### University of Montana - Two-Year Academic Plan 2023-2024

**Pre-Health Professions Advising**

**Pre-Nursing Advising Worksheet**

For Applicants to BSN Programs

This is an example of a two-year plan for students working toward acceptance into BSN programs. Students should meet with an academic advisor prior to registration to formulate their own plan.

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall</strong></td>
<td><strong>Fall</strong></td>
</tr>
<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><strong>WRIT 101 - College Writing</strong></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></td>
<td></td>
</tr>
<tr>
<td><strong>Credits</strong></td>
<td>15</td>
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</tbody>
</table>

| **Spring** | **Spring** |
| CHMY 123/124 - Intro to Organic & Biochemistry I/Lab | 6 | ~BIOH 211N/212N - Human Anatomy & Physiology II/Lab | 4 |
| *COMX 111A - Public Speaking OR | 3 | BIOM 250N/251N - Microbiology for Health Sciences and Lab | 4 |
| **WRIT 101 - College Writing** | 3 | STAT 216 - Introduction to Statistics | 4 |
| PSYX 100S - Introduction to Psychology | 3 | ^Gen Ed - Diversity OR Humanities OR Arts | 3 |
| ^Gen Ed - Diversity OR Humanities OR Arts | 3 | | |
| **Credits** | 15 | **Credits** | 15 |

| **Summer** | **Summer** |
| | | | |
| **Credits** | 0 | **Credits** | 0 |

| **Total Credits** | 30 | **Total Credits** | 61 |

**Notes:**
- ~ Course offered at the Missoula College
- * If last names start 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 for those hoping to complete prerequisites for Nursing outside of Montana - Please see prospective program websites
- ^ All three Gen Ed categories must be completed but can be taken in any order
**ElevateU Career Readiness Plan**

GRADUATE CAREER-READY BY GETTING INVOLVED IN THE BELOW ACTIVITIES WHILE AT UM.

### EXPLORE

Pathways for you

- 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

### 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

- 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

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