**Does a gap year hurt or help college students ?**

**https://www.youtube.com/watch?v=7lVK-GAQ9ek**

**Journalist :** what is it about a gap year that should be considered ?

**Psychotherapist :** well first of all interestingly, some colleges are now encouraging their incoming freshmen to take a gap year after they've been accepted to college.

**Journalist :** and why is that ?

**Psychotherapist :** because they feel that students are coming out of a very stressful environment in high school. Many of them don't know what they want to do or how they want to design their curriculum what they would like to major in . Many are still very dependent on parents , they don't have a lot of exposure to other cultures the bigger world a larger picture than the high schools in the community that they grew up in; and some have relied heavily on parental over involvement, so the idea of a gap year allows these students to become more independent, to experience the world, to have different exposure that teaches them that they are able to survive, and will be able to problem-solve in a more creative way than sometimes just coming out of high school . I know that Harvard prefers that their students their incoming freshmen have a gap year.

**Journalist :** and what do you put in that gap year ? Because I mean if you don't plan it, it could be kids just staying home playing video games.

**Psychotherapist :** that's a total waste of a year and the colleges don't look favorably at that, potential employers don't look favorably, so what should they do during that year… recommendations include dividing the year up into several chunks of experience : a work experience, travel experience, an internship and possibly a volunteer opportunity.