- Gap year
  - Any sort of break between undergrad and pursuing medical degree
    - Can vary in length
  - Elly's reasons for taking a gap year
    - Graduated in spring of 2022
    - Took one gap year
      - Worked as a clinical research coordinator (CRC)
    - Wanted activities during senior year to be included in application
      - Had more leadership and research experiences
        - Wanted these to be emphasized in application
    - Timing of MCAT
      - Received MCAT score back in fall 2021
      - Wanted to plan school list based on MCAT score
      - Knew she would have plenty of time to retake if needed
    - Wanted a break from school
      - Moved to Chicago for work
    - Worked as a CRC
      - In pulmonary medicine
      - Obtained a lot of hands-on experience
      - Worked with a big team of medical professionals
      - Worked with a diversity of patients
      - Explained that job has been helpful for medical school
  - Other reasons for taking a gap year
    - Some may take a gap year to work on finances as well!
    - Others may want to work on improving grades or finishing prerequisites.
    - Some may want to pursue research opportunities, continue to publish, etc.
    - Others may be interested in traveling!