

# Aging and Health PhD Map

## Applying to and Navigating Graduate Studies

GRAD MAP FOR PhD STUDENTS 

### Why GRADUATE STUDIES in AGING AND HEALTH?

Graduate studies in Aging and Health are offered through innovative programs that provide participants with a comprehensive understanding of aging, with a focus on health and healthy living. Students will develop multi-disciplinary knowledge of individual aging processes, the effect of aging on social systems, and the policies needed to support healthy aging. The program is meant to enhance students' ability to contribute to the development, delivery and implementation of evidence-based care, services, and policies for older adults across a range of settings.

### Why QUEEN'S?

The program is full-time and is completed from a distance, through a blended format of on-line and in-person learning. Intensive on-site sessions introduce students to core courses and e-learning technology, as well as provide an opportunity for in-person interaction with faculty and fellow class members. Elective courses are completed at a distance, online. The blended format of on-site intensives and online components couples networking and experiential opportunities with the flexibility of distance learning.

Queen's University programs in Aging and Health position graduates for success in a variety of settings that serve the growing population of older adults including



*"I was pleased to know that I could continue to work full-time while going to school.... I am drawn to incorporating research into my current clinical world, while also pursuing a joint career in academia."*

government, universities and colleges, for-profit and non-profit organizations, business and industry, and various healthcare settings.

### Program STRUCTURE

**PhD (4 years, full time):** Course work consisting of 4 courses (normally including 2 core courses), comprehensive exam, thesis and defense.

### Core COURSES

- AGHE 901 Knowledge Translation and Uptake
- AGHE 903 Critical Analysis of Theories of Aging

We encourage you to identify an area of research interest and contact a potential supervisor before applying.



Visit the [Aging and Health page](#) on the School of Rehabilitation Therapy website to read faculty profiles, and learn more about faculty members' research areas. When you find a faculty member with similar research interests to yours, contact them and tell them about your interest in graduate work, area of research interest and related experience.



**GRADUATE STUDIES AND POSTDOCTORAL AFFAIRS**

# Aging and Health PhD Map

DOCTOR OF PHILOSOPHY (PhD)



## YEAR I

## YEAR II

## YEAR III

## YEAR IV & TRANSITIONING

### ACHIEVE YOUR ACADEMIC GOALS

- Meet early with your supervisor to set expectations and discuss roles, responsibilities, program requirements, resources, research/occupational goals, timelines, and any required accommodation plans.
- Consider how your coursework can contribute to your research proposal and comprehensive examination.
- Look to [Student Academic Success Services](#) for a variety of supports.

- Priorities include completing your comprehensive examination and pursuing research.
- Find your way through the academic process with help from departmental and professional development workshops, the Aging and Health Program Director and Program Assistant and the [SGSPA website](#).
- Set up regular meetings with your supervisor to discuss progress and obstacles to timely completion.

- Continue to meet regularly with your supervisor, review research progress, and write your dissertation. Check out the [SGSPA writing camps](#), such as Dissertation Boot Camp and Dissertation on the Lake.
- Use conference presentations to create and refine thesis or project material.
- Use conference presentations to create, discuss, and explore ways to disseminate research findings.

- Plan date of thesis submission for examination.
- Present your research to graduate students and faculty or at conferences and work with supervisor to prepare for defence.
- Review submission and examination guidelines.
- Secure necessary oral defence accommodations.

### MAXIMIZE RESEARCH IMPACT

- Think about audiences for your research.
- Complete the CORE online module on research ethics if doing research regarding sensitive topics.
- Apply to CIHR, SSHRC, NSERC, OGS, and other funding.

- Present your work at graduate conferences such as the Rehabilitation Research Colloquium or the Canadian Student Health Research Conference.
- Expand your research audience through social media such as Twitter or a blog.
- Apply for the Graduate Dean's Travel Grant for Doctoral Field Research.

