



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

**Pre-Health Professions Advising
Pre-Occupational Therapy Advising Worksheet
For Applicants to MOT and DOT Programs**

This is an example of a four-year overlay plan for students working toward acceptance into MOT and DOT programs.
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	Year 4
Fall	Fall	Fall	Fall
CHMY 121N - Intro to General Chemistry 4 *COMX 111A - Public Speaking OR **WRIT 101 - College Writing 3 SOCI 101S - Introduction to Sociology 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 -PSYX 230 - Developmental Psychology OR PSYX 340 - Abnormal Psychology 3 AHMS 144 - Medical Terminology 3 ^General Education Requirement 3	STAT 216 - Introduction to Statistics 4 Major or Additional MOT/DOT Prerequisites 6 ^General Education Requirement 5	Major or Additional MOT/DOT Prerequisites 9 ^General Education Requirement 6
Credits 16	Credits 13	Credits 15	Credit 15
Spring	Spring	Spring	Spring
<i>Select one of the following:</i> M 115 - Probability & Linear Mathematics ***M121 - College Algebra 3 ***M 151 - Precalculus ***M 162 - Applied Calculus ***M 171 - Calculus or other placement *COMX 111A - Public Speaking OR **WRIT 101 - College Writing 3 PSYX 100S - Introduction to Psychology 3 ^General Education Requirement 6	-BIOH 211N/212N - Human Anatomy & Physiology II/Lab OR BIOH 370/371 - Human AP II for Health Professionals 4 -PSYX 230 - Developmental Psychology OR PSYX 340 - Abnormal Psychology 3 WRIT 201 - College Writing II 3 ^General Education Requirement 6	**** CHMY 122 - Intro to General Chemistry Lab OR CHMY 123/124 - Intro to Organic & Biochemistry Lab (if needed) 6 Major or Additional MOT/DOT Prerequisites 6 ^General Education Requirement 3	Major or Additional MOT/DOT Prerequisites 12 ^General Education Requirement 3
Credits 15	Credits 16	Credits 15	Credits 15
Summer	Summer	Summer	Summer
		Take GRE as needed Apply to MOT and DOT Programs	
Credits 0	Credits 0	Credits 0	Credits 0
Total Credits 31	Total Credits 60	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
- **** At least one CHMY lab should be taken - 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](#)

