<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>Fall</td>
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</tr>
<tr>
<td>BIOB 160N/161N - Principles Living Systems/Lab</td>
<td>BIOB 260 - Cell &amp; Molecular Biology</td>
<td>BIOE 370/371 - General Ecology/Lab</td>
<td>BCH 480 - Advanced Biochemistry I (or BCH 380)</td>
</tr>
<tr>
<td>CHMY 141N/142N - College Chemistry I Lab</td>
<td>CHMY 221/222 - Organic Chemistry I/Lab</td>
<td>Major Elective (Depth)</td>
<td>Major Elective (Depth)</td>
</tr>
<tr>
<td>M 171 - Calculus I (or M 162 - Applied Calculus)</td>
<td>STAT 216 - Intro to Statistics</td>
<td>PHSX 205N/206N - College Physics I/Lab</td>
<td>Major Elective (Depth)</td>
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<tr>
<td>Elective</td>
<td>Intermediate Writing Course</td>
<td>General Education Requirement</td>
<td>Upper Division Elective</td>
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Credits: 14 Credits

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<th>Spring</th>
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<tbody>
<tr>
<td>BIOB 170N/171N - Principles of Biological Diversity/Lab</td>
<td>BIOB 272 - Genetics &amp; Evolution</td>
<td>BIOB 375 - General Genetics</td>
<td>BCH 482 - Advanced Biochemistry II (or UD Elective 2 cr. + Advanced Writing)</td>
</tr>
<tr>
<td>CHMY 143N/144N - College Chemistry II Lab</td>
<td>CHMY 223/224 - Organic Chemistry II/Lab</td>
<td>BIOB 486 - Genomics</td>
<td>Major Elective (Physiology)</td>
</tr>
<tr>
<td>WRIT 101 - College Writing I</td>
<td>General Education Requirement</td>
<td>PHSX 207N/208N - College Physics II/Lab</td>
<td>General Education Requirement</td>
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<td>General Education Requirement</td>
<td>General Education Requirement</td>
<td>General Education Requirement</td>
<td>Upper Division Elective</td>
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Credits: 16 Credits

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Credits: 16 Credits

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<tr>
<td>Total Credits</td>
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<td>Total Credits</td>
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<tr>
<td>30</td>
<td>61</td>
<td>91</td>
<td>120</td>
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</tbody>
</table>

9/18/2023
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

**ELEVATE**
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**

**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, National Student Exchange, Job Search Strategies, and Handshake How-To

**EXPERIENCE**
and Grow

**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
- 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.