

CHECKLIST FOR BIOLOGY MAJORS

MEET WITH YOUR BIOLOGY ADVISOR AND YOUR BIOLOGY FACULTY MENTOR

Meet with the Biology Advisor, Mary Cairns Park (Mary.CairnsPark@cwu.edu) as soon as you are interested in pursuing a Biology Major. If you are interested in a Teaching endorsement, see the STEM teaching advisor, Rachel George, Rachel.George@cwu.edu.

Select a major specialization in Biology based on your interests and career goals. See the [Biology Majors & Minors](#) webpage and talk to your advisor to learn about the programs available. Know that if your interests change after you complete the General Biology sequence (BIOL181, BIOL182, BIOL183) you can change your degree specialization.

Meet with your Biology Faculty Mentor. Your Biology Faculty Mentor will help you choose electives in your degree, suggest opportunities outside of coursework and support you in your degree progress. Contact your faculty mentor to make an appointment or visit them during their office hours.

EXPLORE THE BIOLOGY AND HEALTH CAREER INFORMATION WEBSITES

The Biology Department Website at <https://www.cwu.edu/biology/> has current information on course offerings, degree requirements, scholarships available, research opportunities and Biology Student Clubs and Organizations. Check the site frequently to keep informed of events and opportunities in Biology.

The CWU Health Careers Resources website, at <http://www.cwu.edu/health-career/> has information about pre-health programs at CWU and is designed to support students interested in careers and graduate programs in the health sciences. Visit the Health Careers website to find links to specific health careers, graduate programs course pre-requisites for health career programs. Specific electives appropriate for students in health careers in Biology degree specializations are available on the Biology website; <https://www.cwu.edu/biology/>.

APPLY FOR SCHOLARSHIPS

The Biology Department maintains a website with information about undergraduate scholarships at <https://www.cwu.edu/biology/biology-undergraduate-scholarships>. You can also browse through hundreds of scholarships and apply online at “Scholarship Central” at <https://www.cwu.edu/scholarships/>. Students interested in health care and STEM fields are encouraged to apply for the [Washington State Opportunity Scholarship](#).

BECOME INVOLVED IN RESEARCH AND STUDENT OPPORTUNITIES

Your degree can include credit for faculty-mentored research, independent study, internships, and cooperative education. Engage in research opportunities <https://www.cwu.edu/biology/undergraduate-research> and explore our curated job and internship board. You can also find contact information for student clubs including Biology Club, Pre-Vet Club Pre-Med Club and others on the Biology website.

USE RESOURCES AVAILABLE TO YOU FOR PLANNING AND COMPLETING YOUR DEGREE

Once you declare a major, your Academic Requirements Report in MyCWU lists courses required to complete your degree. Approved electives for your specialization will also appear. Determine elective courses based on your interests and through discussions with the Biology Advisor and Faculty Mentor. Suggested electives for career paths in each degree specialization can be found on the Biology Web page. You may also find graduate program and job websites helpful in planning your coursework.

Use Mary Cairns Park’s Canvas Course to find answers to questions, deadlines, and links to CWU Academic Calendars and Support. As her advisee, you will be enrolled in her Canvas course, “Mary Cairns Park Advisor”. Modules in the course will guide you through registration, graduation requirements, more. You’ll also learn to read your academic requirements report and find information about academic support services. Make sure to set your Canvas notifications so that you see announcements from Mary Cairns Park’s Advising Course.

Create a quarterly scheduled plan of all courses required for your major. Plan when you will take your required and elective courses by completing an academic plan for graduation. **NOT ALL COURSES ARE OFFERED EVERY QUARTER OR YEAR.** Biology course schedules are available in the Biology Office and online: <http://www.cwu.edu/biology/quarterly-course-schedules>

Learn the grade and credit requirements for your specific major. Adhere to all requirements within the CWU Catalog. Biology Majors must achieve a cumulative grade-point average of at least 2.0 (C) in courses taken at CWU and 2.25 for all courses counted toward the major. Teacher certification candidates must receive a C grade or higher in all major and STEM Teaching Program Courses, have a GPA of at least 3.0 for either the last 45 graded quarter credits or overall CWU/transfer cumulative, and meet all Washington State teacher certification requirements. You must also meet the following CWU university-wide requirements:

- A MINIMUM of 180 total quarter credits
- A MINIMUM of 60 upper division credits (300/400 level)

Transfer students benefit from completing the following courses prior to coming to CWU:

- BIOL 181, BIOL 182, & BIOL 183 with labs (or one year of transferred general biology for science majors, with labs)
- CHEM 181, CHEM 182, & CHEM 183 with labs (or one year of transferred general chemistry for science majors, with labs)
- MATH through pre-calculus (MATH 153 or MATH154)
- BIOL 213 (or transferrable Biology equivalent statistics)

QUALIFY FOR GRADUATION

- Apply for graduation on MyCWU** the quarter prior to the quarter in which you complete your degree requirements.
- Monitor your CWU email** for messages from Degree Checkout related to graduation requirements that you have or have not met.
- Visit Career Services to learn about internships and job resources and to prepare for career opportunities after graduation.** Career Services is located in Bouillon 206, 509-963-1921, career@cwu.edu. A curated list of career opportunities is also available on the Biology Job & Internship Board; <https://www.cwu.edu/biology/biological-sciences-internship-fellowship-job-board>.