



**University of Montana - Four-Year Academic Plan 2023-2024**  
**College of Humanities and Sciences**  
**Bachelor of Arts in Sociology**

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

Year 1		Year 2		Year 3		Year 4	
Fall 2023		Fall 2024		Fall 2025		Fall 2026	
SOCI 101S: Intro to Sociology	3	Sociology 202: Social Statistics	3	Sociology Elective (300+)	3	SOCI Advanced Writing Course	3
WRIT 101: College Writing	3	Sociology Elective (200-300)	3	Sociology Elective (300+)	3	Elective (300+)	3
SOCI Elective (100-200 level)	3	Intermediate Writing Course	3	Elective (300+)	3	Elective (300+)	3
FL 101: Foreign Language	4	General Education Course	3	General Education Course	3	Elective	3
General Education Requirement	3	General Education Course	3	General Education Course	3	Elective	3
Credits	16	Credits	15	Credits	15	Credit	15
Spring 2024		Spring 2025		Spring 2026		Spring 2027	
Math 115: Probability & Linear Math	3	Sociology 318: Sociological Research Methods	3	Sociology 455: Classical Sociological Theory	3	Elective (300+)	3
Sociology Elective (100-200)	3	Sociology Elective (200-300 level)	3	Sociology Elective (300+)	3	Elective (300+)	3
Sociology Elective (100-200)	3	General Education Course	3	Elective (300+)	3	Elective	3
FL 102: Foreign Language	4	General Education Course	3	Elective (300+)	3	Elective	3
General Education Requirement	3	General Education Course	3	Elective	3	Activity Course	1
Credits	16	Credits	15	Credits	15	Credits	13
Summer		Summer		Summer		Summer	
Credits	0	Credits	0	Credits	0	Credits	0
<b>Total Credits</b>	<b>32</b>	<b>Total Credits</b>	<b>62</b>	<b>Total Credits</b>	<b>92</b>	<b>Total Credits</b>	<b>120</b>

**Notes:**  
Please see the Sociology Catalog (2023-2024) or reach out to the Sociology Advisor for more details.

Rev 9/23

# 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*

**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*

- 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*

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

**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](#)
- [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](#)

