



PEAKmap

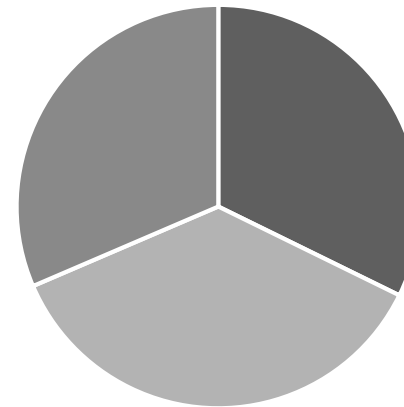
Name: _____

First Year Advisor: _____

Major Advisor / Department: _____

Notes:

PEAK Program - 124 Credits



- Major - credits vary (apx. 40) - apx. 32%
- Minors - credits vary (apx. 15 credits per minor) - apx. 36%
- Exploration - Will vary based on choice and size of Major and Minors, transfer credits, etc. - apx. 32%

A. Your Major

Major _____

Are you considering a double major? If so, you may wish to make a second copy of this page.

PEAK(s): ☐ Humanities & Fine Arts ☐ Social Sciences & History ☐ Natural Sciences & Mathematics ☐ Professional Studies & Enhancements

1. Major Requirements: Use the MyCatalog feature to save the requirements for this Major (for your catalog year) to a folder.

Copy or attach the requirements for this major here.

2. Completed Courses: What courses have you completed from this Major? *(Check them off)*

3. Planned Courses: What courses do you plan to complete? *(Highlight them)*

4. Timing: When will these planned courses be offered? *(Check the Tentative Four Year Schedules)*

5. Prerequisites: What are the prerequisites for these courses? *(Check the Course Descriptions in the Catalog)*

6. Credit Total: Do your planned courses add up to the correct number of credits for this Major?

7. Faculty: Have you spoken with a faculty member in the department of this Major?

8. Questions: What questions do you have for the Major department, for your Advisor, or for the PEAK Center about this Major?

B. Your Minors

Minor 1: _____

PEAK(s): ☐ Humanities & Fine Arts ☐ Social Sciences & History ☐ Natural Sciences & Mathematics ☐ Professional Studies & Enhancements

Minor 2: _____

PEAK(s): ☐ Humanities & Fine Arts ☐ Social Sciences & History ☐ Natural Sciences & Mathematics ☐ Professional Studies & Enhancements

Minor 3: _____

PEAK(s): ☐ Humanities & Fine Arts ☐ Social Sciences & History ☐ Natural Sciences & Mathematics ☐ Professional Studies & Enhancements

1. Minor Requirements: Use the MyCatalog feature to save the requirements for these minors (for your catalog year) to a folder.

Copy or attach the requirements for all minors here.

2. Completed Courses: What courses have you completed from each of these Minors? *(Check them off)*

3. Planned Courses: What courses do you plan to complete for each Minor? *(Highlight them)*

4. Timing: When will these planned courses be offered? *(Check the Tentative Four Year Schedules)*

5. Prerequisites: What are the prerequisites for these courses? *(Check the Course Descriptions in the Catalog)*

6. Credit Total: Do your planned courses add up to the correct number of credits for each Minor?

7. PEAKS: Do your majors and minors, taken together, cover all four PEAKs?

8. Faculty: Have you spoken with a faculty member in the department of this Minor?

9. Questions: What questions do you have for the Major Supervisor, for your Advisor, or for the PEAK Center about these Minors?

C. Exploration

Exploration Suggestions

1. Find a course *not* required by any of your PEAK Majors or Minors but that you think would support your learning in your major(s) and minors.
2. Find a course *not* required by any of your PEAK majors or minors that *doesn't* necessarily support you work in your major(s) or minors, but that you find compelling.
3. Find two courses that cover areas in which you think you have a weakness
4. What courses have you taken before (in high school or elsewhere) and enjoyed? What can you build upon?
5. Imagine yourself in five or ten years. What course will you wish you had taken?
6. Talk to the PEAK Center/Center for Experiential Learning about internship opportunities.
7. Explore opportunities to study abroad or study away

Graduation Requirements

In addition to becoming familiar with the requirements of your PEAK Majors and Minors, be sure to familiarize yourself with all of the **Graduation Requirements**, including the **PEAK Credit Limitations, PEAK Major and Minor Limitations, GPA Requirements, and Winter Term Requirement** in *The College of Idaho Undergraduate Catalog*.

PEAK for Transfers: Do you qualify?

Did you attend *another* college or university *after* high school but *before* attending The College of Idaho?

If so, you may qualify for PEAK for Transfers.

Did you attend another college or university beginning in the *summer* after high school and before attending The College of Idaho?

If this was your only post-secondary (after high school) college or university experience you do not qualify for PEAK for Transfers.

Did you earn college credit during high school (either through AP, concurrent/dual enrollment, or IB)?

If this has been your only college or university experience you do not qualify for PEAK for Transfers.

Please see **Student Types** (in the Admission section) and **PEAK for Transfers** in *The College of Idaho Undergraduate Catalog* for more information.

Liberal Arts Expectations

While it is impossible to anticipate every combination of majors and minors students might choose, College of Idaho graduates are expected to complete a broad and thorough Liberal Arts course of study. Although most combinations of majors and minors will ensure Liberal Arts breadth, students, in consultation with their advisors, are expected, over the course of their academic career, to engage in each of the areas listed below.

Please identify one or more specific courses included in this plan from each of the following areas:

Writing: *Writing-intensive courses beyond the First Year Seminar (in any discipline)? Creative writing? Journalism?*

History: *History courses beyond Civilization? HIS courses? Courses in other disciplines that provide historical perspective?*

Mathematics *MAT courses? Courses in other disciplines that use mathematical and statistical methods?*

Natural Sciences: *Biology, Chemistry, Geosciences, Physics, Health Sciences, Other?*

Foreign Language: *Spanish, French, Chinese, Latin, Greek, other languages, study abroad in a non-English speaking country?*

Social Sciences: *Anthropology, Political Economy, Psychology, Sociology, Other?*

Literature: *200-level Introduction to Literary Studies courses or Creative Writing workshops? Other?*

Philosophy/Religious Studies: *Philosophy, Religious Studies, Courses in other disciplines that provide this perspective?*

Fine Arts: *Art, Art History, Music, Theatre, Film, Other?*

Cultural Diversity: *Courses that provide exposure to different social and cultural perspectives*

D. Tentative Four-Year Plan -

List all courses that you plan to take during each term. Include Department and course number and the number of credits in parentheses. (e.g. CHE-142 (4))

	Fall	Winter	Spring	Summer
First Year 20 ____ - 20 ____ Total Credits: ____ (12-15 expected)		Total Credits: ____ (3-5 expected):	Total Credits: ____ (14-16 expected)	Total Credits: ____
Sophomore Year 20 ____ - 20 ____ Total Credits: ____ (14-16 expected)		Total Credits: ____ (3-5 expected):	Total Credits: ____ (14-16 expected)	Total Credits: ____
Junior Year 20 ____ - 20 ____ Total Credits: ____ (14-16 expected)		Total Credits: ____ (3-5 expected):	Total Credits: ____ (14-16 expected)	Total Credits: ____
Senior Year 20 ____ - 20 ____ Total Credits: ____ (14-16 expected)		Total Credits: ____ (3-5 expected):	Total Credits: ____ (14-16 expected)	Total Credits: ____

Catalog Year: _____ Total Credits: _____