

GET THE COURSES YOU NEED	Year One		Year Two		Year Three		Year Four	
	FALL	SPRING	FALL	SPRING	FALL	SPRING	FALL	SPRING
128 credits + 4 Short Terms	<ul style="list-style-type: none"> • BIOL 207+Lab • CHEM 101+Lab or CHEM 105+ Lab 	<ul style="list-style-type: none"> • BIOL 220+Lab • CHEM 102+Lab (if 105 in fall, consider CHEM 214+Lab) 	<ul style="list-style-type: none"> • BIOL 236+Lab • MATH (140 or greater)/STAT course 	<ul style="list-style-type: none"> • BIOL 200- or 300-level elective • BIOL 200- Sophomore Seminar 	<ul style="list-style-type: none"> • BIOL 200- or 300-level elective 	<ul style="list-style-type: none"> • BIOL 200- or 300-level elective 	<ul style="list-style-type: none"> • BIOL 200- or 300-level elective • BIOL 471 Senior Capstone 	<ul style="list-style-type: none"> • BIOL 200- or 300-level elective
BE INVOLVED AND JOIN DIVERSE COMMUNITIES	<ul style="list-style-type: none"> • Attend the Hollins Science Seminar. • Explore/investigate topics in biology related to your field(s) of interest. • Seek out volunteer opportunities in areas of biology that interest you. • Get involved in on-campus clubs such as Community Garden or the Student Sustainability Committee. 		<ul style="list-style-type: none"> • Seek out volunteer opportunities. • Consider the Hollins Outdoor Leadership Certificate. 		<ul style="list-style-type: none"> • Seek out volunteer opportunities. • Consider taking on leadership positions in Orientation Team or SGA. 		<ul style="list-style-type: none"> • Seek out volunteer opportunities. • Consider leadership positions such as career connectors, tutors, International Student Orientation Program, or Early Transition Program mentor. 	
EXPAND YOUR INTERCULTURAL AND GLOBAL HORIZONS	<ul style="list-style-type: none"> • Consider a J-Term travel course. 		<ul style="list-style-type: none"> • Consider a J-Term travel course. • Apply to study abroad in your junior year (Hollins Abroad office deadlines in February). Many of the courses offered by programs with the School for Field Studies and the University of Limerick, Ireland, apply to biology major. Other abroad programs may offer one to two courses that apply to the biology major. 		<ul style="list-style-type: none"> • Consider a J-Term travel course. • Study abroad. 		<ul style="list-style-type: none"> • Consider a J-Term travel course. 	
GAIN RELEVANT EXPERIENCE AND PREPARE FOR LIFE AFTER GRADUATION	<ul style="list-style-type: none"> • Apply for a first-year J-Term internship. • Consider a course or pursue a Batten Leadership Institute certificate. • Create a LinkedIn/Handshake account. • Attend the Career Connection Conference (C3) every year. • Attend biology department info session. • Start keeping a list of items to add to your CV/resume. 		<ul style="list-style-type: none"> • Apply for a Signature Internship or find a relevant internship on your own. • If interested in teaching in secondary schools, consider CHEM 221+L, PHYS 151+L, ES/PHYS 241, and STAT 140. • Start investigating fields of future study. • Meet with your advisor to discuss course and experience requirements. • Develop a resume you are proud of. • Make appointment with a Career Center counselor. 		<ul style="list-style-type: none"> • Apply for a Signature Internship or find a relevant internship on your own. • Investigate and apply for summer research programs and/or internships. • Consider becoming involved in research with a faculty member. • If interested in teaching in secondary schools, consider CHEM 221+L, PHYS 151+L, ES/PHYS 241, and STAT 140. • Attend Career Center workshops. • Network at C3 conference. • Refine your CV and resume. 		<ul style="list-style-type: none"> • Secure a J-Term internship. • Consider leadership positions such as a Student Success Leader (SSL), Student Government Leader, or Orientation Team Leader. • Update your LinkedIn and Handshake accounts. • Attend job fairs on campus and off. • Refine your CV and resume. • Investigate job boards and have a cover letter and resume tailored for each job. • Make an appointment with a Career Center counselor. 	
ADD TOOLS TO YOUR LIFE BELT	<i>Develop a self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, develop time management skills</i>		<i>Hone your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>		<i>Expand your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>		<i>Embrace your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>	