

American International School of Guangzhou

廣州美國人外籍人員子女學校

CHINA

S I N C E 1 9 8 1

A I S G

American International School of Guangzhou

# Supporting the Gap Year

支持间隔年    겅 이어 지원

Post Secondary Option

## From the High School Side

- Purpose
- Perspectives to consider
- Plan
- Logistics

## 从高中部出发

- 目的
- 需要考虑的观点
- 计划
- 后勤

## 고등학교 쪽에서

- 목적
- 고려해야 할
- 관점
- 계획
- 실행 계획

## From the University Side

- Policies/Guidelines
- Impressions

## 从大学方面

- 政策/指南
- 印象数

## 대학 측에서

- 정책/지침
- 인상



## Gap Year: The Pros

- Students will have been in school for 13 to 15 years. Take a break from the education treadmill to chase a dream, do something fulfilling, to explore the world, experience new people, cultures, activities, and hands-on opportunities; all this = learning.
  - Universities believe it's great. Students are not only trained 'in school' but also 'in life'.
  - Generally more mature, self-confident, focused, more to talk about.
- 
- 学生将在校就读 **13** 至 **15** 年。从教育的跑步机上休息一下，去追逐梦想，做一些有成就感的事情，探索世界，体验新的人、文化、活动和实践机会；所有这一切=学习。
  - 大学相信这很棒。学生不仅在“学校”接受教育，也在“生活”接受教育。
  - 一般比较成熟、自信、专注、比较会说话。
- 
- 학생들은 **13**년에서 **15**년 동안 학교에 다닐 것입니다. 꿈을 쫓고, 성취감을 주는 일을 하고, 세상을 탐험하고, 새로운 사람들, 문화, 활동들을 경험하고, 직접 해보는 기회들을 위해 교육용 러닝머신에서 잠시 쉬세요. 이 모든 것을 =배웁니다.
  - 대학들은 그것이 훌륭하다고 믿습니다. 학생들은 '학교'에서 뿐만 아니라 '삶'에서 훈련을 받습니다.
  - 일반적으로 더 성숙하고, 자신감 있고, 집중하고, 더 많은 이야기를 할 수 있습니다.



## Gap Year: The Pros

- Opportunity to figure out how to live independently without the stress.
  - Develop newfound interests and ideas, and make a conscious choice to go to (a certain) university, and clarify their goals for the future.
  - If working, it can help reduce some of the university costs of the first year.
- 
- 有機會弄清楚如何在沒有壓力的情況下獨立生活。
  - 培養新的興趣和想法，有意識地選擇去（某所）大學，並明確自己未來的目標。
  - 如果有效的話，它可以幫助減少第一年的一些大學費用
- 
- 스트레스 없이 독립적으로 살아가는 방법을 알아보는 기회.
  - 새로운 관심사와 아이디어를 개발하고 (특정) 대학에 진학하기 위해 의식적인 선택을 하고 미래에 대한 목표를 명확히 합니다.
  - 효과가 있다면 첫 해의 대학 비용을 일부 줄이는 데 도움이 될 수 있습니다.



## Gap Year Student Perspective

### Thoughtful reasons

- Purposeful rather than reactive
- Desire to accomplish something
- Why do you want to take a gap year?

### Careful plan and preparation

- Same principles as application process (research, planning for outcomes)
- What do you hope to learn from your gap year?
- What type of program are you considering – local, national, int'l?
- What is the emphasis – working, academic, volunteering, internship, teaching, getting certified in a skill, etc.?

### Be assured of post-graduation support

深思熟虑的理由 有目的的而不是被动的 渴望完成某事  
你为什么想休个间隔年? 周密的计划和准备 与申请流程相同的原则 (研究、成果规划) 你希望从间隔年中学到什么? 您正在考虑什么类型的计划——本地、国家、国际? 重点是什么——工作、学术、志愿服务、实习、教学、获得技能认证等? 确保获得毕业后支持。

사려깊은 이유  
반응적이라기보다는 목적적임  
무언가를 성취하고 싶은 욕망  
왜 갭 이어를 하고 싶으신가요?  
세심한 계획과 준비  
신청절차와 동일한 원칙  
(결과에 대한 연구, 계획)

갭 이어에서 무엇을 배우고 싶습니까?

어떤 유형의 프로그램을 고려하고 있습니까? 지역, 전국, 지역?  
업무, 학업, 자원봉사, 인턴십, 교육, 기술 자격증 취득 등의 강조점은 무엇입니까?  
졸업 후 지원 보장



## Gap Year Caregiver Perspective

- They're not ready to leave home.
- They'll never go to university afterwards!
- How much is this going to cost?
- We don't know where our next expat posting will be.
- How will AISG continue to support our student?

- 他们还没有准备好离开家。
- 以后他们就上不了大学了!
- 这要花多少钱? 我们不知道下一次外派工作会在哪里。
- AISG 将如何继续支持我们的学生?

- 그들은 집을 떠날 준비가 되지 않았습니다.
- 그들은 그 후에 절대 대학에 가지 않을 거예요!
- 비용은 얼마입니까?
- 다음 국외 거주자 게시물이 어디에 있는지 모릅니다.
- AISG는 어떻게 우리 학생을 계속 지원할 것입니까?



