



University of Montana - Three-Year Academic Plan 2024-2025
College of Humanities and Sciences
Bachelor of Arts in Psychology

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		
Fall		Fall		Fall		
	3	PSYX fundamental or foundational course	3	Upper Division PSYX elective	3	
M 115 or higher	3	PSYX fundamental or foundational course	3	Upper Division PSYX elective	3	
WRIT 101: College Writing	3	PSYX fundamental or foundational course	3	Advanced Writing Course: PSYX 320	3	
General Education Requirement	3	General Education Requirement	3	Upper Division elective	3	
General Education Requirement	3	General Education Requirement	3	Upper Division elective	3	
COLS 194: First Year Seminar	1	General Education Requirement	3	Elective	3	
Credits	16	Credits	18	Credits	18	0
Spring		Spring		Spring		
PSYX 222: Psychological Statistics	3	PSYX fundamental or foundational course	3	Upper Division PSYX elective	3	
PSYX 120: Intro to Psychological Research	3	PSYX fundamental or foundational course	3	Upper Division PSYX elective	3	
Intermediate Writing Course	3	Upper Division elective	3	Upper Division elective	3	
General Education Requirement	3	General Education Requirement	3	Advanced Writing Course: PSYX 400 if PSYX 320 not completed	3	
General Education Requirement	3	General Education Requirement	3	Upper Division elective	3	
PSYX fundamental course	3	Elective	3	Elective	3	
Credits	18	Credits	18	Credits	18	0
Summer		Summer		Summer		
FL 101: Foreign Language	4	Upper Division PSYX elective	3			
FL 102: Foreign Language	4	Elective	3			
Credits	8	Credits	6	Credits	0	0
Total Credits	42	Total Credits	84	Total Credits	120	

Notes:

Gen Ed categories offered through major requirements: S, N.

60 credits of non-psychology courses required

*Advanced Writing courses include: PSYX 320 and PSYX 400.

Rev 9/24

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

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

- 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

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!

- Davidson Honors College Career Development Program
- School of Law Career Development Office
- Missoula College Career Services

