

9-14 Dec.

A Parent's Guide For teen career discovery

Live on Zoom
with Ms. V

FREE
Agenda
8pm UAE Time

MON 9	Drama or science? Which subject is best to get into uni?
TUES 10	Professional Football or Uni? What do I tell my teen?
WED 11	Can my teen go to medical school if they're not getting A's?
THUR 12	My teen wants to take a gap year but we said no. What do we do?
FRI 13	My teen wants a part-time job. Who will hire a teen in the UAE?
SAT 14	Marry rich or go to Uni?! How to have this conversation with your teen? 

Bonus Session!



WHAT DO I DO? MY TEEN WANTS TO TAKE A GAP YEAR BUT WE SAID NO.

The ← → **Gap Year**

focused

with Maria Vitoratos

WHAT TO EXPECT

- Who is the Gap Year for?
- Benefits
- Challenges
- Expectations
- The Process



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GAP YEAR THE DESIGN PROCESS



- Design & Planning of Experiences
- Confirming Career Identity
- Professional Development
- Career Discovery & Exploration
- Post-Secondary Decision-Making
- Cultural Experiences
- Reflexivity Activities



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The Focused Gap Year for the Student Who is..

- not ready to take the next academic step
- not ready to decide about post-secondary choices
- agonizing over university choices
- afraid of making the wrong choices
- overwhelmed by the next chapter of life
- doesn't know how to figure it out
- pressured to make a choice NOW
- procrastinating & avoiding career choices
- curious about different pathways
- wants to explore life and self



benefits

- career clarity
- career confidence
- personal confidence
- accountability
- excitement about the future



challenges

- commitment
- buy-in
- focus
- weak design & strategy
- external 'noise'

THE STRATEGY

STEP 1:

Create a list of things that your teen wants to pursue during their gap year. Include these topics:

- travel
- skills
- hobbies
- volunteering
- personal goals

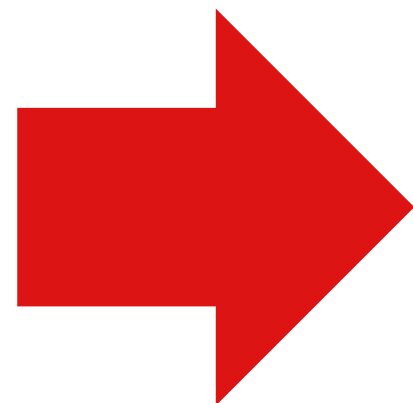
THE STRATEGY

STEP 2:

Identify and highlight the three specific things from your list that you most want to achieve during your gap year.

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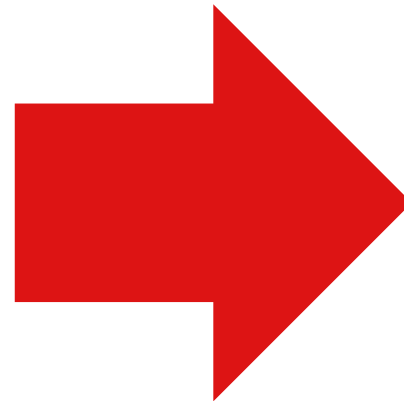
- Travel to Skiathos island in Greece
- Learn how to cook like a michelin chef
- Learn how to speak Greek like a native
- Take a business class for entrepreneurs

THE STRATEGY

STEP 3:

Review budget, costs & brainstorm funding options.

- Travel to Skiathos island in Greece
- Learn how to cook like a michelin chef
- Learn how to speak Greek like a native
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- Travel:
 - Tickets, Accomodation, Food, Insurance, Souvenirs, Shopping fund, Emergency fund
- Culinary Classes:
 - Course fees, Transportation, Course equipment
- Greek Language Lessons:
 - Tutor fees, Course resources
- Business Course:
 - Course fees, Course resources

THE GAP YEAR IS NOT...

- a year of sitting on the couch
- a year off
- a waste of time
- for the academically challenged
- students who can't get into university
- students who have no other options



- Author
- Public Speaker
- Networker
- Student
- Personal Trainer
- Mechanic
- Business Start-Up
- Student
- Intern
- Event Assistant
- TEFL Teacher
- Student

THE STRATEGY

STEP 4:

- Identify the 'learning piece'.
- How will your teen evolve in ways s/he couldn't without the Gap Year?

****LIFELONG LEARNING IS NOT A CLASSROOM EXPERIENCE-
IT'S PERSONAL & PROFESSIONAL DEVELOPMENT****

LET'S RECAP THE STEPS

1. Create a list of things that you want to pursue in your gap year. Include these topics:

- travel
- skills
- hobbies
- volunteering
- personal goals

2. Identify and highlight the three specific things from your list that you most want to achieve during your gap year.

3. Review budget, costs & brainstorm funding options.

4. Identify the 'learning piece': what learning/courses will you take. ****Lifelong learning is not a classroom experience—it's personal & professional development****