**FIRST YEAR**
- **Your Courses**
  - Build a foundation with introductory biology, chemistry, & math classes: BIOL 1113, 1111 & 1604, CHEM 1314, & MATH 1813. Consider UNIV 2511/2611.
- **Your Experience**
  - Get to know faculty & teaching assistants to connect with the department. *Talk to your advisor & learn about Study Abroad options.*
- **Your Community**
  - Join clubs & organizations with connections to your career expectations.
- **Your Career Readiness**
  - Explore job opportunities, qualifications, & projected job growth within your career choice. Visit the Pre-Professional Office.

**SECOND YEAR**
- **Your Courses**
  - Strengthen science knowledge with classes in microbiology, physics, & organic chemistry: MICR 2123/2132, PHYS 1114/1214, & CHEM 3053/3153/3112.
- **Your Experience**
  - Reach out to faculty to find opportunities to research or volunteer. *Consider independent research, internships, or shadowing opportunities.*
- **Your Community**
  - Attend departmental seminars to connect more fully with faculty and staff. *Ask faculty about the Research Symposium to present your work.*
- **Your Career Readiness**
  - Look for opportunities to mentor students as a CAS ambassador, First Year Success/STEM Academy Peer Mentor, or LASSO tutor.

**THIRD YEAR**
- **Your Courses**
  - Study upper division courses for professional program preparation, examples: BIOC 3653, BIOL 3023, 3204, 4215 (PHSL-Spring only), UNIV 3511.
- **Your Experience**
  - Begin professional school application, prepare for the MCAT/DAT, request recommendation letters, & continue to gain experience in the field.
- **Your Community**
  - Look for opportunities to mentor students as a CAS ambassador, First Year Success/STEM Academy Peer Mentor, or LASSO tutor.
- **Your Career Readiness**
  - Look for complementary minors to boost skills & knowledge in your career field. Search professional school information for prerequisite requirements.

**FOURTH YEAR+**
- **Your Courses**
  - Finish remaining major requirements and other health-related courses: BIOL 3214, 4133, 4223 (PHSL-Fall only), 4253, MICR 3033, 3253, 4423.
- **Your Experience**
  - Gain valuable experience through work and volunteer opportunities & prepare for professional school interviews.
- **Your Community**
  - Consider volunteer opportunities outside the university. *Meet with Campus Life & the Student Volunteer Center to connect to the Stillwater community.*
- **Your Career Readiness**
  - Consider volunteer opportunities outside the university. *Meet with Campus Life & the Student Volunteer Center to connect to the Stillwater community.*
  - Meet with Career Services to prepare for medical school interviews. Continue gaining experiences in medicine outside of the university.

**YOU WILL LEARN**
- To understand and connect diverse scientific information and be a well-rounded thinker. To work in hands-on laboratory environments. About subjects impactful to medicine such as anatomy, physiology, developmental biology, and disease evolution.

**WHAT IS NEXT**
- Enter healthcare professional schools such as medical, physician assistant, dental, and pharmacy programs.
- Consider graduate school or MD/PhD programs to pursue a career in biomedical research.

**Your Personalized Path**
- Consider a second major like Microbiology or minor like Neuroscience. Conduct research with faculty across departments.

Learn more about building your custom path, visit: integrativebiology.okstate.edu