

# The 13<sup>th</sup> Year



It's time to grow up...

# The 13<sup>th</sup> Year - Semantics

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- Post-graduate Year
- Traditional Gap Year
- Therapeutic Gap Year

# What is post-graduate year?

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- 13<sup>th</sup> year after high school diploma
- Bridge to college
- Boarding school experience
- Same admission process as traditional boarding school but a little more tricky

# Why a post-graduate year?

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- Academic gaps
- Academic enrichment
- Improve standardized test scores
- Emotional/social growth for college
- Athletic experience and/or exposure
- Broaden college options
- Back-up plan

# Common Concerns about a PG year

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- Peers heading off to college
- More rules, structure, supervision than college
- Search needs to be student driven
- NCAA eligibility

# The Athletic PG

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- Participation possibilities can vary between sports, schools, and leagues
- Check NCAA rules and regulations at the Eligibility Center: [www.eligibilitycenter.org](http://www.eligibilitycenter.org)

# NCAA BRIEF Overview

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## Core Course Requirements:

- Division I = 16 within first 8 semesters of high school, minimum core-course grade-point average of 2.300
- Division II = 14 within first 8 semesters of high school, minimum core-course grade-point average of 2.000
- ONE course can be “replaced” during a PG year
- If diagnosed learning difference then THREE courses can be “replaced” during PG year

## Testing Requirements:

- Division I uses a sliding scale (see Eligibility website)
- Division II requires minimum SAT score of 820 (critical reading/math only) or an ACT sum score of 68

# How to navigate a post-graduate year

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- Research, research, research
- Talk to coaches at each school regarding eligibility to play
- Follow-through with SAT and ACT testing for both PG and college admission process
- Be sure to start the college process before high school graduation



# Before beginning the PG year...

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- Work on college essay(s) and visit colleges over the summer
- Meet with the college advisor at the boarding school to begin process

# Example Programs

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- Bridgeton Academy in Bridgeton, Maine
- Cheshire Academy in Cheshire, Connecticut
- Loomis Chaffee School in Windsor, Connecticut
- Thames Academy at Mitchell College in New London, Connecticut
- Worcester Academy in Worcester, Massachusetts

# Post-graduate vs. Gap Year

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PG Year – curricular or athletic boost,  
before college admission

vs.

Gap Year – life boost,  
after college admission

# What is the gap year?

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- Learning process continues, but in a format and venue that will inspire and excite a student
- Most popular things to do: travel and service
- In demand locations are: South America and Europe.
- Prime importance: being with a group of same age peers in a residential setting

# Why consider a gap year?

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- Travel/exploration
- Cultural/language immersion
- Community service
- Personal growth
- Career exposure
- Academic credit
- Earn money for college

# Common Concerns about a gap year

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- Cost
- Safety
- What will the colleges think?
- What kind of communication will parents receive from their student and from program?
- Planning a full itinerary

# Questions to Ask Students

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- What do you hope to get from this experience?
- Are you open to new challenges?
- Do you think you are best suited for a structured or non-structured environment?
- Do you want to stay in the States or go abroad?
- Do you want to go it alone or be a part of a group?

# Applying to Gap Year Programs

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- Start at least 6 months ahead
- Stay on track with college admission process, including testing, interviews and applications
- Research, research, research
- Triple check your facts and programs
- If accepted by a college or university, defer admission offer
- Needs to be approved in writing by the college/university, pay tuition deposit
- If you do *not* have an option the following fall, be sure make a plan for visiting and applying to colleges/universities during the gap year.



# A 13<sup>th</sup> Year Is NOT a Vacation!

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- Make a plan – don't wing it!
- Decide why you are taking a post-graduate/gap year and do your best to make it as productive as possible.
- Consider what you hope to attain from your year and work towards that goal.

# Types of Gap Years

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- Volunteer – Global Routes, Americorps
- Cultural Immersion – Southern France Youth Institute, Where There Be Dragons
- Adventure – Global Vision International, Pacific Challenge
- Arts – Apicius, New York Film Academy
- Sailing – Living Classrooms, Odyssey Explorations
- Environment – Dolphin Institute, Earthwatch
- Wilderness – IWLS, NOLS
- Sports – Global Sports Experience, IMG Academies

# Resources for Gap Year Programs

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- a. Gap-year Guidebook 2010 by Alison Withers and Wendy Bosberry-Scott ([www.gap-year.com](http://www.gap-year.com))
- b. The Complete Guide to the Gap Year by Kristin M. White
- c. IECA ([www.iecaonline.com](http://www.iecaonline.com))

# Not ready for PG year, gap year or college?

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Some worrisome signs:

- Significant decline in performance Sr. year
- Active retreat from interest activities
- Decline in responsibility both at home and in school/social group
- Significant change in long established social group
- Increased anxiety and conflict at home

# Who is appropriate for Therapeutic GAP year?

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- They have struggled and utilized clinical support services in high school
- Students who have an ambiguous life plan and it is causing anxiety or conflict
- They are struggling with the presence of autonomy and responsibility

# What can we do?

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## The CAP Year: Clarify, Articulate, Plan

- **C**larify the nature of the decline or change
- **A**rticulate this to your child and his community
- **P**lan for a shift in the prescribed plan

# The CAP Year: Clarify, Articulate, Plan

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## What is a Therapeutic Gap year?

