



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

Pre-Health Professions Advising

**Pre-Psychiatry Advising Worksheet
For Applicants to MD Psychiatry Programs**

This is an example of a four-year overlay plan for students working toward acceptance into MD Psychiatry 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	CHMY 221/222 - Organic Chemistry I/Lab	5	Select one of the following: *** BCH 380 - Biochemistry OR BCH 480 - Advanced Biochemistry I	3	Major or Additional MD/DO Prerequisites	9
BIOB 160N - Principles of Living Systems AND BIOB 161N - Principles of Living Systems Lab	4	SOCI 101S - Introduction to Sociology	3	PHSX 205N/206N - College Physics I/Lab	5	^General Education Requirement	6
PSYX 100S - Introduction to Psychology	3	Select one of the following: **M 162 - Applied Calculus OR **M 171 - Calculus I	4	PSYX 383 - Health Psychology	3		
COLS 194 - First Year Seminar	2	PSYX 250N - Biological Psychology	3	Major or Additional MD/DO Prerequisites	3		
				^General Education Requirement	3		
Credits	14	Credits	15	Credits	17	Credit	15
Spring		Spring		Spring		Spring	
CHMY 143N/144N-College Chemistry II/Lab	5	CHMY 223/224-Organic Chemistry II/Lab	5	Select one of the following: *** BCH 380 (If Needed) - Biochemistry OR BCH 482 - Advanced Biochemistry II	3	Major or Additional MD/DO Prerequisites	9
BIOB 170N - Principles of Biological Diversity AND BIOB 171N - Principles of Biological Diversity Lab	4	STAT 216 - Introduction to Statistics	4	PHSX 207N/208N - College Physics II/Lab	5	^General Education Requirement	6
*WRIT 101 - College Writing	3	PSYX 340 - Abnormal Psychology	3	Major or Additional MD/DO Prerequisites	4		
HMED140 - PreMedical Sciences 101	2	^General Education Requirement	3	^General Education Requirement	3		
Credits	14	Credits	15	Credits	15	Credits	15
Summer		Summer		Summer		Summer	
				Take MCAT Apply to MD and DO Programs			
Credits	0	Credits	0	Credits	0	Credits	0
Total Credits	28	Total Credits	58	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

