How do I USE THIS MAP?

Whether you are considering or have embarked on graduate studies at Queen’s, use this map to plan for success in five overlapping areas of your career and academic life. The map helps you explore possibilities, set goals and track your individual accomplishments. Everyone’s journey is different—this guide offers options for finding your way at Queen’s and setting the foundation for your future. To make your own customized map, use the online My Grad Map tool.

Why GRADUATE STUDIES in KINESIOLOGY & HEALTH STUDIES?

The Kinesiology and Health Studies programs offer you the opportunity to study health, physical activity, sport, and the body from a range of perspectives. Students may study the mechanics of movement; the body’s physiological responses to exercise; physical activity at a population level; the promotion of health, wellbeing, and social justice among communities; the psychology of sport and physical activity; the effects of biological factors on individual health; and the effects of socio-cultural factors on individual, community, and population health.

Why QUEEN’S?

“IT’S A VERY RICH LEARNING ENVIRONMENT. AS A STUDENT, I’VE REALLY APPRECIATED THE CHANCE TO BE SURROUNDED BY PEOPLE WHO ARE STUDYING DIFFERENT, BUT RELATED, THINGS. IT REALLY BROADENS MY HORIZONS.” — Caitlin Mason, PhD

Our students have the opportunity to collaborate with internationally-recognized researchers on existing, multi-disciplinary research projects in state-of-the-art facilities in our own, standalone building completed in 2009.

Cross-disciplinary opportunities with other Queen’s departments enhance the graduate experience. Collaborations are available with Biomedical and Molecular Sciences, Commerce, Cultural Studies, Faculty of Education, Gender, Global Development Studies, Mechanical and Materials Engineering, Psychology, Public Health Sciences, Geography and Planning, and Sociology. Students may pursue research activities at Kingston General Hospital, Hotel Dieu Hospital, and with a number of our community-based partners, including the Boys and Girls Club of Kingston, HIV/AIDS Regional Services, Kingston, Frontenac and Lennox & Addington Public Health, and the Limestone District School Board.

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.

Why KINGSTON?

Described by students as both “quiet” and “eclectic,” Kingston is big enough to provide all the conveniences of modern life, and small enough for students, staff, and faculty to feel instantly comfortable and at home.

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 Discover Kingston page.
INTERMEDIATE STAGE

ACTIVITIES

- Complete your coursework, begin to research and write your thesis.
- Attend the SKHS Research Colloquium.

MAXIMIZE RESEARCH IMPACT

- Start to think about the audiences for your research.
- Apply for OGS funding.
- Apply for tricouncil (CIHR, SSHRC, or NSERC) funding.
- Attend or present at a graduate conference such as the Macintosh Conference or the Horwood Conference.
- Attend at least 40% of the SKHS Graduate Seminar Series.
- Consider participating in the 3 Minute Thesis (3MT) competition.
- Expand your research audience through social media such as Twitter or a blog.

BUILD SKILLS AND EXPERIENCE

- Consider positions in student services, the GSPS, or media outlets like the Queen's Journal, QFRC, QTV, and the SGS Blog.
- Serve on departmental, faculty or university committees. Talk to the SGS Graduate Student Council for tips on getting involved.
- Consider volunteering in student community organizations such as the Boys and Girls Club of Kingston, HIV/AIDS Regional Services, or the Queen's Exercise is Medicine Club.
- Start keeping an eportfolio of your skills, experiences and competencies.
- Use a Research Assistant or Teaching Assistant position to develop your research or teaching skills.
- For help with teaching, get support from the Centre for Teaching and Learning. Email us at SGS4MT or the PUTL certificate for more professional development in teaching and learning.

ENGAGE WITH YOUR COMMUNITY

- Explore how you can connect with your community through experiential opportunities on- and off-campus.
- Participate in your graduate and professional community through activities such as graduate student outreach programs, organizing conferences, and research groups like Material Matters.
- Prepare for work or studies in a multi-cultural environment by taking QUIC's International Competency Certificate.
- If you are an international student interested in staying in Canada, consider speaking with an International Student Advisor.

WRAPPING UP

- Complete your thesis.
- Present at the SKHS Research Colloquium.
- Consider publication options for your research.
- Attend a major conference in your field, such as the American College of Sports Medicine, the Canadian Public Health Association, Experimental Biology, the North American Society for the Psychology of Sport and Physical Activity, or the North American Society for the Sociology of Sport.
- Practice articulating the skills you have been developing in settings outside the university, such as casual conversation, networking, and interviews. Get help with the Skills and Experience workshop.
- Check out opportunities for extratraining through CIL, Expanding Horizons, Mitacs, or other sources to boost your skills.
- Investigate internships from Mitacs and other sources.

- Do some targeted networking with people working in careers of interest, through Queen'sConnects on LinkedIn, the Queen's Alumni Association, professional associations, and at conferences. Check out Career Services' networking workshops.
- Consider joining professional associations like the American College of Sports Medicine, the Canadian Public Health Association, Experimental Biology, the North American Society for the Psychology of Sport and Physical Activity, or the North American Society for the Sociology of Sport.
- Perseverance to work through challenges to achieve desired outcome.
- Independence and experience as a collaborative worker.
- Awareness and understanding of sound ethical practices, social responsibility, responsible research and cultural sensitivity.
- Professionalism in all aspects of work, research, and interactions.
- Leadership initiative and vision leading people and discussions.

EMPLOYABILITY SKILLS

- Knowledge and technical skills in area of specialization.
- Communication: effective and clear in written, oral and multimedia forms, for diverse audiences.
- Information management: prioritize, organize and synthesize large amounts of information.
- Time management: meet deadlines and responsibilities despite competing demands.
- Project management: develop ideas, gather information, analyze, critically appraise findings, draw and act on conclusions.
- Creativity and innovation: to address complex, multifaceted challenges.

LAUNCH YOUR CAREER

- Finding a career that fits starts with knowing yourself. Get help by taking the Career Services Career Planning workshop or meeting with a career counsellor. Check out books like "So What Are You Going to Do With That" 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 Graduate Student Career Week to explore your career pathways.
- Check admission test deadlines if needed for further studies.

- Explore different careers of interest by reading alumni profiles on the SGS website, and using Queen'sConnects on LinkedIn to connect with Queen's alumni, or find alumni in various careers through "Ask an Alum".
- Check out the free online modules of MyGradSkills to help you plan your career.
- If you are considering a PhD, explore programs of interest reach out to faculty, and apply to PhD programs and external scholarships.
- Participate in hiring committees and attend job talks. Start focusing on areas of interest. Research organizations of interest and start putting together your CV or resume for potential positions of interest. Get help from Career Services with job searching, resumes, or interviews.

- Consider positions in student services, the SGS, or media outlets like the Queen's Journal, CEFC, QTV, and the SGS Blog. Look in the AMS Clubs Directory for more ideas.
- Visit careers.queensu.ca/gradmaps for the online version with links!