

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"> <li>ES 105 (4)</li> </ul>	<ul style="list-style-type: none"> <li>ES 104 (4)</li> </ul>	<ul style="list-style-type: none"> <li>ES 207/207L (4, 2)</li> <li>ES 261 (4)</li> </ul>	<ul style="list-style-type: none"> <li>ES 262 (4)</li> <li>ES 212 (2)</li> </ul>	<ul style="list-style-type: none"> <li>One ES elective (4)</li> <li>STAT 140 or STAT 251 (4)</li> </ul>	<ul style="list-style-type: none"> <li>One ES elective (4 or 4, 2)</li> </ul>	<ul style="list-style-type: none"> <li>ES 470 (4)</li> <li>One ES elective (4)</li> </ul>	<ul style="list-style-type: none"> <li>One ES elective (4 or 4, 2)</li> </ul>
<b>BE INVOLVED AND JOIN DIVERSE COMMUNITIES</b>	<ul style="list-style-type: none"> <li>Attend the <b>Hollins Science Seminar every year.</b></li> <li>Get involved in <b>on-campus clubs:</b> Students for Environmental Action (SEA), Community Garden, Student Sustainability Committee (SSC).</li> <li>Seek out volunteer opportunities.</li> </ul>		<ul style="list-style-type: none"> <li>Seek out <b>volunteer opportunities.</b></li> <li>Connect to a local environmental organization or nonprofit in Roanoke.</li> <li>Consider the <b>Hollins Outdoor Leadership Certificate.</b></li> </ul>		<ul style="list-style-type: none"> <li>Seek out <b>volunteer opportunities.</b></li> <li>Consider leadership positions such as a Student Success Leader (SSL), Student Government Association, or Orientation Team Leader.</li> </ul>		<ul style="list-style-type: none"> <li>Consider leadership positions such as a global ambassador, career connector, subject area tutor, the International Student Orientation Program, or Early Transition Program mentor.</li> </ul>	
<b>EXPAND YOUR INTERCULTURAL AND GLOBAL HORIZONS</b>	<ul style="list-style-type: none"> <li>Consider a J-Term travel course.</li> <li>Read broadly about environmental issues (<a href="https://e360.yale.edu/">https://e360.yale.edu/</a>).</li> </ul>		<ul style="list-style-type: none"> <li>Consider a J-Term travel course.</li> <li><b>APPLY TO STUDY ABROAD</b> 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.</li> </ul>		<ul style="list-style-type: none"> <li>Consider a J-Term travel course.</li> <li><b>STUDY ABROAD.</b></li> <li>Read broadly about environmental issues (<a href="https://e360.yale.edu/">https://e360.yale.edu/</a>).</li> </ul>		<ul style="list-style-type: none"> <li>Consider a J-Term travel course.</li> <li>Read broadly about environmental issues (<a href="https://e360.yale.edu/">https://e360.yale.edu/</a>).</li> </ul>	
<b>GAIN RELEVANT EXPERIENCE AND PREPARE FOR LIFE AFTER GRADUATION</b>	<ul style="list-style-type: none"> <li>Apply for one of the internships for first-year students in J-Term.</li> <li>Consider a course or pursue a Batten Leadership Institute certificate.</li> <li>Attend the Career Connection Conference (C3) <b>every year.</b></li> <li>Start keeping a list of items to add to your CV/resume.</li> <li>Establish a Handshake account.</li> </ul>		<ul style="list-style-type: none"> <li>Apply for a Signature Internship or find a relevant internship on your own.</li> <li>Consider the Hollins Outdoor Leadership Certificate.</li> <li>Visit Internship/Job websites: (e.g. <a href="#">Texas A&amp;M Job Board</a>; <a href="#">Green Jobs Net</a>; <a href="#">Indeed</a>).</li> <li>Talk to ES faculty about their research and internship opportunities.</li> <li>Develop a resume you are proud of.</li> <li>Investigate and apply for summer research programs and/or internships.</li> </ul>		<ul style="list-style-type: none"> <li>Apply for a Signature Internship or find a relevant internship on your own.</li> <li>Investigate and apply for summer research programs and/or internships.</li> <li>Consider beginning senior thesis (if interested in grad school).</li> <li>Establish a LinkedIn account.</li> <li>Seek out volunteer opportunities.</li> <li>Attend Career Center workshops.</li> <li>Make an appointment with a Career Center counselor.</li> <li>Network at C3 Conference.</li> <li>Study for GRE if you are thinking about graduate school.</li> <li>Refine your resume.</li> </ul>		<ul style="list-style-type: none"> <li>Secure J-Term internship.</li> <li>Conduct senior research (particularly if interested in graduate school).</li> <li>Update your LinkedIn and Handshake accounts.</li> <li>Attend job fairs on campus and off.</li> <li>Take the GRE.</li> <li>Refine your resume.</li> <li>Investigate job boards and have a cover letter and resume you can tailor for each job.</li> <li>Make an appointment with a Career Center counselor.</li> </ul>	
<b>ADD TOOLS TO YOUR LIFE BELT</b>	<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>	