



UNIVERSITY OF

MONTANA

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

College of Humanities and Sciences

Bachelor of Arts in Sociology, Inequality & Social Justice Concentration (ISJ)

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 2023		Fall 2024		Fall 2025		Fall 2026	
Sociology 101S: Intro to Sociology	3	Sociology 202: Social Statistics	3	Sociology 318 - Sociological Research Methods	3	Sociology 441: Capstone Inequality & Social Justice	3
Writing 101: College Writing	3	Sociology 220S: Race, Gender & Class or Sociology Elective (100-200)	3	Inequality & Social Justice elective, 300-400 level	3	Internship or Elective (300+)	3
General Education Course	3	FL 101: Foreign Language	4	Sociology Elective (300+)	3	Elective (300+)	3
General Education Course	3	Intermediate Writing Course	3	Any level elective	3	Elective	3
General Education Course	3	General Education course	3	Any level elective	3	Elective	3
Credits	15	Credits	16	Credits	15	Credit	15
Spring 2024		Spring 2025		Spring 2026		Spring 2027	
Math 115: Probability & Linear Math	3	Sociology Elective (200-300)	3	Sociology 455: Classical Sociological Theory	3	Internship or 300-400 level elective	3
Sociology Elective (100-200 level)	3	FL 102: Foreign Language	4	Inequality & Social Justice Elective (300+)	3	Elective (300+)	3
General Education Course	3	Inequality & Social Justice Elective (200-300)	3	Elective (300+)	3	Elective (300+)	3
General Education Course	3	General Education Course	3	Elective (300+)	3	Elective	3
General Education Course	3	General Education Course	3	Elective	3	Activity Course	1
Credits	15	Credits	16	Credits	15	Credits	13
Summer		Summer		Summer		Summer	
Credits	0	Credits	0	Credits	0	Credits	0
Total Credits	30	Total Credits	62	Total Credits	92	Total Credits	120

Notes:
Please see the Sociology Catalog (2023-2024) or reach out to the Sociology Advisor for more details.

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