- Continue to present at conferences in your field, such as the annual conference of the [Canadian Association of Gerontology](#).
- Consider participating in the [3 Minute Thesis \(3MT\)](#) competition.
- Contact the [Queen's Media Centre](#) for guidance on speaking to news outlets about your work.

- Continue to attend conferences and connect with scholars in your field and with community partners.
- Continue public outreach through social media and the Queen's Media Centre.
- Set up a meeting with the School of Graduate Studies and Postdoctoral Affairs for a Grad Chat to discuss your research interests.

### BUILD SKILLS AND EXPERIENCE

- Consider positions in student services, the SGPS, or media outlets like the Queen's Journal, CFRC, and the SGSPA Blog - Gradifying. Look in the [AMS Clubs Directory](#).
- Use a Teaching Assistant or Research Assistant position to develop your skills and experience.

- Hone skills for non-academic employment by continuing involvement on committees and in the community.
- Start keeping an ePortfolio of your skills, experiences, and competencies.
- For help with teaching, get support from the [Centre for Teaching and Learning](#). Enrol in SGS902 or the PUTL Certificate for more professional development in teaching and learning.

- Find opportunities for extra training through CTL, [School of Graduate Studies and Postdoctoral Affairs professional development](#), Mitacs, or other sources to boost your skills. Investigate internships from [Mitacs](#) and [other sources](#).
- Prepare for work or studies in a multi-cultural environment by taking the [Intercultural Awareness Training Certificate](#) hosted by QUIC and FDISC.

- Practice articulating the skills you have been developing in settings outside the university, such as casual conversation, networking, and interviews. Get help from a Career Services workshop.

### ENGAGE WITH YOUR COMMUNITY

- Explore how you can connect with your community through experiential opportunities on and off campus.
- Consider volunteering or working with local community organizations that are focused on supporting healthy aging and aging in place.

- Participate in your graduate and professional community through activities such as graduate student outreach programs, organizing conferences, and research groups.

- Do some targeted networking with people working in careers of interest, through [Queens Connects](#) on LinkedIn, the [Queen's Alumni Association](#), professional associations, and at conferences. Get help from a Career Services workshop.

- Join professional associations like the [Canadian Association of Gerontology](#).
- Continue targeted networking with people working in careers of interest. Join groups on LinkedIn reflecting specific careers or topics of interest.

### PROPEL YOUR CAREER

- Finding career fit starts with knowing yourself. Take a [Career Services workshop](#) or meet with a career educator and coach for help. Check out the Career Resource Area for advice on various career options.
- Start reading publications like [University Affairs](#) and the [Chronicle of Higher Education](#). Browse non-academic labour market websites.
- Stay on the lookout for special events like School of Graduate Studies and Postdoctoral Affairs Career workshops to explore your career pathways.

- Start building your teaching portfolio including student evaluations, and seeking mentorship.
- Explore different careers of interest by using [Queens Connects](#) on LinkedIn to connect with Queen's alumni. For more information check out Career Cruising.
- Investigate requirements for professional positions or other opportunities related to careers of interest.

- Participate in hiring committees and attend job talks. Research academic careers of interest. Craft your CV and job application materials.
- Start focusing on non-academic areas of interest. Research organizations of interest and start putting together your industry resume and begin your job search plan.

- Build connections with faculty outside of your department. Pursue interviews for faculty positions and apply for post-doc fellowships and positions.
- Apply to jobs or make plans for other adventures. Get help from Career Services with job searching, resumes, and interviews.
- If considering jobs abroad, research possible immigration regulations. If you are an international student interested in staying in Canada, consider speaking with an [International Student Advisor](#).

### WHAT WILL I LEARN?

A professional degree in Aging and Health can equip you with:

- **Knowledge and technical skills**
- Effective **communication** skills in multiple forms for diverse audiences
- Ethical approaches to research and practice with older adults
- **Time management** skills to meet deadlines and manage responsibilities despite competing demands
- **Project management** skills to develop ideas, gather information, analyze, critically appraise findings, draw and act on conclusions
- **Creativity and innovation**
- **Independence** and experience as a collaborative worker
- **Professionalism** in all aspects of work, research, and interactions
- **Leadership skills** to take initiative and lead discussions and influence people.

