

GET THE COURSES YOU NEED	Year One		Year Two		Year Three		Year Four	
	FALL	SPRING	FALL	SPRING	FALL	SPRING	FALL	SPRING
140 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 • CHEM 221+Lab 	<ul style="list-style-type: none"> • BIOL 200- or 300-level elective • BIOL 200 (Sophomore Seminar) • CHEM 222+Lab 	<ul style="list-style-type: none"> • BIOL 200- or 300-level elective • PHYS 151+Lab OR PHYS 201+Lab 	<ul style="list-style-type: none"> • BIOL 200- or 300-level elective • PHYS 152+Lab OR PHYS 202+Lab 	<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"> • Go to the biology department meeting at the beginning of the year. • 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 the Community Garden and 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 opportunities in Orientation Team or SGA. 		<ul style="list-style-type: none"> • Seek out volunteer opportunities. • Consider leadership positions such as a global ambassador, career connector, subject area tutor, the 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 for junior year. • Many of courses offered by programs with the School for Field Studies and the University of Limerick, Ireland, apply to the biology major. Other abroad programs may offer one to two courses for the 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"> • Attend C3. • Apply for a first-year J-Term internship. • Consider a BLI course or pursue a Batten Leadership Institute certificate • Create LinkedIn/Handshake accounts. • Start keeping a list of items to add to your resume. 		<ul style="list-style-type: none"> • Attend Career Center workshops. • Apply for a Signature Internship or find a relevant internship on your own. • Start investigating fields of future study (examples): human medicine www.aamc.org, physical therapy www.apta.org, vet med www.aavmc.org, field biology https://wfscjobs.tamu.edu/job-board. • Consider becoming involved in research with a faculty member. 		<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 beginning senior thesis (particularly if interested in graduate school). • Refine your CV and resume. • Study for and take GRE/MCAT in the spring or summer if you are thinking about grad school. 		<ul style="list-style-type: none"> • Secure a J-Term internship. • Update your LinkedIn/Handshake accounts. • Attend job fairs on campus and off. • Investigate job boards and have a cover letter and resume you can tailor for each job. 	
ADD TOOLS TO YOUR LIFE BELT	<p><i>Develop a self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, develop time management skills</i></p>		<p><i>Hone your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i></p>		<p><i>Expand your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i></p>		<p><i>Embrace your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i></p>	