				niti	Year Academic Plan 2023-2024 les and Science ce in Biology			
					ion (Introductory Chemistry)			
Th	is is a	a sample academic plan. Students should meet v	with an aca	ader	nic advisor prior to registration to formulate their	r ow	n plan.	
/ear 1		Year 2		-	ar 3		Year 4	
all		Fall		Fa	11		Fall	
BIOB 160N/161N - Principles Living Systems/Lab	4	BIOB 260 - Cell & Molecular Biology	4		BIOE 370/371 - General Ecology/Lab	5	BCH 380 - Biochemistry	4
CHMY121N - Intro to General Chemistry	4	STAT 216 - Intro to Statistics	4		PHSX 205N/206N - College Physics I/Lab	5	Major Elective (Depth)	3
M 171 - Calculus I (or M 162 - Applied Calculus)	4	General Education Requirement	3		General Education Requirement	3	Major Elective (Depth) - Advanced Writing	3
WRIT 101 - College Writing I	3	Elective	4		Upper Division Elective	3	Upper Division Elective	5
Credits	15	Credits	15	Cr	edits	16	Credit	15
Spring	Spring			Spring			Spring	
BIOB 170N/171N - Principles of Biological Diversity/Lab	5	BIOB 272 - Genetics & Evolution	4		BIOB 375 - General Genetics	3	Major Elective (Physiology)	4
CHMY 123/124 - Intro to Organic & Biochemistry/Lab	6	Intermediate Writing Course	3		PHSX 207N/208N - College Physics II/Lab	5	Major Elective (Depth)	3
General Education Requirement	3	General Education Requirement	3		General Education Requirement	3	BIOB 486 - Genomics	3
Elective	1	Elective	5		Upper Division Elective	3	General Education Requirement	3
							Elective	2
Credits	15	Credits	15	Cr	edits	14	Credits	15
		Summer			Summer		Summer	
				Ĺ				
Credits	0	Credits	0	Cr	edits	0	Credits	0
otal Credits	30	Total Credits	60	То	tal Credits	90	Total Credits	120
						-		9/18/2023

## ElevateU Career Readiness Plan GRADUATE CAREER-READY BY GETTING INVOLVED IN THE BELOW ACTIVITIES WHILE AT UM

<ul> <li>Discover how your strengths, values, and interests relate to career and education pathways.</li> <li>Take the Strong Interest Inventory or other career assessments to see what careers may be a good fit for you.*</li> <li>Download the Handshake app and activate your account to explore jobs*</li> <li>Attend "careers and opportunities" fairs and join a First Time at the Fair tour*</li> <li>Join student groups that align with your interests*</li> <li>Explore career options at <u>What Can I Do With This Major</u>? (click on "Major Exploration")*</li> <li>Learn about specific occupations on O*Net Online</li> <li>Schedule an appointment for Career</li> <li>Planning and Major Exploration</li> </ul>	<ul> <li>Participate in experiential (hands-on) learning to refine your interests and goals.</li> <li>Seek and apply for internships or part-time jobs on <u>Handshake</u>*</li> <li>Participate in <u>Volunteer</u> Programs*</li> <li>Consider studying abroad or at another US university for a semester or year*</li> <li>Consider an internship abroad*</li> <li>Conduct <u>undergraduate research</u> at UM*</li> <li>Secure a paid <u>micro-internship</u></li> <li>Participate in the <u>Griz Career Skills Program</u></li> <li>Schedule an appointment for Internship Search, International Internship Search, National Student Exchange, Job Search Strategies, and Handshake How-To</li> </ul>
<ul> <li>Meet employers at c<u>areer fairs and events</u>*</li> <li>Develop a stellar <u>resume</u> and <u>cover letter</u>*</li> <li>Practice <u>interview skills</u></li> <li>Learn how to <u>negotiate your salary</u> and benefits package</li> <li>Fine-tune your <u>LinkedIn profile</u></li> <li>Apply for jobs, graduate/professional school, or national service</li> <li>Schedule an appointment for Resume, Cover letter, Interview Prep, Personal Statement, LinkedIn, Graduate School Planning</li> <li>Refine your personal brand and develop stand-out application materials to achieve your goals</li> </ul>	<ul> <li>Strengthen relationships with faculty and supervisors who can guide and recommend you*</li> <li>Connect with alumni in fields or companies of interest through the <u>Griz Career Network</u></li> <li>Expand your network to gain insights and support through <u>LinkedIn</u></li> <li>Conduct <u>career conversations</u> with professionals in fields of interest</li> <li>Gain industry and company-specific skills through free <u>Forage job simulations</u></li> <li>Schedule an appointment to discuss Networking Strategies, LinkedIn, Graduate School Planning</li> <li>Develop skills and network to help you pursue your goals</li> </ul>

## 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

   College of Humanities and Sciences Career Planning Center
   Davidson Honors College Career Development Office

   College of Humanities and Sciences Career Planning Center
   Missoula College Career Services
- Davidson Honors College Career Development Program
   School of Law Career Development Office



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.