### WHERE CAN I GO?

Queen's University programs in Aging and Health position graduates for success in a variety of settings that serve the growing population of older adults including government, for-profit and non-profit organizations. Potential career opportunities include:

- Coordination and management roles in for-profit organizations that deliver services or create products for older adults;
- Policy development and analysis related to aging and society;
- Program development, implementation, and oversight in community-based or public healthcare organizations;
- Program evaluation for aging and health-related services.

In addition, graduates of this program have taken the knowledge and skills gained in this program back to their own places of employment to contribute to the development of age-sensitive services and practices. Taking time to explore career options while building your experience and networks can help you have a smooth transition to the world of work after graduation.

### How to use this map

Use the 5 rows of the map to explore possibilities and plan for success in the five overlapping areas of career and academics. The map just offers suggestions – you don't have to do it all! To make your own custom map, use the My Grad Map tool.

# Graduate Studies FAQs

## How do I use this map?

Use the Grad Map to plan for success in five overlapping areas of your career and academic life. Everyone's journey is different - the ideas on the maps are just suggestions to help you explore possibilities. For more support with your professional development, take advantage of the SGSPA professional development framework and the new [Individual Development Plan \(IDP\)](#) process to set customized goals to help you get career ready when you graduate.

## Where can I get help?

Queen's provides you with a broad range of support services from your first point of contact with the university through to graduation. Ranging from help with academics and careers, to physical, emotional, or spiritual resources - our welcoming environment offers the programs and services you need to be successful, both academically and personally. Check out the [SGSPA website](#) for available resources.

## What is the community like?

At Queen's, graduate students from all disciplines learn and discover in a close-knit intellectual community. You will find friends, peers and support among the graduate students enrolled in Queen's more than 130 graduate programs within 50+ departments & research centres. With the world's best scholars, prize-winning professional development opportunities, excellent funding packages and life in the affordable, historic waterfront city of Kingston, Queen's offers a wonderful environment for graduate studies. Queen's is an integral part of the Kingston community, with the campus nestled in the core of the city, only a 10-minute walk to downtown with its shopping, dining and waterfront. For more about Kingston's history and culture, see Queen's University's [Discover Kingston](#) page.

# Application FAQs

## What do I need to know to APPLY?

### ACADEMIC REQUIREMENTS

- Completion of a Master's degree in a related field with a minimum B+ standing. Contact the program director and potential supervisors to discuss how your studies and experiences to date may be related to the Aging and Health program studies.
- The entire transcript is reviewed but particular attention is given to your last 20 courses and how well you have progressed throughout your academic career. Preference is given to students with higher academic standing.

### ADDITIONAL REQUIREMENTS

- Two references.
- Two Official Transcripts.
- Current CV.
- Statement of Interest.
- If English is not a native language, prospective students must meet the [English language proficiency requirements](#) in writing, speaking, reading, and listening. The following minimum scores are required: (1) TOEFL iBT: Writing (24/30); Speaking (22/30); Reading (22/30); Listening (20/30). Applicants must have the minimum score in each test as well as the minimum overall score, or (2) IELTS: 7.0 (academic module overall band score and a 7.0 for each test band), or (3) PTE Academics: 65, or (4) CAEL CE -70 (minimum overall score).

### KEY DATES & DEADLINES

- **Application deadline:** February 15.
- Decisions will be made following that date.

Before you start your application, please review the [Graduate studies application process](#).

## What about FEES?

For information about fees and tuition, please check the [Registrar and Financial Aid Services website](#) for the most up-to-date information.

Apply for external funding and see the School of Graduate Studies and Postdoctoral Affairs information on [awards and scholarships](#).



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PROGRAMS IN  
AGING AND HEALTH

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