

What to know about taking a year off school

Over the last two years, people from all walks of life have reevaluated their priorities in the face of a global pandemic. That re-evaluation has led some students to take a break from school.

While taking a break can be the right choice for some students, certain variables should be considered before pressing pause on education. Here's a deeper look into taking a break from school.

A chance to mentally recover

Many students try to press through courses even when they are unwell or trying to recover from a significant condition. This can put students at a disadvantage that could adversely affect their academic performance, which may have an effect on their graduation prospects and future success. A break gives students a chance to get their health, including their mental wellness, in order and then return to their coursework fully focused.

Enjoy a renewed vigor for academics

Some students may begin courses without a solid plan for the future. In such instances, students could be paying tuition for courses they're not interested in. A break can offer students an opportunity to reassess the direction they're going in and come back to school with a fresh approach for the future.

Student loan grace period

College students who have federal student loans in the United States are entitled to one six-month grace period during which payments will not be required, according to Forbes Advisor. After a student drops below part-time status, the grace period begins. Someone who takes a semester off from school may trigger that grace period clock. When the student returns to school and then graduates, or if he or she chooses to leave again, repayment of the loan will begin immediately, as a second six-month grace period is not permitted.

Internships

Some students take a break from school because an internship opens up outside of the time parameters

set by some schools. Internships tend to occur in junior or senior years of college and could earn students college credit.

Scholarship eligibility

Leaving school before the year is over may affect scholarship eligibility, as scholarships often are contingent on students attending school full-time. A student can speak with his or her school's finance office or bursar to see if a prorated repayment may be necessary and/or to defer an upcoming semester scholarship until they return.

There are many reasons students might want to take a break from academics. Before pumping the brakes on school students should be confirm the long-term effects such a break will have on their academic standing.



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