



University of Montana - Four-Year Academic Plan 2023-2024
College of Humanities and Sciences (H&S)
Bachelor of Arts in Psychology

This is an example of an academic plan to graduate in four years with a B.A. degree and a major in Psychology.*
 Students should meet with their professional academic advisor prior to registration to formulate their own plan.

Year 1		Year 2		Year 3		Year 4	
Fall	CR	Fall	CR	Fall	CR	Fall	CR
PSYX 100S - Intro to Psychology**	3	PSYX 222 - Psychological Statistics	3	PSYX fundamental** or foundational course	3	Upper Division PSYX elective	3
<i>One of the following math courses:</i> • M 115 - Probability & Linear Mathematics • M 121 - College Algebra • M 151 - Precalculus • M 162 - Applied Calculus • M 171 - Calculus • Other math course based on placement score	3	PSYX fundamental** or foundational course	3	PSYX fundamental** or foundational course	3	Upper Division PSYX elective	3
WRIT 101 (if last name is A-L) or other writing course based on placement; OR General Education course	3	PSYX fundamental** or foundational course	3	Advanced Writing course (Options within major: PSYX 320 or PSYX 400) OR General Education course**	3	Upper Division elective	3
Foreign Language (first semester)	4	Intermediate Writing course OR General Education course**	3	General Education course**	3	Upper Division elective	3
General Education course	3	General Education course**	3	Elective	3	Elective	3
COLS 194 - First-year seminar	1						
Credits per semester^	17	Credits per semester	15	Credits per semester	15	Credits per semester	15
Spring		Spring		Spring		Spring	
PSYX 120 - Intro to Psychological Research Methods	3	PSYX fundamental** or foundational course	3	Upper Division PSYX elective	3	Upper Division PSYX elective	3
WRIT 101 (if last name is M-Z) or other writing course based on placement score; OR General Education course	3	PSYX fundamental** or foundational course	3	Upper Division PSYX elective	3	Upper Division elective	3
Foreign Language (second semester)	4	General Education course**	3	General Education course**	3	Upper Division elective	3
General Education course	3	General Education course**	3	Elective	3	Upper Division elective	3
General Education course	3	General Education course**	3	Elective	3	Upper Division elective	3
Credits per semester	16	Credits per semester	15	Credits per semester	15	Credits per semester	15
Summer		Summer		Summer		Summer	
Credits per semester	0	Credits per semester	0	Credits per semester	0	Credits per semester	0
Total Cumulative Credits	33	Total Cumulative Credits	63	Total Cumulative Credits	93	Total Cumulative Credits	123

* Consider these add-ons to the Psychology major:
 Research, Internship, Service learning
 Minors and/or another major

** Note that you will satisfy the General Education Requirement (GER) for Social Sciences with PSYX 100S.
 You can satisfy three credits of the Natural Sciences GER with PSYX 250N, which is an option for a fundamental course.

^ This is a lot of credits for a first semester, which is why the conversation with your professional academic advisor is important. You will discuss the best plan for YOU so that you are learning and not overwhelmed.

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

