Exploring Gap Year Opportunities

Cornell Career Services

Rita Boratav, Information Services Advisor, rct5@cornell.edu
Where Are You Now?

Understand Yourself
- Interests
- Values
- Strengths
- Goals

Develop Your Focus

Take Action
- Applications
- Letters
- Resumes
- Interviews

Explore Options
- Resources
- Networking
- Activities
- Internships
A foundation of self-awareness: What do you want? What do you need?

Why would a gap year work well for you?

Develop a focus:
- Know yourself and your aim.
- What is interesting, possible, and meets your needs?
- Specialization within field?
- Geographic preferences?
- Paid programs vs. tuition costs?
WHEN WILL I HAVE FEWER OBLIGATIONS THAN I DO RIGHT NOW?

EXPLORE
EVALUATE
ENGAGE
Research will serve you well. Consider programs that will meet your needs and pique your interest.

- Reputable, Safe Programs
- Cost and Funding
- Program Requirements, Commitments, Benefits, and Expectations
  - Time Commitment
  - Eligibility and Criteria
  - Application Components, Interviews
- Locations
- Health Care
- Housing
- Travel
Research... where to start?
# Job Interests

## Location

Enter a location

## Industry

- Financial Services
- Marketing/Advertising/Sales
- Investment Banking/Venture
- Non-Profit/Volunteering
- Computer Software/Engineering

## Employer Size

- 250 - 1,000
- 100 - 250
- 1,000 - 6,000

## Employer Sector

- Private
- Public
- Government

## Job Function

- Analyst
- Research
- Management
- Project Management
- Business Development

## Job Type

- Job
- Graduate School
- Volunteer
Job Postings

Saved Searches

Administrative Fellowship
UPMC
Expires: 2015-11-24 11:00 pm
The Administrative Fellowship is a two-year program for graduate level students with a passion for healthcare management. Fellows will spend their first year rotating with the executive team at UPMC.

Clean Cookstove Lab Technician Fellow
BURN
Expires: 2015-12-11 11:52 pm
Our mission at BURN Manufacturing Co. is to save lives and forests in the developing world through the design and dissemination of clean burning cookstoves. We currently have an opening for a 12 month program.

Blueprint Fellowship 2015-2016 (K-12 Education)
Blueprint Schools Network
Expires: 2015-11-19 02:53 pm
Current Opportunities Available: 2015-2016 School Year – Late July/August 2015 Start Date, Depending on Site Location Blueprint Schools Network (Blueprint) is a non-profit organization.

[KDI School in S.Korea] 2016 Spring Admissions
KDI SCHOOL
Expires: 2015-10-22 11:00 am
[KDI School of Public Policy and Management] The KDI School of Public Policy and Management was established in 1997 in Korea to educate and develop the next generation of leaders in today’s rapidly changi...
Fellowships are:

- Short-term opportunities
- Focused on professional development
- Sponsored by a specific association or organization

Fellowships support:

- Graduate study
- Research
- Community-based organizations or initiatives
- Training and reflection
- Exploration of a particular field of work
- Traditionally, graduate and post-graduate students, and some for recent college graduates in public policy, the arts, education, and other nonprofit fields.

From UC Berkeley Career Center, https://career.berkeley.edu/InfoLab/Fellow
Career Fairs

Type to search...  Search

Saved Searches

LOCATION
Enter a location

Include All Public Fairs

Include Past Fairs

DATE
From...  To...

2016 Startup Career Fair
Cornell University · February 9th 2016 9:00 am to February 9th 2016 2:00 pm
The College of Engineering and ECaFT partner to invite Cornell Entrepreneurs from all colleges and schools to visit the Startup section of our annual spring fair. Every Startup organization in attendance is hiring and will be posting a job.

2016 Spring Engineering and Technical Career Fair
Cornell University · February 9th 2016 9:00 am to February 9th 2016 2:00 pm
Hosted by ECaFT, this year’s fair will include a wide variety of employers, from Fortune 500 companies, to government and not-for-profit organizations, to start-ups recruiting for more than just technical positions. Employers attend the Caref

2016 Summer Opportunities Fair
Cornell University · February 23rd 2016 1:00 pm to February 23rd 2016 5:00 pm
Overview The Summer Opportunities Fair brings employers to campus who are seeking candidates for internships and other summer positions. Description This event provides a venue to network with employers and learn about potential j

Ithaca College Spring 2016 Job & Internship Fair
Ithaca College · February 24th 2016 4:30 pm to February 24th 2016 7:00 pm
Join us for IC’s annual Spring Job & Internship Fair! Organizations from a variety of fields will be on campus to talk with you about job, internship, summer and volunteer opportunities. This is an excellent event at which to expand your network,

2016 Nonprofit and Government Career and Information Fair
Cornell University · February 25th 2016 1:00 pm to February 25th 2016 5:00 pm
Overview The Nonprofit and Government Career and Information Fair brings employers to campus who are seeking candidates for internships and other summer positions. Description This event provides a venue to network with employers and learn ab...
Overview

The Nonprofit and Government Career and Information Fair brings employers to campus who are seeking candidates for internships and other summer positions.

