

Year 1		Year 2	
Fall		Fall	
CHMY 121N - Intro to General Chemistry	4	-BIOH 201N/202N - Human Anatomy & Physiology I/Lab	4
*COMX 111A - Public Speaking OR		WRIT 201 - College Writing II	3
**WRIT 101 - College Writing	3	<i>Select one of the following:</i>	
SOCI 101S - Introduction to Sociology	3	**** COMX 115S - Interpersonal Communications OR	3
M121 - College Algebra	3	* ANTY 101H - Anthro and the Human Experience	
COLS 194 - First Year Seminar	2	NUTR 221N - Basic Human Nutrition	3
		^General Education Requirement	3
		Apply to DH programs	
Credits	15	Credits	16
Spring		Spring	
CHMY 123/124 - Intro to Organic & Biochemistry /Lab	6	-BIOH 211N/212N - Human Anatomy & Physiology II/Lab	4
*COMX 111A - Public Speaking OR		BIOM 250N/251N - Microbiology for Health Sciences and Lab	4
**WRIT 101 - College Writing	3	STAT 216 - Introduction to Statistics	4
PSYX 100S - Introduction to Psychology	3	^General Education Requirement	3
^General Education Requirement	3		
Credits	15	Credits	15
Summer		Summer	
Credits	0	Credits	0
Total Credits	30	Total Credits	61

Rev 6/22

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
- **** Chose course depending on program prerequisites - Please see prospective program websites
- # Additional classes may be needed to complete prerequisites - Please see prospective program websites
- ^ Gen Ed courses should be chosen based on program requirements and can be taken in any order - Please see prospective program websites

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](#)