- Services aligned with assessment, stabilization, and long term planning
- Clinical support
- The “atypical” college experience
- Life skills immersion
- Employment exposure
- Experiential and therapeutic programming focused on clarity of goals and passions

# What kinds of programs exist?

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- Small Residential Young Adult Transition Programs
- Specialized Short Term Assessment Young Adult Treatment Programs
- Independent Living Mentorship and Coaching Programs
- Home Based Mentorship/Clinical Support programs



What is the process and how do we talk about it?

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**“you can’t tell me what to do anymore”**

- Transparent discussion is essential
- Clarifying the “resource economy”
- Redrafting the blurred boundaries
- Developing a plan based on the actual state of affairs
- Bring in an outside party to aid in facilitation

# The Delicate Balance

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## **A Consultant's Role: Some process orientation**

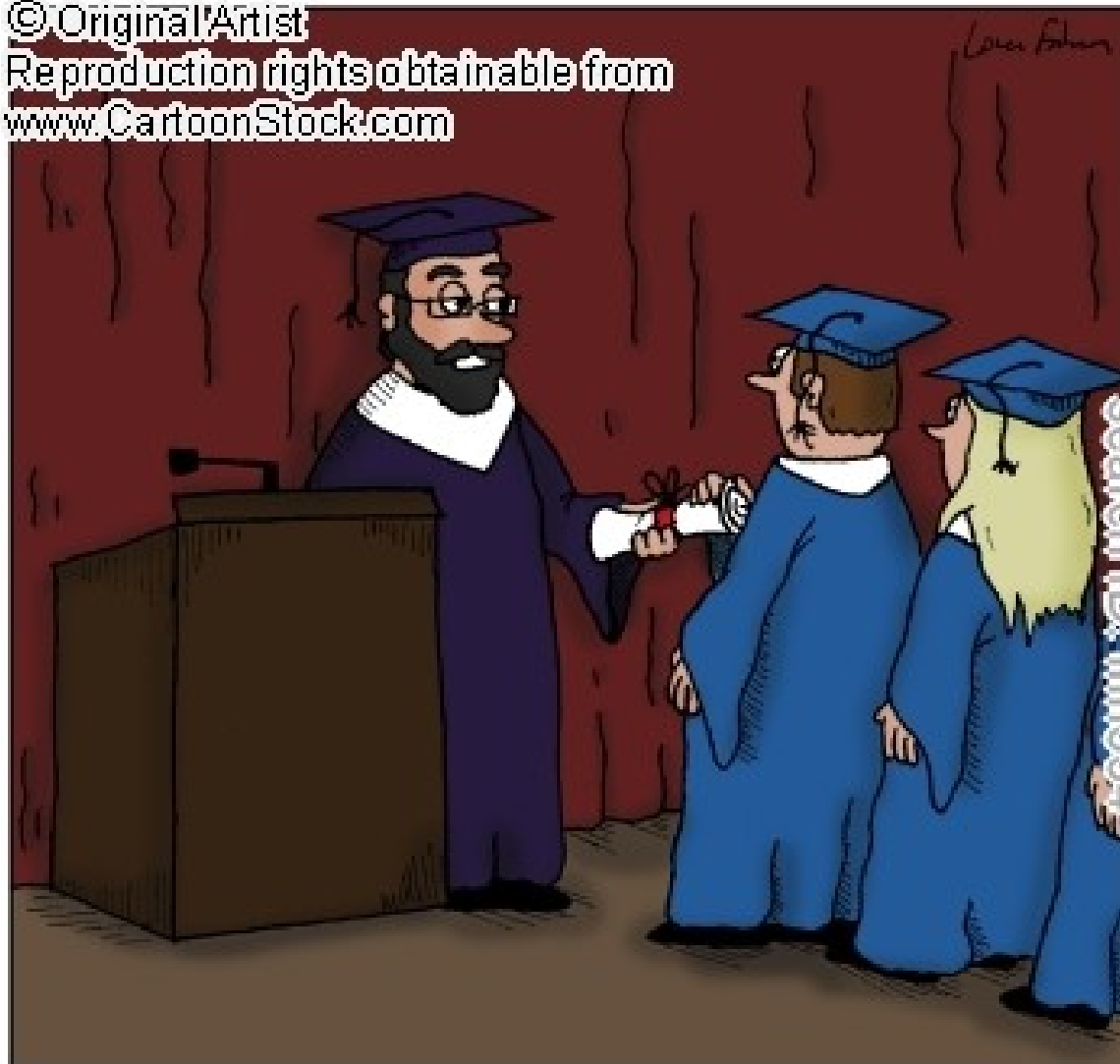
- The infusion of truth
- The installation of hope
- Mobilizing the team
- Guiding the family through the ebb and flow
- Clarifying the selection
- Agreeing upon the calendar and inception
- Maintaining focus over time

# Resources and Programs

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- **Independent Young Adult Transition:**
  - Living Well Transitions, Dragonfly Transitions, Sober College, etc.
- **Specialized Young Adult Residential Programs**
  - Sovereign Journey, Spruce Mt. Inn, AIM House, etc.
- **Short Term Assessment and Intervention**
  - Wilderness based intervention, residential short term, etc.
- **In Home Mentorship/Clinical Services**
  - Vive Now!, Homeward bound, Outpatient services, etc.

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“Congratulations, your days of avoiding the real world are finally over.”