

# Graduate School Preparation: How to Prepare for Graduate School During a Gap Year



**Presented by:**

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# What is a GAP Year?

## **A Year On Not a Year Off**

A gap year is a break before the next level of education. It is intentional time taken off to reflect on personal and professional goals and to engage in experiential learning so one can become a stronger and more confident applicant for the next level of education.



**Are you considering a gap year?**

# **TODAY'S AGENDA**

- **Graduate School Application**
- **Gap Year: Pros and Cons**
- **Graduate School Preparation During Gap Year**
- **Gap Year Resources**

# LEARNING OUTCOMES

**Identify reasons why a gap year may be the right decision for you.**

**Identify your goals and options for the gap year**

**Learn how to prepare for graduate school during the gap year**

# What is Graduate School?

**A graduate school (sometimes shortened as grad school ) is a school that awards advanced academic degrees (i.e. master's and doctoral degrees) with the general requirement that students must have earned a previous undergraduate(bachelor's) degree with a strong grade point average (usually a 3.0 or higher)**

# Questions to Assist you in Thinking about Graduate School

- 1) Why do you want to attend graduate school?
- 2) How will this degree align with your career?
- 3) How will you fund your graduate studies?

# HOW TO PREPARE FOR GRAD SCHOOL?

- **Talk with professors to learn about options and opportunities**
- **Research careers and job descriptions at the Career Center**
- **Visit websites of professional associations**

- **Job shadow / informational interview with professionals in your field of interest**
- **Intern and work in areas of interest**
- **Explore Grad School Funding Opportunities**



# ADMISSIONS REQUIREMENTS FOR GRADUATE SCHOOLS

- **Bachelor's Degree**

- **Application**
- **GPA Requirements**
- **Standardized Exam**
- **Prerequisites**
- **Personal Statement**
- **Letters of Recommendation**
- **Professional Résumé / CV**
- **Admissions Interview**



# GAP YEAR PROS

- **Recharge and reenergize**
- **Ensure graduate school is the right path and the chosen career is the best for you.**
- **Research graduate programs which will align with your career interests**
- **Improve less-than-stellar graduate school entrance exam scores (GRE, MCAT, PCAT, LSAT, GMAT) and strengthen grad school applications without the distraction of classes and coursework.**

## **GAP YEAR PROS Cont'd...**

- **Boost your resume by volunteering for a cause dear to you or, joining an internship program that will offer experiences in your chosen fields**
- **Use the time to complete prerequisite courses for grad school**
- **Work to earn money to save for graduate school , learn new skills and gain valuable experience, especially if the job is in their intended field. Some grad programs favor applicants with work experience.**

## **GAP YEAR CONS**

- **Loss of motivation or momentum. Some may find it difficult returning to the study grind after a year off.**
- **Requires careful planning to make the best use of time and money.**
- **May lose contact with faculty who can write letters of recommendation**

## **GAP YEAR CONS contd...**

- **Fall out of postponing a future career another year, such as a delayed position, salary and/or personal advancement.**
- **Some may not follow through with their goals set for the gap year**



**What are some things that you can plan to do to prepare for Grad School during the gap year?**

# Resources for the Gap Year

## **Career exploration**

<https://www.careeronestop.org/ExploreCareers/explore-careers.aspx>

## **Internships**

<https://www.internships.com/>

<https://www.theinterngroup.com/how-it-works/>

## **Other Resources**

AmeriCorps: <https://americorps.gov/serve>

Support local Schools during a gap year: <https://www.cityyear.org/>

Projects Abroad: <https://www.projects-abroad.org/>

# Resources Continued

**United Nations Volunteers :**

<https://www.unv.org/>

**Volunteer and teach in more than 120 countries.**

<https://www.gooverseas.com/>

**U.S Areas of work**

<https://serviceyear.org/>

**Gap Year Counseling Organization**

<https://www.interimprograms.com/>

**Customized Gap Year Options**

<https://enroutegapyear.com/>

**Gap Year Association**

<https://www.gapyearassociation.org/start-your-gap-year-here/>



# Resources to Research Graduate Programs

## CSU Degrees

<http://Degrees.calstate.edu>

## UC Degrees

<https://graduate.universityofcalifornia.edu/admissions/degree-search/index.php>

## Peterson's Guide

<https://www.petersons.com>

## U.S. News beyond College

<https://www.usnews.com/best-graduate-schools>

## Graduate School Guide

<https://www.gradschools.com/>

# GRADUATE SCHOOL SUPPORT AT CSUCI

- **Graduate School Counseling**

<https://www.csuci.edu/advising/gsc/workshops-events/graduate-school-counseling.htm>

