

GET THE COURSES YOU NEED	Year One	Year Two	Year Three	Year Four
<p>128 + 4 Short Terms</p>	<p>FALL & SPRING SEMESTERS</p> <ul style="list-style-type: none"> • What interests you? We offer a variety of courses in American, European, and global history, including some First-Year Seminars. All 100-level and some 200-level courses are open to first years. If you had a strong history background in high school (e.g. AP credit) you may be ready to jump into a 200-level course. • Take courses in other disciplines that might complement your history courses. 	<p>FALL & SPRING SEMESTERS</p> <ul style="list-style-type: none"> • Take more advanced courses. It is recommended you take a 200-level course before a 300-level. • Declare your major. • Plan to study abroad junior year? If so, try to take a 300-level course second year. Look into possible history courses to take in the abroad programs that interest you. • Interested in graduate school in history? Depending on field, you may want to pursue a second language. 	<p>FALL & SPRING SEMESTERS</p> <ul style="list-style-type: none"> • Completing both of your 300-level seminars before senior year will leave you some breathing room to work on your thesis. • Make sure you have taken a variety of history courses (different regions and time periods). • Begin to think about thesis topics. Consider doing a 2-credit summer reading course to prepare for thesis. • Interested in graduate school? Talk with your advisor. 	<p>FALL & SPRING SEMESTERS</p> <ul style="list-style-type: none"> • Take HIST 470 in the fall and HIST 480 in the spring to complete your senior thesis. • Complete any other remaining requirements for the major.
<p>BE INVOLVED AND JOIN DIVERSE COMMUNITIES</p>	<ul style="list-style-type: none"> • Attend the meeting for new and prospective majors offered each fall to learn more about opportunities and connect with other students. • Go to the club fair. • Participate in Senate and SGA. • Attend the Hollins Student Conference (SPARC). 	<ul style="list-style-type: none"> • Travel to neighboring campuses for lectures and events. • Show school spirit and go to sporting events. • Attend student readings and other student-led activities. • Attend talks sponsored by the department to learn about the field and make connections. 	<ul style="list-style-type: none"> • Take part in Ring Night! • Consider leadership positions such as Student Success Leader, Student Government Association, or Orientation Team. • You may qualify for Phi Alpha Theta, the national honor society for history. 	<ul style="list-style-type: none"> • Attend 100th Night. • Mentor a new student. • Consider leadership positions such as global ambassadors, career connectors, tutors, International Student Orientation Program, or Early Transition Program mentor.
<p>EXPAND YOUR INTERCULTURAL AND GLOBAL HORIZONS</p>	<ul style="list-style-type: none"> • Take courses that are about the world beyond the United States. • Continue to study a foreign language. • Consider Model UN, Model Arab League, Black Student Alliance, the Unión de Estudiantes LatinX, the Sexuality and Gender Alliance. 	<ul style="list-style-type: none"> • Apply to study abroad (Jamaica, Short Term, semester) or study away. • Participate in Sustained Dialogue or Diversity Monologue Troupe. • Consider a J-Term language immersion program. • Consider a J-Term travel course. 	<ul style="list-style-type: none"> • Participate in a COIL project or consider an international internship. • Study abroad for a semester and/or apply for summer opportunities such as Fulbright UK Summer Institute and Critical Language Scholarship. 	<ul style="list-style-type: none"> • Consider applying for Fulbright, Rhodes, Marshall, Gates Cambridge, or other international scholarships.
<p>GAIN RELEVANT EXPERIENCE AND PREPARE FOR LIFE AFTER GRADUATION</p>	<ul style="list-style-type: none"> • Attend C3. • Create LinkedIn and Handshake accounts. • Take a leadership course or consider a leadership certificate. • Talk with your advisor about your career goals. 	<ul style="list-style-type: none"> • Attend Career Center workshops. • Apply for a Signature or independent internship. • Talk with your advisor about funding for research projects, or attending conferences. 	<ul style="list-style-type: none"> • Meet with your advisor about career goals; talk to professors about their research to learn about opportunities. • Check out Hollins partnerships with graduate schools. 	<ul style="list-style-type: none"> • Explore professional organizations and student membership options. • Prepare for graduate school admission and tests. • Attend the Alumnae Board's pre-professional networking events.
<p>ADD TOOLS TO YOUR LIFE BELT</p>	<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>