

# BRIDGING THE GAP WORKSHOP

*This program targets the intellectual, social, and occupational dimensions of wellness by addressing barriers to education and college readiness*

## WHAT YOU WILL LEARN

- ✓ Barriers related to education access
- ✓ Strategies to foster college enrollment
- ✓ How taking a gap year after high school hurts your future

## INFORMATION

- 🌐 Date & Time: September 18<sup>th</sup> | 5 PM
- 🌐 Location: Engbreston Hall



# Helpful Resources

Community College vs University - Pros and Cons of Community College

- <https://youtu.be/cKu7vVsJvL4?si=h4BkNBWLwS0vlcOT>

Resource to help students and families learn more about community college

- <https://www.usnews.com/education/community-colleges/>

For students who are “overthinking” a gap year

- <https://college.harvard.edu/student-life/student-stories/overthinkers-guide-taking-gap-year>

14 suggestions for what you can do during a gap year

- <https://www.seamster.com/blog/14-unique-ways-to-spend-a-gap-year/>

Six things someone should understand if they are considering a gap year

- <https://youtu.be/hcdD3fHGV3M?si=WX6qXCKRS1971F9I>

“The Case for Taking a Gap Year Before College”

- <https://hbr.org/2024/11/the-case-for-taking-a-gap-year-before-college>

Mentorship Programs

- 100 Black Men
- College Prep Conventions

High School, volunteer, & internship opportunities for career readiness programs and/or clubs

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