Be sure to consult the Learning Abroad Major Advising Page (MAP) associated with your major/minor (UMabroad.umn.edu/students/maps). Each MAP includes information and advice about how learning abroad experiences fit in your degree program(s), as well as a handpicked sample list of recommended learning abroad opportunities that may work for your academic plan.

Step 1: Find out what degree requirements you need to fulfill while abroad.

Step 2: Research course offerings for your study abroad program.
- Consult your LAC program page. If you have questions about finding or interpreting course information for a program, call or email the LAC staff member on the “Contact” page.
- Search the U-Credit Abroad database to select from more than 2,000 study abroad courses that have already been pre-approved for liberal education requirements. In addition, some departments have listed prior course approvals on the U-Credit Abroad database to store major/minor requirements.

Step 3: List your desired study abroad courses and alternate choices on this form.

Step 4: Schedule an appointment with your adviser(s) to discuss courses you plan to take abroad and your degree plan. Consult the list below for obtaining approval for the following requirements:

**Major Requirements**
Meet with your major/departmental adviser.

**Minor Requirements**
Meet with your minor/departmental adviser.

**Liberal Education Requirements**
Consult the U-credit database at UMabroad.umn.edu/students/UCredit

**Second Language Requirement**

CLA
Courses taken abroad for the CLA Language Requirement must be at least 4 credits. CLA college advisers can approve courses that are clearly identified in a syllabus or online course description as first-, second-, third-, or fourth-semester language courses. If the course level is not explicitly stated, you must work with your CLA adviser to have the course evaluated by the appropriate language department.

Global Studies
Courses for the Global Studies Language Requirement are approved by an adviser in the Institute for Global Studies.

Carlson International Business
At least two college years (four semesters) of a foreign language (or equivalent) and must be A-F grading. Work with your academic adviser in Carlson to plan for your coursework taken abroad for the IB co-major.

Step 5: Bring course descriptions and/or syllabi to your appointment if possible. Adviser(s) will write their comments next to each course you have listed on the form. Both you and your adviser(s) should sign the form.

Step 6: Upload the completed form to your confirmation checklist. Keep a copy for your records and give a copy to your adviser(s).