experience
- Post-graduate Service programs allow you become an integral part a community, engage problem solving, and understand your role as a supporter and capacity builder in a new experience.

## **How do I choose a good post-graduate bridge year experience?**

- What kind of work are you currently qualified to support?
- When imagining your next steps, what areas of experience do you need to develop?
- Weighing in on what you bring and what you need to learn, what social issues lend themselves to your needed intersection?

## Check in with yourself!

On a scale from 1 (not at all important) to 5 (extremely important) rate the following factors:

	1 Not Important	2 Not that important	3 Neutral	4 Somewhat important	5 Very Important
Location: Rural or Urban, domestic or international?					
Length of Experience/Service					
Support Benefits: Is there housing, a stipend, insurance, and loan deferment included?					
Amenities: Are there added benefits or arrangements made on your behalf?					
Health Issues: Make sure you'll have access to the medical care you need to be healthy during your term of service					
Access to family, friends, and significant others (network)					

Do any of the factors strike you as vital to your success during your Post-Graduate Bridge Year? Name those important factors here:

## Post-Graduate Bridge Year Opportunities:

### Where can I find Bridge/Gap Year Engagements?

Bridge year experiences are often derived from three core areas and reflecting on your own skill development and where your work intersects is an important driver for how you utilize these platforms for engagement.

- time-limited professional programs- includes fellowships, short-term professional development
- direct employment – utilizing a position to develop direct skills
- post-graduate service - short-term, minimally compensated position designed to enhance community capacity building. Typically, limited to a one to two-year commitment, with some basic living arrangements, stipend, and training.

Post Graduate positions open at a variety of times. We suggest searching for new post-graduate service positions as early as January prior to graduation, with exception for PeaceCorps that takes 6 mo-1 year.

<b>Name</b>	<b>Deadline</b>	<b>Location</b>	<b>Duration of Service</b>	<b>Professional Development</b>	<b>Pay</b>	<b>Benefits</b>
<a href="#"><u>PeaceCorps</u></a>	Rolling	International	2 years	Training Provided	Stipend	Housing and Relocation
<a href="#"><u>Americorps</u></a>	Rolling - different start dates	Domestic	6 month- 2 years	Training Provided	Stipend	Basic Healthcare
<a href="#"><u>Lutheran Volunteer Corps</u></a>	Annual between January-May	Domestic	1-2 years	Training Provided	Stipend	Housing Provided
<a href="#"><u>Venture for America</u></a>	Rolling	Domestic	1 year	Training Provided	Stipend	
<a href="#"><u>Baltimore Corps</u></a>	Summer and Fall, individual	Domestic-Urban	1-2 years	Training Provided	Paid Position	
<a href="#"><u>UMBC Choice (Americorps)</u></a>	Rolling	Domestic - Urban	1-2 years	Training Provided	Stipend	
<a href="#"><u>FCNL Advocacy Corps or Fellowship</u></a>	Early February	Domestic - Multi location	11 months	Training Provided	Stipend	