



University of Montana - Four-Year Academic Overlay Plan 2023-2024
Pre-Health Professions Advising
Pre-Chiropractic Advising Worksheet
For Applicants to DC Programs

This is an example of a four-year overlay plan for students working toward acceptance into DC programs.
 This is a sample academic plan. Students should meet with a pre-health professions academic advisor in addition to their major advisor prior to registration to formulate their own plan.

Year 1	Year 2	Year 3	Year 4
Fall	Fall	Fall	Fall
CHMY 121N - Intro to General Chemistry 4 *COMX 111A - Public Speaking OR **WRIT 101 - College Writing 3 PSYX 100S - Introduction to Psychology 3 BIOB 160N - Principles of Living Systems AND BIOB 161N - Principles of Living Systems Lab 4 COLS 194 - First Year Seminar 2	~BIOH 201N/202N - Human Anatomy & Physiology I/Lab OR BIOH 365/366 - Human AP I for Health Professionals 4 SOCI 101S - Introduction to Sociology 3 WRIT 201 - College Writing II 3 ^General Education Requirement 6	STAT 216 - Introduction to Statistics 4 Major or Additional DC Prerequisites 8 ^General Education Requirement 3	Major or Additional DC Prerequisites 12 ^General Education Requirement 3
Credits 16	Credits 16	Credits 15	Credit 15
Spring	Spring	Spring	Spring
CHMY 123/124 - Intro to Organic & Biochemistry /Lab 6 *COMX 111A - Public Speaking OR **WRIT 101 - College Writing 3 AHMS 144 - Medical Terminology 3 ^General Education Requirement 3	~BIOH 211N/212N - Human Anatomy & Physiology II/Lab OR BIOH 370/371 - Human AP II for Health Professionals 4 Select one of the following: ***M121 - College Algebra 4 ***M 151 - Precalculus 4 ***M 162 - Applied Calculus 3 ***M 171 - Calculus or other placement 3 Major or Additional DC Prerequisites 3 ^General Education Requirement 3	**** BIOM 250N - Microbio for Health Sciences AND BIOM 251N - Microbio for Health Sciences Lab 4 Major or Additional DC Prerequisites 7 ^General Education Requirement 3	Major or Additional DC Prerequisites 12 ^General Education Requirement 3
Credits 15	Credits 14	Credits 14	Credits 15
Summer	Summer	Summer	Summer
		Take GRE or MCAT as needed Apply to DC Programs	
Credits 0	Credits 0	Credits 0	Credits 0
Total Credits 31	Total Credits 61	Total Credits 90	Total Credits 120

- Notes:**
- ~ Course offered at the Missoula College
 - * If last names starts 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 to complete prerequisites - Please see prospective program websites
 - ## Some DC Schools require Physics which may mean additional math requirements before your Junior year - Please see prospective program websites
 - ^ All 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.

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

