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

**Pre-Health Professions Advising**

**Pre-Optometry Advising Worksheet**

**For Applicants to Optometry Programs**

This is an example of a four-year overlay plan for students working toward acceptance into optometry programs. 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>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>CHMY 141N/142N - College Chemistry I/Lab</td>
<td>5</td>
<td>CHMY 221/222 - Organic Chemistry I/Lab</td>
<td>5</td>
</tr>
<tr>
<td>BIOB 160N - Principles of Living Systems AND BIOB 161N - Principles of Living Systems Lab</td>
<td>4</td>
<td>SOCI 101S - Introduction to Sociology</td>
<td>3</td>
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<tr>
<td>PSYX 100S - Introduction to Psychology</td>
<td>3</td>
<td>**M 162 - Applied Calculus OR **M 171 - Calculus I</td>
<td>4</td>
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<tr>
<td>COLS 194 - First Year Seminar</td>
<td>2</td>
<td>**General Education Requirement</td>
<td>3</td>
</tr>
<tr>
<td>Credits: 14</td>
<td>Credits: 10</td>
<td>Credits: 10</td>
<td>Credits: 15</td>
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<td><strong>Spring</strong></td>
<td><strong>Spring</strong></td>
<td><strong>Spring</strong></td>
<td><strong>Spring</strong></td>
</tr>
<tr>
<td>CHMY 143N/144N-College Chemistry II/Lab</td>
<td>5</td>
<td>CHMY 223/224-Organic Chemistry II/Lab</td>
<td>5</td>
</tr>
<tr>
<td>BIOB 170N - Principles of Biological Diversity AND BIOB 171N - Principles of Biological Diversity Lab *WRIT 101 - College Writing</td>
<td>4</td>
<td>STAT 216 - Introduction to Statistics</td>
<td>4</td>
</tr>
<tr>
<td>HME0140 - PreMedical Sciences 101</td>
<td>2</td>
<td>WRIT 201 - College Writing II</td>
<td>3</td>
</tr>
<tr>
<td>Credits: 14</td>
<td>Credits: 10</td>
<td>Credits: 10</td>
<td>Credits: 15</td>
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<td><strong>Summer</strong></td>
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<td><strong>Summer</strong></td>
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<tr>
<td><em>(Students may need to take the writing placement exam)</em></td>
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<tr>
<td><strong>Year 3</strong></td>
<td><strong>Year 4</strong></td>
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</tbody>
</table>

**Notes:**
- *Students may need to take the writing placement exam*
- **Students may need to take the math placement exam**
- ***Chose one Biochemistry series depending on program prerequisites - Please see prospective program websites***
- # Additional classes may be needed to complete prerequisites - Please see prospective program websites
- ^All Gen Ed categories must be completed but can be taken in any order

*Take optometry entrance exam
Apply to Optometry Programs*

**Total Credits:**
- Year 1: 28
- Year 2: 59
- Year 3: 90
- Year 4: 120

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

EXPERIENCE
and Grow

ELEVATE
to Your Career

EMBRACE
Your Goals

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, 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
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.