

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"> ES 105 (4) CHEM 101/105 (4,2) 	<ul style="list-style-type: none"> ES 104 (4) CHEM 102 (4,2) 	<ul style="list-style-type: none"> ES 207/207L (4,2) STAT 251 or PSY 208 (4) 	<ul style="list-style-type: none"> ES Science Elective (4,2) ES 212 (2) STAT 324 (2) 	<ul style="list-style-type: none"> ES 261(4) ES Science elective (4,2) 	<ul style="list-style-type: none"> ES 2XX (4) ES Science elective (4,2) 	<ul style="list-style-type: none"> ES 470 (4) ES Science elective (4,2) 	<ul style="list-style-type: none"> ES Science elective (4,2)
BE INVOLVED AND JOIN DIVERSE COMMUNITIES	<ul style="list-style-type: none"> Attend the Hollins Science Seminar. Get involved in on-campus clubs: Students for Environmental Action (SEA), Community Garden, Student Sustainability Committee (SSC). Seek out volunteer opportunities. 		<ul style="list-style-type: none"> Seek out volunteer opportunities. Connect to a local environmental organization or nonprofit in Roanoke. Consider the Hollins Outdoor Leadership Certificate. 		<ul style="list-style-type: none"> Seek out volunteer opportunities. Consider leadership positions such as a Student Success Leader (SSL), Student Government Association, or Orientation Team Leader. 		<ul style="list-style-type: none"> 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. Read broadly about environmental issues (https://e360.yale.edu/). 		<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). All School for Field Studies courses apply to ES major, while other programs often have one to two ES related courses. 		<ul style="list-style-type: none"> Consider a J-Term travel course Study abroad. Read broadly about environmental issues (https://e360.yale.edu/) 		<ul style="list-style-type: none"> Consider a J-Term travel course. Read broadly about environmental issues (https://e360.yale.edu/). 	
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. Attend the Career Connection Conference (C3) every year. Start keeping a list of items to add to your CV/resume. Establish a Handshake account. 		<ul style="list-style-type: none"> Apply for a Signature Internship or find a relevant internship on your own. Consider the Hollins Outdoor Leadership Certificate. Visit internship/job websites: (e.g. Texas A&M Job Board; Green Jobs Net; Indeed). Talk to ES faculty about their research and internship opportunities. Develop a resume you are proud of. Investigate and apply for summer research programs and/or internships. 		<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 (if interested in grad school). Establish a LinkedIn account. Seek out volunteer opportunities. Attend Career Center workshops. Make an appointment with a career counselor. Study for the GRE if you are thinking about graduate school. Refine your resume. 		<ul style="list-style-type: none"> Secure J-Term internship. Conduct senior research (particularly if interested in graduate school). Update your LinkedIn and Handshake accounts. Attend job fairs on campus and off. Take the GRE. Refine your resume. Investigate job boards and have a cover letter and resume you can tailor for each job. Make an appointment with a career counselor. 	
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>	