Description

This event provides a venue to network with employers and learn about potential jobs, internships, career paths, and organizations. Employer registration opens in early December.

Students may view the employers that have registered for this event by looking at the green employer registration tab at the top of the page. We continue to take registrations until a week before this event, so check often for the most up-to-date list of attendees.

Schedule of Events

Prepare for a Career Fair Visit
February 22, 2016; 233 Plant Science; 4:45 pm

Attire: Business casual (minimum).

For more information students can view the Events page at career.cornell.edu.

We encourage students to attend one of our workshops on preparing for a career fair visit. Check our calendar for programs.
The main career library, 103 Barnes Hall, serves all Cornell students. It is one of the largest in the country, consisting of approximately 605 books, 518 websites, MP3s, and paper files of career development resources; information on law schools, medical schools, and other graduate programs; and test prep materials. There are three kiosks for conducting library database searches in 103 Barnes Hall as well as a media room for accessing the web, printing information, and using other media. Hours are 8:00 am—4:30 pm, Monday—Friday, year-round. Numerous additional on-line resources can be found in the Link Library.

Also, each College Career Office has a career library with resources relating specifically to the academic offerings of that college. Several have career library databases (see the links below).

- Search Barnes Career Library
- Search CALS Career Library
- Search Human Ecology Career Library
Search for resources and email yourself results to look through when you have time...

1. **Title:** A Broader View Volunteers  
   **Author:** [www.abroaderview.org](http://www.abroaderview.org)  
   **Section:** Internships (I)  
   **Location:** On Line  
   **Description:** Arranges volunteer experiences of weeks or months in duration in disadvantaged communities in many parts of the world. Costs vary by country & duration, and include room and board. Programs include health care, women's support, environment, teaching, community development, & others.

2. **Title:** Academic Associate Program at North Shore University Hospital  
   **Author:** [www.northshoreli.com/emergency/en/page/research-academic-association](http://www.northshoreli.com/emergency/en/page/research-academic-association)  
   **Section:** Health (H)  
   **Location:**  
   **Description:** A one-year program for pre-medical seniors or recent graduates. Academic Associates receive full benefits, a stipend, & work closely with experienced researchers and faculty in the emergency department. The hospital is located in Manhasset, NY. Deadline =
Once you have found organizations, visit their website, follow them on social media, including Facebook and LinkedIn for ongoing updates.
About the Peace Corps at Cornell

The long-standing partnership between the Peace Corps and Cornell allows recent graduates who want to make a difference in the world volunteer for public service in over 70 countries in Africa, Asia, the Caribbean, Central and South America, Europe, and the Middle East.

The partnership between the Peace Corps and Cornell started in 1961 when the agency was first conceived by President John F. Kennedy as an opportunity for Americans to promote peace by volunteering their time, energy, and expertise in developing countries.

The mission of the Peace Corps is to help people of interested countries meet the need for trained men and women, help people from host countries have a better understanding of people from the U.S., and help people from the U.S. have a better understanding of other peoples.

Over the years, the partnership between the Peace Corps and Cornell has grown, from 1962, when 18 Cornell graduates were among the first cohort of volunteers, to today, when over 40 Cornell alums are serving abroad. Cornell ranks #4 in Peace Corps recruits among medium-sized colleges and universities.

Students who take advantage of the Cornell/Peace Corps collaboration graduate with skills that are highly applicable to governmental, non-governmental, and private sectors. It's a unique opportunity that allows you to make a lasting impact in the world, and to contribute your skills and talents to the effort to advance global development and peace.
Resources: International Work

- Work permits.
- Start early with search.
- Assess your language skills and learn about target country’s culture.
- Use all means for your search such as handshake, LinkedIn, libraries, etc.
Resources: International Work

• Check our Link Library page (Resources/Link Library/Gap or “Bridge Year”/International)

• Check also our International Opportunities page (Students/Finding Jobs/International Opportunities)

• Check an excellent pdf on the Identifying Opportunities page (Students/Finding Jobs/International Opportunities/Identifying Opportunities)
AmeriCorps

AmeriCorps engages more than 75,000 Americans in intensive service each year at nonprofits, schools, public agencies, and community and faith-based groups across the country.