- **Career Center**

<https://www.csuci.edu/alumni/index.htm>

<https://www.csuci.edu/alumni/Membership.htm>

<https://www.youtube.com/user/cicareerdevelopment>

- **Financial Aid**

- **Writing and Multiliteracy Center**

- **Faculty Advisors**

- **Graduate School Handbook**

**ATTEND  
ANNUAL  
PROGRAMS  
AND EVENTS  
AT CSUCI**

**Graduate School Workshops**

**Graduate School Panel Night**

**Graduate & Professional School Fair**

**Pre-Doctoral Information Sessions**

# Grad School **PREP**



## How to Prepare for Graduate School During a Gap Year

WEDNESDAY, MAR. 6 at 2 p.m.  
(VIRTUAL) VIA ZOOM



## Writing your Personal Statement

TUESDAY, MAR. 12 at 2 p.m.  
(HYBRID) Broome 2680 & VIA ZOOM



## How to Request Letters of Recommendation for Graduate School Admission

THURSDAY, MAR. 28 at 11 a.m.  
(VIRTUAL) VIA ZOOM



## How to Prepare for Graduate School

THURSDAY, APR. 25 at NOON  
(IN PERSON) BT 1568



GRADUATE  
STUDIES  
CENTER  
CHANNEL  
ISLANDS



**SCAN TO REGISTER**

OR VISIT: [GO.CSUCI.EDU/GSC24](https://go.csuci.edu/gsc24)

(My CI login required)



# CSU Channel Islands Graduate & Credential Programs

- MBA
- MS Biotechnology & Bioinformatics
- MS Biotechnology/MBA Dual degree
- MS Computer Science
- MS Mathematics
- MS in Nursing
- Master's in Public Administration

## School of Education:

- Credentials
  - Multiple Subject Teaching Credential
  - Single Subject Teaching Credential
    - Education Specialist Teaching Credential
    - Administrative Services Credential
- Masters Degrees
  - MA-Educational Leadership  
P12  
Higher Education
  - MA-Education  
Disability Studies  
Curriculum and Instruction
  - MS - School Counseling w/ PPS credential
- Doctoral degree - EdD
  - Educational Leadership



# GRADUATE/POST BACCALAUREATE PROGRAM WEBSITES AT CSU CHANNEL ISLANDS

- [Graduate Studies Center](http://www.csuci.edu/gsc/)  
[www.csuci.edu/gsc/](http://www.csuci.edu/gsc/)

- [Career Center](http://www.csuci.edu/careerdevelopment/services/graduateschool.htm)

[www.csuci.edu/careerdevelopment/services/graduateschool.htm](http://www.csuci.edu/careerdevelopment/services/graduateschool.htm)

- [Extended University](http://ext.csuci.edu/index.htm)

<http://ext.csuci.edu/index.htm>

- [School of Education](http://education.csuci.edu/index.htm)

<http://education.csuci.edu/index.htm>



# Graduate Studies Center

## Social Media



CI\_GSC



Schedule a  
Graduate Studies Center  
appointment  
through Dolphin Navigate:  
<https://csuci.campus.eab.com/>



Check out **free test  
preparation books** at the  
Advising front office  
(BT 1552)!



Join our new **Canvas  
page** to access graduate  
school preparation  
resources!



[https://cilearn.  
csuci.edu/enro  
ll/4ADFLB](https://cilearn.csuci.edu/enroll/4ADFLB)



For more information, contact:  
[advisement@csuci.edu](mailto:advisement@csuci.edu)  
(805) 437-8571



**Please take a minute to fill out our  
workshop survey.  
Thanks!**

