



University of Montana - Four-Year Academic Plan 2023-2024
College of Humanities and Sciences
Sustainability Science and Practice B.S.

This is an example of a four year graduation plan for a degree in Sustainability Science and Practice.

This is a sample academic plan. Students should meet with an academic advisor prior to registration to formulate their own plan.

Year 1		Year 2		Year 3		Year 4	
Fall		Fall		Fall		Fall	
ENSC 105N - Environmental Science	3	ENST 201 - Environmental Info Resources	3	Sustainability Knowledge and Science Elective	3	ENST 410 - TEK of Indigenous Peoples	3
STAT 216 - Introduction to Statistics	4	BIOB 160N - Principles of Living Systems	3	ENST or ENSC 396 - Internship Option	3	Sustainability Theory Elective	3
ENST 188 - Getting to know Environmental Studies	1	General Education Req.	3	Analysis, Research, and Integ. Thinking Ele	3	Electives in Focus Area	9
WRIT 101 - College Writing I	3	Electives in Focus Area	6	Electives in Focus Area	6		
General Education Req.	3						
Credits	14	Credits	15	Credits	15	Credits	15
Spring		Spring		Spring		Spring	
CHMY 121N - Introduction to General Chemistry	4	NRSM 281 - Science of Climate Change	3	Sustainability Knowledge and Science Elective	3	ENST 476 - Community Sustainability in Practice	3
ENST 225S - Sustainable Communities	3	ENST 310 - Environment Montana A - Z	3	ENSC 360 - Applied Ecology	3	ENST 499 - Senior Thesis/Capstone	3
ERTH 101N - Earth Systems Science	3	General Education Req.	3	Electives in Focus Area	9	Electives in Focus Area	9
General Education Req.	6	Electives in Focus Area	6				
Credits	16	Credits	15	Credits	15	Credits	15
Summer		Summer		Summer		Summer	
				ENST 396 - Supervised Internship (PEAS)	3		
Credits	0	Credits	0	Credits	3	Credits	0
Total Credits	30	Total Credits	60	Total Credits	93	Total Credits	123
Notes:							
Sustainability Science and Practice students are encouraged to select a minor or double major from another campus discipline or students can work with a faculty advisor and choose from the following focus areas of study: • Sustainable Business • Sustainable Food and Farming • Environmental Knowledge of Native Peoples • Environmental Justice • Environmental Pre-Law • Environmental Writing and Literature • Environmental Sciences Please speak with your faculty mentor when selecting focus areas. These courses are part of the plan above and do not require more credits.							
							Rev

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

