


	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
1			<b>University of Montana - Three-Year Academic Plan 2023-2024</b>												
2	College of Humanities and Sciences (H&S)														
3	<b>Bachelor of Arts in Psychology</b>														
5	This is an example of an academic plan to graduate in three years with a B.A. degree and a major in Psychology.*														
6	Students should meet with their professional academic advisor prior to registration to formulate their own plan.														
8	<b>Year 1</b>			<b>Year 2</b>			<b>Year 3</b>			<b>Year 4</b>					
9	<b>Fall</b>			<b>Fall</b>			<b>Fall</b>			<b>Fall</b>					
10	PSYX 100S - Intro to Psychology**		3	PSYX 222 - Psychological Statistics		3	Upper Division PSYX elective		3						
11	<i>One of the following math courses:</i> <ul style="list-style-type: none"> <li>• M 115 - Probability &amp; Linear Mathematics</li> <li>• M 121 - College Algebra</li> <li>• M 151 - Precalculus</li> <li>• M 162 - Applied Calculus</li> <li>• M 171 - Calculus</li> <li>• Other math course based on placement score</li> </ul>		3	PSYX fundamental** or foundational course		3	Non-PSYX Elective		3						
12	WRIT 101 (if last name is A-L) or other writing course based on placement; OR General Education course		3	PSYX fundamental** or foundational course		3	Advanced Writing course (Options within major: PSYX 320 or PSYX 400) OR General Education course**		3						
13	Foreign Language (first semester)		4	Intermediate Writing course OR General Education course**		3	Non-PSYX Elective		3						
14	General Education course		3	General Education course**		3	General Education course		3						
15															
17	Credits per semester^		16	Credits per semester		15	Credits per semester		15	Credits per semester					
19															
20															
22	<b>Spring</b>			<b>Spring</b>			<b>Spring</b>			<b>Spring</b>					
23	PSYX 120 - Intro to Psychological Research Methods		3	PSYX fundamental** or foundational course		3	Upper Division Elective		3						
24	WRIT 101 (if last name is M-Z) or other writing course based on placement score; OR General Education course		3	PSYX fundamental** or foundational course		3	Upper Division Elective		3						
25	Foreign Language (second semester)		4	Upper Division PSYX elective		3	Upper Division Elective		3						
26	General Education course		3	Upper Division PSYX elective		3	Upper Division Elective		3						
27	General Education course		3	General Education course**		3	Upper Division Elective		3						
29	Credits per semester		16	Credits per semester		15	Credits per semester		15	Credits per semester					
31	<b>Summer</b>			<b>Summer</b>			<b>Summer</b>			<b>Summer</b>					
32	General Education course		3	Upper Division PSYX elective		3									
33	General Education course		3	General Education course		3									
34	PSYX Fundamental or Foundation Course		3	Non-PSYX Elective		3									
35	PSYX Fundamental or Foundation Course		3	Non-PSYX Elective		3									
36			3	Non-PSYX Elective		3			0						
37	Credits per semester		15	Credits per semester		15	Credits per semester		0	Credits per semester					
39	<b>Total Cumulative Credits</b>		<b>47</b>	<b>Total Cumulative Credits</b>		<b>92</b>	<b>Total Cumulative Credits</b>		<b>122</b>	<b>Total Cumulative Credits</b>					
41	* Consider these add-ons to the Psychology major:														



# ElevateU Career Readiness Plan

GRADUATE CAREER-READY BY GETTING INVOLVED IN THE BELOW ACTIVITIES WHILE AT UM.

**Discover how your strengths, values, and interests relate to career and education pathways.**

- Take the Strong Interest Inventory or other career assessments to see what careers may be a good fit for you.\*
- Download the Handshake app and activate your account to explore jobs\*
- Attend “careers and opportunities” fairs and join a First Time at the Fair tour\*
- Join student groups that align with your interests\*
- Explore career options at What Can I Do With This Major? (click on “Major Exploration”)\*
- Learn about specific occupations on O\*Net Online
- Schedule an appointment for Career Planning and Major Exploration

**EXPLORE**  
*Pathways for you*

**Participate in experiential (hands-on) learning to refine your interests and goals.**

- Seek and apply for internships or part-time jobs on Handshake\*
- Participate in Volunteer Programs\*
- Consider studying abroad or at another US university for a semester or year\*
- Consider an internship abroad\*
- Conduct undergraduate research at UM\*
  - Secure a paid micro-internship
  - Participate in the Griz Career Skills Program
  - Schedule an appointment for Internship Search, International Internship Search, National Student Exchange, Job Search Strategies, and Handshake How-To

**EXPERIENCE**  
*and Grow*

- Meet employers at career fairs and events\*
- Develop a stellar resume and cover letter\*
- Practice interview skills
- Learn how to negotiate your salary and benefits package
- Fine-tune your LinkedIn profile
- Apply for jobs, graduate/professional school, or national service
- Schedule an appointment for Resume, Cover letter, Interview Prep, Personal Statement, LinkedIn, Graduate School Planning

**ELEVATE**  
*to Your Career*

**Refine your personal brand and develop stand-out application materials to achieve your goals**

**EMBRACE**  
*Your Goals*

- Strengthen relationships with faculty and supervisors who can guide and recommend you\*
  - Connect with alumni in fields or companies of interest through the Griz Career Network
  - Expand your network to gain insights and support through LinkedIn
  - Conduct career conversations with professionals in fields of interest
  - Gain industry and company-specific skills through free Forage job simulations
  - Schedule an appointment to discuss Networking Strategies, LinkedIn, Graduate School Planning
- Develop skills and network to help you pursue your goals**

## YOUR CAREER SUPPORT OFFICES AT UM

**Experiential Learning & Career Success (ELCS) is for all UM students!**

**Students in the following Schools and Colleges have additional access to the following career services:**

- College of Business Career Development Center
- Career Trailhead professional readiness program
- College of Humanities and Sciences Career Planning Center
- Davidson Honors College Career Development Program
- School of Law Career Development Office
- Missoula College Career Services



The elements of ElevateU can be done in any order. For the best outcomes, we recommend getting started with items marked with a \* in your first two years, though most of them can be done at any time.