

Headspace  
to consider  
next steps

Time to  
gain work  
experience

Time to  
research & apply  
for courses /  
apprenticeships

Opportunities to  
develop new /  
transferrable skills

Time to earn /  
save money

Time to retake  
exams / study  
something new

Time for  
travel / new  
experiences

Time to start a  
business or side  
hustle

Time to take a  
break, relax  
& have fun

Time to see  
what the world  
has to offer

Time to test  
out my ideas

Time to  
build my network

Time to research  
possibilities (e.g.  
jobs, industries)

Time to get to  
know myself &  
what I like/want

Time to  
make the right  
decision for me

Time to volunteer

Time to  
improve my CV

Time to focus  
on me and my  
mental health

Will I make  
the most of it?

Will I be a  
year behind\*?  
\*what is behind?

What will other  
people think?

Will I be any  
clearer after  
a gap year?

Will I  
get FOMO?

Will I earn  
enough / be  
able to fund it?

Will I  
get bored?

What if I get  
stuck doing what  
I'm doing, rather  
than moving on?

Will I regret  
NOT taking the  
opportunity?

Will I struggle  
to get back into  
work / study?

What if it doesn't  
go to plan?

Who could help /  
support me on  
a gap year?

Will universities  
allow me to  
defer my place?

