



## University of Montana - Four-Year Academic Overlay Plan 2023-2024

### Pre-Health Professions Advising Pre-Naturopathy Advising Worksheet For Applicants to ND Programs

This is an example of a four-year overlay plan for students working toward acceptance into ND 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
<b>Fall</b>	<b>Fall</b>	<b>Fall</b>	<b>Fall</b>
CHMY 141N/142N - College Chemistry I/Lab 5  BIOB 160N - Principles of Living Systems AND BIOB 161N - Principles of Living Systems Lab 4  PSYX 100S - Introduction to Psychology 3  COLS 194 - First Year Seminar 2	CHMY 221/222 - Organic Chemistry I/Lab 5  SOCI 101S - Introduction to Sociology 3  <i>Select one of the following:</i> **M 162 - Applied Calculus OR **M 171 - Calculus I ^General Education Requirement 3	Select one of the following: *** BCH 380 - Biochemistry OR BCH 480 - Advanced Biochemistry I 3  PHSX 205N/206N - College Physics I/Lab 5  Major or Additional ND Prerequisites 5  ^General Education Requirement 3	BIOB 260 - Cellular and Molecular Biology 4  -PSXY 230 - Developmental Psychology 3  Major or Additional ND Prerequisites 5  ^General Education Requirement 3
Credits 14	Credits 15	Credits 16	Credits 15
<b>Spring</b>	<b>Spring</b>	<b>Spring</b>	<b>Spring</b>
CHMY 143N/144N-College Chemistry II/Lab 5  BIOB 170N - Principles of Biological Diversity AND BIOB 171N - Principles of Biological Diversity Lab 4 *WRIT 101 - College Writing 3 HMED140 - PreMedical Sciences 101 2	CHMY 223/224-Organic Chemistry II/Lab 5  STAT 216 - Introduction to Statistics 4 Major or Additional ND Prerequisites 4 ^General Education Requirement 3	Select one of the following: *** BCH 380 (if Needed) - Biochemistry OR BCH 482 - Advanced Biochemistry II 3  PHSX 207N/208N - College Physics II/Lab 5 Major or Additional ND Prerequisites 4 ^General Education Requirement 3	BIOB 272 - Genetics and Evolution 4  Major or Additional ND Prerequisites 8 ^General Education Requirement 3
Credits 14	Credits 16	Credits 15	Credits 15
<b>Summer</b>	<b>Summer</b>	<b>Summer</b>	<b>Summer</b>
		The MCAT and GRE are generally not required Apply to ND Programs	
Credits 0	Credits 0	Credits 0	Credits 0
<b>Total Credits 28</b>	<b>Total Credits 59</b>	<b>Total Credits 90</b>	<b>Total Credits 120</b>

Rev 6/22

**Notes:**

- \* Students may need to take the writing placement exam
- \*\* Students may need to take the math placement exam
- \*\*\* Chose one Biochemistry series depending on program prerequisites - Please see prospective program websites
- # Additional classes may be needed to complete prerequisites - 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](#)

