



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

Pre-Health Professions Advising

**Pre-Optometry Advising Worksheet
For Applicants to Optometry Programs**

This is an example of a four-year overlay plan for students working toward acceptance into optometry 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 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 Optometry Prerequisites 5 ^General Education Requirement 3	Major or Additional Optometry Prerequisites 9 ^General Education Requirement 6
Credits 14	Credits 15	Credits 16	Credits 15
Spring	Spring	Spring	Spring
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 Optometry Prerequisites 4 WRIT 201 - College Writing II 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 Optometry Prerequisites 4 ^General Education Requirement 3	Major or Additional Optometry Prerequisites 9 ^General Education Requirement 6
Credits 14	Credits 16	Credits 15	Credits 15
Summer	Summer	Summer	Summer
		Take optometry entrance exam Apply to Optometry Programs	
Credits 0	Credits 0	Credits 0	Credits 0
Total Credits 28	Total Credits 59	Total Credits 90	Total Credits 120

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

