Pre-Dental Hygiene Advising Worksheet
For Applicants to Dental Hygiene Programs

This is an example of a two-year plan for students working toward acceptance into Dental Hygiene programs.

For Applicants to Dental Hygiene Programs

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

<table>
<thead>
<tr>
<th>Fall</th>
<th>Year 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHMY 121N - Intro to General Chemistry</td>
<td>4</td>
</tr>
<tr>
<td>*COMX 111A - Public Speaking OR</td>
<td>3</td>
</tr>
<tr>
<td>**WRIT 101 - College Writing</td>
<td>3</td>
</tr>
<tr>
<td>SOCI 101S - Introduction to Sociology</td>
<td>3</td>
</tr>
<tr>
<td>***M121 - College Algebra</td>
<td>3</td>
</tr>
<tr>
<td>COLS 194 - First Year Seminar</td>
<td>2</td>
</tr>
<tr>
<td>~BIOH 201N/202N - Human Anatomy &amp; Physiology I/Lab</td>
<td>4</td>
</tr>
<tr>
<td>Select one of the following:</td>
<td></td>
</tr>
<tr>
<td>**** COMX 115S - Interpersonal Communications OR</td>
<td>3</td>
</tr>
<tr>
<td>**** ANTY 101H - Anthro and the Human Experience</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 221N - Basic Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>^General Education Requirement</td>
<td>3</td>
</tr>
<tr>
<td>Apply to DH programs</td>
<td></td>
</tr>
</tbody>
</table>

Credits: 15

Spring

<table>
<thead>
<tr>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHMY 123/124 - Intro to Organic &amp; Biochemistry /Lab</td>
</tr>
<tr>
<td>*COMX 111A - Public Speaking OR</td>
</tr>
<tr>
<td>**WRIT 101 - College Writing</td>
</tr>
<tr>
<td>PSYX 100S - Introduction to Psychology</td>
</tr>
<tr>
<td>^General Education Requirement</td>
</tr>
<tr>
<td>~BIOH 211N/212N - Human Anatomy &amp; Physiology II/Lab</td>
</tr>
<tr>
<td>BIOM 250N/251N - Microbiology for Health Sciences and Lab</td>
</tr>
<tr>
<td>STAT 216 - Introduction to Statistics</td>
</tr>
<tr>
<td>^General Education Requirement</td>
</tr>
</tbody>
</table>

Credits: 15

Summer

<table>
<thead>
<tr>
<th>Summer</th>
</tr>
</thead>
</table>

Credits: 0

Total Credits: 61

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
**** Chose course depending on program prerequisites - Please see prospective program websites
***** Chose course depending on program prerequisites - Please see prospective program websites
# Additional classes may be needed to complete prerequisites - Please see prospective program websites
^ Gen Ed courses should be chosen based on program requirements and can be taken in any order - Please see prospective program websites

Rev 6/22
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

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

ELEVATE to Your Career

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

- 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

EMBRACE Your Goals

- 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 an * in your first two years, though most of them can be done at any time.