## The Plan Understanding, Informing, and Supporting

### Best Fit Programs

- Student advocate role
- Starts with reflections
- Outline goals/objectives
- Looking at finances and opportunities
- Drafting a deferral letter

### Logistics

- Gap Year ideas
- Deferral policies
- Liaise with caregivers regarding plans, costs, health insurance, health requirements/vaccinations, visas, expectations
- Travel safety issues
- Staying in touch
- Adjusting to culture shock
- Maintaining school records

- 最适合的计划 学生倡导者角色  
从反思开始 概述目标/目的 审视财务和机会 起草延期信
- 后勤 间隔年的想法 延期政策  
与护理人员就计划、费用、健康保险、健康要求/疫苗接种、签证、期望进行联络 出行安全问题 保持联系 适应文化冲击 维护学校记录

### 가장 적합한 프로그램

- 학생 옹호자 역할
- 반사로 시작합니다
- 목표/목표 개요
- 재정과 기회를
- 살펴봅니다
- 연기서 초안 작성

### 실행 계획

- 갭 이어 아이디어
- 연기 정책
- 계획, 비용, 건강 보험,
- 건강 요구 사항/예방 접종, 비자, 기대 사항에 대해 보호자와 연락
- 여행 안전 문제
- 연락하기
- 문화충격에 적응하기  
학교생활기록부 관리

## The Plan Understanding, Informing, and Supporting

### AISG supports

- students with their first admission to an undergraduate program
- “learning”, military, religious gaps

### At New York University, for example

- requirements for deferment
- limits, e.g. Tisch School of the Arts (dance)

### UK universities, for example

- Tick deferral box, but...
- Always read the fine print. Call/email and ask.

### Dutch universities, for example

- Wait to apply

### AISG 支持

- 首次进入本科课程的学生
- “学习”、军事、宗教差距

- 以纽约大学为例 延期的要求 限制，例如蒂施艺术学院（舞蹈）
- 以荷兰大学为例 等待申请 以英国大学为例 勾选延期框，但是.....
- 请务必阅读细则。打电话/发电子邮件询问。

### AISG 지원

- 학부과정에 처음 입학한 학생들
- "배움", 군사적, 종교적 격차
- 예를 들어, 뉴욕 대학교에서 유예의 요건  
예를 들어 티쉬 예술학교(무용)의 한계  
예를 들어, 네덜란드의 대학들 신청 대기  
예를 들어, 영국의 대학들 지연 표시 상자를 선택합니다. 그러나...  
항상 미세한 인쇄물을 읽어보세요. 전화/이메일로 문의하세요.



### Break the year into semesters/trimesters

#### “Learning” Ideas:

- Internships (social practice)
- Community Service (working with children, the elderly, etc.)
- Paid work
- Travel
- Language immersion program overseas
- Outdoor survival course
- Farming/conservation/sustainable programs
- Arts
- Cooking
- Certified sailing, SCUBA, lifeguard
- EMT instruction

将一年分为学期/三个月

“学习”理念:

实习(社会实践), 社区服务(儿童、老人等工作), 工作, 旅行, 海外语言沉浸式课程, 户外生存课程, 农业/保护/可持续计划, 艺术, 烹饪, 认证航海、水肺潜水员、救生员, 急救指导

한 해를 한 학기/세월로 나누십시오

"학습" 아이디어:

인턴십(사회실습), 사회봉사(아동, 노인 등과 함께 일하기), 일해요., 여행, 해외 언어 몰입, 프로그램, 야외생존코스, 농업/보전/지속 가능한, 프로그램, 예술, 요리., 공인 항해사, SCUBA, 인명구조원, EMT 지시

What motivated you to take a gap year rather than starting university right away?

One of the primary reasons I decided to take a gap year was because of my uncertainty of what I wanted to pursue after high school. Another reason was to gain work experience, as I wasn't able to work any small jobs beyond babysitting whilst living in China. I'd also become a little too familiar with the bubble I felt I was living in with my family taking care of me, a set schedule from my school, and groups of people I knew I would see almost every day for years. In contrast to this, I wanted to learn how to manage living on my own, to live off of (mostly) my own income, as well as develop skills such as budgeting and preparing food for myself without the surrounding stress of college coursework.

What did you end up doing?

During my gap year, I worked part-time almost every day at a customer service job in Boston while living in an apartment my parents have had for years. I have extended family around my age currently attending university in Boston, which made the city an even more ideal place to spend the year.

How have you grown as a person?

I intentionally chose a job that would put me out of my comfort zone, and although it's been challenging in many ways, working at my job has improved my communication and problem-solving skills, allowed me to better empathize with those around me, and helped build a sense of social confidence I was greatly lacking. Furthermore, living alone has not only shown me the importance of nurturing the relationships and connections I already have, but also forced me to take greater accountability of my shortcomings and actively develop better habits in my daily life.



Contact

Thank you!  
谢谢  
감사합니다

Alan Cheung, University Counsellor  
[acheung@aisgz.org](mailto:acheung@aisgz.org)

