<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall</strong></td>
<td><strong>Fall</strong></td>
<td><strong>Fall</strong></td>
<td><strong>Fall</strong></td>
</tr>
<tr>
<td>BIOB 160N/161N - Principles Living Systems/Lab</td>
<td>4</td>
<td>BIOB 260 - Cell &amp; Molecular Biology</td>
<td>4</td>
</tr>
<tr>
<td>CHMY 121N - Into to General Chemistry</td>
<td>4</td>
<td>General Education Requirement</td>
<td>3</td>
</tr>
<tr>
<td>M 171 - Calculus I (or M 162 - Applied Calculus)</td>
<td>4</td>
<td>Intermediate Writing Course</td>
<td>3</td>
</tr>
<tr>
<td>WRIT 101 - College Writing I</td>
<td>3</td>
<td>Elective</td>
<td>5</td>
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</tbody>
</table>

**Credits:**
- Year 1: 15 Credits
- Year 2: 15 Credits
- Year 3: 16 Credits
- Year 4: 15 Credits

**Spring**

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<tr>
<th>Year 1</th>
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<tbody>
<tr>
<td><strong>Spring</strong></td>
<td><strong>Spring</strong></td>
<td><strong>Spring</strong></td>
<td><strong>Spring</strong></td>
</tr>
<tr>
<td>BIOB 170N/171N - Principles of Biological Diversity/Lab</td>
<td>5</td>
<td>BIOB 272 - Genetics &amp; Evolution</td>
<td>4</td>
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<tr>
<td>CHMY 123/124 - Intro to Organic &amp; Biochemistry/Lab</td>
<td>6</td>
<td>STAT 216 - Intro to Statistics</td>
<td>4</td>
</tr>
<tr>
<td>General Education Requirement</td>
<td>3</td>
<td>General Education Requirement</td>
<td>3</td>
</tr>
<tr>
<td>Elective</td>
<td>1</td>
<td>Elective</td>
<td>4</td>
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</tbody>
</table>

**Credits:**
- Year 1: 15 Credits
- Year 2: 16 Credits
- Year 3: 14 Credits
- Year 4: 15 Credits

**Summer**

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
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<tbody>
<tr>
<td><strong>Summer</strong></td>
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<td><strong>Summer</strong></td>
<td><strong>Summer</strong></td>
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</tbody>
</table>

**Credits:**
- Year 1: 0 Credits
- Year 2: 0 Credits
- Year 3: 0 Credits
- Year 4: 0 Credits

**Total Credits:**
- Year 1: 30 Credits
- Year 2: 60 Credits
- Year 3: 90 Credits
- Year 4: 120 Credits

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

ELEVATE
Elevate to Your Career

- 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

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

EXPLORE
Pathways for you

EXPERIENCE
and Grow

EMBRACE
Your 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
- 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
- Davidson Honors College Career Development Program
- Career Trailhead professional readiness program
- School of Law Career Development Office
- College of Humanities and Sciences Career Planning Center
- 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.