Since the program’s founding in 1994, more than 900,000 AmeriCorps members have contributed more than 1.2 billion hours in service across America while tackling pressing problems and mobilizing millions of volunteers for the organizations they serve.

AmeriCorps Programs

AmeriCorps programs do more than move communities forward; they serve their members by helping them grow as leaders and strengthen their communities.

Join AmeriCorps!

Use this search to find AmeriCorps national service opportunities that are suited to your particular skills, interests, and circumstances.

Tell Us Your Interests:
Select Interest

Choose Where To Serve:
Select State

Find Opportunities Now
269 results in New York (five boroughs), NY, US including remote opportunities

Jessica McKenzie
Joined January 24, 2014
Born and Raised in NYC. I’m taking a gap year before college, so I’m looking for opportunities for the 2014-2015 year.

Domonique McClendon
Joined August 10, 2010
I am a marketing professional with more than 10 years experience working for financial services, CPG, non-profit, healthcare and government brands. I am now working with a transformational non-profit working to close the achievement gap in this country.
New York, NY, US | Last updated August 30, 2011

Mike Holman
Joined June 19, 2012
In the wake of Dodd-Frank regulation my 10 years of experience has positioned me to quickly identify processing gaps and inefficiencies that could have major negative impact on small and large financial institutions. I’ve identified a few of these in recent roles with m... 
New York, NY, US | Last updated June 2, 2014

Volunteer Opportunity posted by wevolunteer Nepal • Global Volunteer for Nepal • August 23, 2014

Teaching at children center
This is one of the placement volunteers go for teaching small small children you can Teach early morning from 6:00 am to 8:00 am and volunteer live in our typical host famil and they will provide for the pure nepali food and eat with them . volunteer also go back home ...
What’s next?

Keep longer term goals in mind

- If grad school is your goal...
  - Do you need time to take prerequisite courses?

- Gaining professional experience and transferrable skills

- Any obligations to consider?
  - Financial
    - Insurance
    - Loans
    - Bills
  - Familial
  - Health
Short-Term and Long-Term Benefits
Gaining Transferable Skills
About Us

**CULTURE & VALUES**

Our culture is the air we breathe - it is the set of values, structures and practices that creates an environment in which idealism can be successfully practiced. Our unique, intentional culture and values powers our impact in schools and provides an immersive context for developing leaders.

**CAREERS**

We’re looking for highly passionate and motivated professionals who believe in our mission. If you’re interested in joining our highly skilled team, please browse our open career opportunities.

**LEADERSHIP**

Our leaders are a dedicated and inspiring group of professionals who are committed to ensuring that City Year makes significant impact in helping students who are at risk stay on track to graduate on time. Our leadership is comprised of business professionals, community leaders, and devoted alumni.
Networking...
connect with people and organizations to gain insights about programs
WELCOME TO CORNELL CAREER SERVICES

...where students engage in learning and self-discovery, and build connections to prepare for managing their careers as they contribute to a changing world.

Cornell Career Services is part of Cornell’s Division of Student and Campus Life. Our comprehensive services in Barnes Hall are open to all students, and complement the services offered through career offices in the undergraduate colleges that are tailored to more college-specific academic and career goals. Students in the Johnson School of Management, Law School, and College of Veterinary Medicine are served by their independent career offices.

The mission of Cornell Career Services is to empower students to identify their strengths, possibilities; gain experience; and develop
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Financial Implications

Financial Restrictions
AmeriCorps and Supplemental Income
Tax Implications
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<tr>
<th>Field</th>
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<td>career.cornell.edu  103 &amp; 210 Barnes</td>
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Preparing Application Materials?
We Can Help!

Resume and Cover Letter Reviews; Mock Interviews

Walk-In Hours
103 Barnes
Monday through Friday
2 to 4 pm or
Call 255-5296
To Recap

1. Use handshake for jobs, fellowships, events like information sessions, and fairs.

2. Use our Resources page off of career.cornell.edu for searching online libraries and link library.

3. Use LinkedIn.

4. Use idealist.org for nonprofits.

5. Attend networking events.

6. If needed, meet individually with Rita.

7. Have your resumes and cover letters reviewed, and do mock interviews.
For an appointment with Rita on Gap Year call: 255-5296.
Facebook.com/
CornellCareerServices

twitter.com/cornell_career
Questions?
Feedback!

1. Name and net id
2. One thing that you learned tonight about Gap Year.
3. One thing about Gap Year you would like to learn more about.