### University of Montana - Four-Year Academic Overlay Plan 2023-2024

**Pre-Health Professions Advising**  
**Pre-Chiropractic Advising Worksheet**  
For Applicants to DC Programs

This is an example of a four-year overlay plan for students working toward acceptance into DC programs.  
This is a sample academic plan. Students should meet with a pre-health professions academic advisor in addition to their major advisor prior to registration to formulate their own plan.

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Fall</th>
<th>Credits</th>
<th>Year 2</th>
<th>Fall</th>
<th>Credits</th>
<th>Year 3</th>
<th>Fall</th>
<th>Credits</th>
<th>Year 4</th>
<th>Fall</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>CHMY 121N - Intro to General Chemistry</td>
<td>4</td>
<td>~BIOH 201N/202N - Human Anatomy &amp; Physiology /Lab OR</td>
<td>4</td>
<td>STAT 216 - Introduction to Statistics</td>
<td>4</td>
<td>Major or Additional DC Prerequisites</td>
<td>12</td>
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<tr>
<td></td>
<td>*COMX 111A - Public Speaking OR **WRIT 101 - College Writing</td>
<td>3</td>
<td>BIOH 365/366 - Human AP I for Health Professionals</td>
<td>4</td>
<td>Major or Additional DC Prerequisites</td>
<td>8</td>
<td>^General Education Requirement</td>
<td>3</td>
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<td></td>
<td>PSYX 100S - Introduction to Psychology</td>
<td>3</td>
<td>SOCI 101S - Introduction to Sociology</td>
<td>3</td>
<td>**WRIT 201 - College Writing II</td>
<td>3</td>
<td>^General Education Requirement</td>
<td>3</td>
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<tr>
<td></td>
<td>BIOB 160N - Principles of Living Systems AND BIOB 161N - Principles of Living Systems Lab</td>
<td>4</td>
<td>^General Education Requirement</td>
<td>6</td>
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<td></td>
<td>COLS 194 - First Year Seminar</td>
<td>2</td>
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<td>Credits</td>
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<tr>
<th>Year 3</th>
<th>Spring</th>
<th>Credits</th>
<th>Year 4</th>
<th>Spring</th>
<th>Credits</th>
<th>Year 3</th>
<th>Spring</th>
<th>Credits</th>
<th>Year 4</th>
<th>Spring</th>
<th>Credits</th>
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<tbody>
<tr>
<td></td>
<td>CHMY 123/124 - Intro to Organic &amp; Biochemistry /Lab</td>
<td>6</td>
<td>~BIOH 211N/212N - Human Anatomy &amp; Physiology /Lab OR</td>
<td>4</td>
<td>**** BIOM 250N - Microbio for Health Sciences AND BIOM 251N - Microbio for Health Sciences Lab</td>
<td>4</td>
<td>Major or Additional DC Prerequisites</td>
<td>12</td>
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<td></td>
<td>*COMX 111A - Public Speaking OR **WRIT 101 - College Writing</td>
<td>3</td>
<td>BIOH 370/371 - Human AP II for Health Professionals</td>
<td>4</td>
<td>Major or Additional DC Prerequisites</td>
<td>7</td>
<td>^General Education Requirement</td>
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<td>PSYX 100S - Introduction to Psychology</td>
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<td>Select one of the following: **M121 - College Algebra</td>
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<td>^General Education Requirement</td>
<td>3</td>
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<td></td>
<td>**WRIT 101 - College Writing</td>
<td>3</td>
<td>***M 151 - Precalculus</td>
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<td></td>
<td>AHMS 144 - Medical Terminology</td>
<td>3</td>
<td>***M 162 - Applied Calculus</td>
<td>4</td>
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<td></td>
<td>^General Education Requirement</td>
<td>3</td>
<td>***M 171 - Calculus or other placement</td>
<td>4</td>
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<td>Credits</td>
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<td>Credits</td>
<td>14</td>
<td>Credits</td>
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<td>Credit</td>
<td>15</td>
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<th>Summer</th>
<th>Credits</th>
<th>Summer</th>
<th>Credits</th>
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<th>Credits</th>
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<th>Credits</th>
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<td>Credits</td>
<td>0</td>
<td>Credits</td>
<td>0</td>
<td>Credits</td>
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</tbody>
</table>

**Total Credits**  
Year 1: 31  
Year 2: 31  
Year 3: 41  
Year 4: 61  
**Total Credits**: 164

### Notes:
- Course offered at the Missoula College
- If last names starts with A-L take WRIT 101 first semester, M-Z take COMX 111A first semester
- Students may need to take the writing placement exam
- Students may need to take the math placement exam
- Additional classes may be needed to complete prerequisites - Please see prospective program websites
- Some DC Schools require Physics which may mean additional math requirements before your Junior year - Please see prospective program websites
- All Gen Ed categories must be completed but can be taken in any order

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Rev 6/22
**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

- 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

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**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*

**EMBRACE**
Your Goals

- Secure a paid micro-internship
- Participate in the Griz Career Skills Program

**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

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**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.*