

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>CHEM 101+Lab OR CHEM 105+Lab (based on your placement)</li> </ul>	<ul style="list-style-type: none"> <li>CHEM 102+Lab (following CHEM 101+Lab)</li> <li>CHEM 214+Lab (following CHEM 105+Lab)</li> <li>One allied biology course</li> </ul>	<ul style="list-style-type: none"> <li>CHEM 221+Lab</li> <li>One allied biology course</li> <li>MATH 241</li> </ul>	<ul style="list-style-type: none"> <li>CHEM 222+Lab</li> <li>CHEM 214+Lab (follows CHEM 102+Lab)</li> <li>MATH 242</li> </ul>	<ul style="list-style-type: none"> <li>CHEM 241+Lab</li> <li>CHEM 351+Lab</li> <li>PHYS 201+Lab</li> </ul>	<ul style="list-style-type: none"> <li>CHEM 352</li> <li>PHYS 202+Lab</li> </ul>	<ul style="list-style-type: none"> <li>CHEM 331+Lab</li> <li>CHEM 480 or CHEM 490 (required for Honors)</li> </ul>	<ul style="list-style-type: none"> <li>CHEM 490 (required for Honors)</li> </ul>
<b>BE INVOLVED AND JOIN DIVERSE COMMUNITIES</b>	<ul style="list-style-type: none"> <li>Attend guest lectures and events.</li> <li>Attend the chemistry department meeting at the beginning of the year.</li> <li>Go to the club fair.</li> <li>Participate in Senate and SGA.</li> <li>Attend the Hollins Student Conference (SPARC).</li> <li>Take part in traditions and prepare for your first Tinker Day!</li> </ul>		<ul style="list-style-type: none"> <li>Travel to neighboring campuses for lectures and events.</li> <li>Show school spirit and go to sporting events.</li> <li>Attend student readings and other student-led activities.</li> </ul>		<ul style="list-style-type: none"> <li>Consider taking on leadership positions such as Student Success Leader, Student Government Association, or Orientation Team Leader.</li> <li>Mentor a new student in the department.</li> </ul>		<ul style="list-style-type: none"> <li>Mentor a new student in the department.</li> <li>Consider leadership positions such as global ambassadors, career connectors, tutors, 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 Model UN, Model Arab League, Black Student Alliance, the Unión de Estudiantes LatinX, the Sexuality and Gender Alliance, Asian Student Alliance.</li> <li>Attend Cultural &amp; Community Engagement and Office of Inclusivity and Diversity events.</li> </ul>		<ul style="list-style-type: none"> <li>Apply to study abroad (Jamaica, Short Term, semester) or study away</li> <li>Take a Sustained Dialogue class.</li> <li>Participate in the Diversity Monologue Troupe.</li> <li>Do a J-Term language immersion program.</li> </ul>		<ul style="list-style-type: none"> <li>Participate in a COIL project.</li> <li>Consider an international internship.</li> <li>Study abroad for a semester.</li> <li>Apply for summer opportunities such as Fulbright UK Summer Institute and Critical Language Scholarship.</li> </ul>		<ul style="list-style-type: none"> <li>Apply for Fulbright, Rhodes, Marshall, Gates Cambridge, or other international scholarships.</li> </ul>	
<b>GAIN RELEVANT EXPERIENCE AND PREPARE FOR LIFE AFTER GRADUATION</b>	<ul style="list-style-type: none"> <li>Attend C3.</li> <li>Create LinkedIn/Handshake accounts.</li> <li>Visit the Career Center and meet with a career counselor.</li> <li>Take a leadership course or consider a leadership certificate.</li> <li>Attend Hollins Science Seminar.</li> </ul>		<ul style="list-style-type: none"> <li>Attend Career Center workshops.</li> <li>Apply for a Signature or independent internship.</li> <li>Talk with your advisor about funding for research or creative projects, or attending conferences.</li> <li>Ask your professor(s) about opportunities to be a tutor or grader.</li> <li>Talk to professors about their research and your opportunities to assist.</li> </ul>		<ul style="list-style-type: none"> <li>Discuss career goals with your advisor.</li> <li>Check out Hollins partnerships with graduate schools.</li> <li>Attend the "Articulating Your International Experience" workshop.</li> <li>Get involved in a research project, and ask about paid internship opportunities for summer.</li> <li>Attend three to four meetings of the American Chemical Society (ACS) local section.</li> <li>Prepare for admission test (LSAT, GRE, GMAT, MCAT).</li> </ul>		<ul style="list-style-type: none"> <li>Explore professional organizations and student membership options.</li> <li>Take the admission test and work on the graduate school admission applications.</li> <li>Attend the Alumnae Board's networking events.</li> <li>Present your research at the Hollins Science Seminar, ACS national/regional meeting, or Virginia Academy of Science meeting.</li> </ul>	
<b>ADD TOOLS TO YOUR LIFE BELT</b>	<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>	