Health Studies

MAJOR MAP

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 Major Map tool.

Get started thinking about the future now — where do you want to go after your degree? Having tentative goals (like careers or grad school) while working through your degree can help with short-term decisions about courses and experiences, but also help you keep motivated for success.

Get the help you need

Queen’s provides you with a broad range of support services from your first point of contact with the university through to graduation. At Queen’s, you are never alone. We have many offices dedicated to helping you learn, think and grow. Ranging from help with academics and careers, to physical, emotional, or spiritual resources — ranging from help with academics and careers, to physical, emotional, or spiritual resources — you can help with short-term decisions about courses and experiences, but also help you keep motivated for success.

What can I learn studying HEALTH STUDIES?

• Knowledge of health promotion, population health, public health, health equity, health policy and a wide range of other health-related topics
• In-depth understanding of the physical, social, psychological and cultural factors influencing health and well-being
• Ability to collaborate with peers, policymakers, practitioners, and community members
• Research, evaluation and critical thinking skills
• Oral and written communication
• Planning and time management

Why study in Kingston?

For over 175 years, the Kingston community has been a collection of bright minds. We are proud that our city was named one of the top Intelligent Communities across the globe, an accolade largely due to the thousands of students who study here every single year. In fact, the BBC has identified Kingston as one of the GREATEST UNIVERSITY TOWNS in the world, which might be why Instagram named the city the happiest place on the planet. Just a quick drive to Toronto, Montreal, Ottawa and even New York, Kingston is a safe and liveable city. Not only are we known as the freshwater sailing capital of the world, Kingston is arguably the birthplace of hockey. Wondering what to do while you’re attending school? Kingston has more clubs per capita than any other university in Canada, and Kingston has more restaurants per capita than any other city in North America; your time here is guaranteed to be ‘fresh made daily.’

Health Studies

Succeed in the workplace

What employers want

The Canadian Council of Chief Executives list the top 6 skills sought by employers as:

1. People skills
2. Communication skills
3. Problem-solving skills
4. Analytical abilities
5. Leadership skills
6. Industry-specific knowledge

Take the time to think about the unique skills you have developed at Queen’s, starting with the skills list here for ideas. Explaining your strengths with compelling examples will be important for applications to employers and further education. For help, check out the Career Services workshop.

Get to know HEALTH STUDIES

Understand the complex factors that influence physical, mental and social health and well-being. Challenge yourself to think critically about health in relation to social justice, politics and culture. Your courses will explore both the social and the personal determinants of health, approaches to health promotion, public health, epidemiology and program evaluation.

Take advantage of a variety of experiential learning opportunities including the Exercise, Disability and Aging mini-stream and the Community-Based Internship course. Travel abroad to the Bader International Study Centre (BISC) to participate in the Global Health and Disability program.

Course HIGHLIGHTS

In addition to innovative, engaging, lecture-based learning the School of Kinesiology and Health Studies offers unique course opportunities. The Program Design and Evaluation course allows students to take health theory out of the classroom and work with community partners on real-life projects. Professors encourage inquiry-based learning through completion of the ‘Research mini-stream,’ a series of research projects. Professors encourage inquiry-based learning through completion of the ‘Research mini-stream,’ a series of research projects. Professors encourage inquiry-based learning through completion of the ‘Research mini-stream,’ a series of research projects.

Degree PLANS

Bachelor of Arts (Honours) Major / Medial / Minor in Health Studies Internship option available.

Acquire Skills. Gain Experience. Go Global. That is a degree from Queen’s.

Note: This content is a representation of the image provided and may not include all details or be complete in its original form. It is intended to provide a natural text version for better readability and comprehension.
# Health Studies MAJOR MAP

## Bachelor of Arts (Honours): Major, Medial, Minor

### 2017 - 2018

#### GET THE COURSES YOU NEED

**1ST YEAR**
- In first year take HLTH 101, HLTH 102 and PSYC 100. Build your transferable skills in time management, problem-solving, writing and more with Student Academic Success Services.

**2ND YEAR**
- In second year take ANAT 101, KNPE 125, HLTH 205, KNPE 251 and HLTH 252. Consider applying at the end of Winter Term to the Exercise & Disability and Aging Stream or the Community-Based Internships (HLTH 300) and/or Research-Based Internship (HLTH 352) course. Please see the Academic Calendar to ensure you are taking the correct courses, including electives.
- Want to enhance your degree? Consider a certificate in Sexual and Gender Diversity or explore other certificates available.

**3RD YEAR**
- In third year take HLTH 305 and HLTH 315, along with courses outlined in the Academic Calendar. HLTH 323 can be taken in third or fourth year. Consider applying at end of Winter Term for Independent Course opportunities. Students who complete the Research-Based internship and an honour thesis project (HLTH 595) will graduate from the Research Mini-Stream.
- Need help mapping all of your core, option, supporting and elective courses (including those not listed above) to make sure you will have what you need to complete your degree? Use the Course Mapping Tool on the Arts and Science website.

**4TH OR FINAL YEAR**
- In fourth year take HLTH 415/6.0 and if not taken in third year, HLTH 323. HLTH 415 is a capstone course that features an experiential opportunity in partnership with a local community organization.
- By fourth year you should be working on your remaining core, option, supporting and elective courses. Make sure to map your minor and/or certificate(s) as well.
- Apply to graduate in SOLUS.

#### GET RELEVANT EXPERIENCE

**1ST YEAR**
- Join teams or clubs on campus such as Queen's First Aid or Queen's Health Outreach. Take Queen's Mental Health First Aid (MHFA) training. See the AMS Clubs Directory or the Queen's Get Involved page for more ideas.

**2ND YEAR**
- Look into summer jobs by talking to the dept. or Career Services about work through SWEF or USSRF.
- Take more responsibility within different clubs or extra-curricular activities.
- Think about applying to positions in student services or the Alma Mater Society.

**3RD YEAR**
- Consider applying to do a 12-16 month QUIP internship between your third and fourth year.
- Volunteer in the Revved Up lab.
- Consider entrepreneurial opportunities via programs like the Queen's Innovation Convener Summer Initiative (QCSI).

**4TH OR FINAL YEAR**
- Consider a 12-16 month QUIP internship.

#### GET CONNECTED WITH THE COMMUNITY

**1ST YEAR**
- Volunteer on or off-campus with different community organizations, like the Queen's Public and Preventive Health Interest Group (QPPHIG) or the Ontario Public Health Outreach Research Group (OPHRG) Kingston.

**2ND YEAR**
- Get involved with the Health Departmental Student Council (HLTH DSC).
- Start or continue volunteering with organizations such as Universities Allied for Essential Medicine (UAEM). Consider becoming a Peer Health Educator with Student Wellness Services.

**3RD YEAR**
- Do targeted networking with alumni working in careers of interest by joining the LinkedIn group Queen’s Connects. Check out Career Services networking workshops. Connect with professors at events or workshops hosted by the DSC.
- Attend the Canadian Undergraduate Conference on Healthcare (CUCOH).

**4TH OR FINAL YEAR**
- International students interested in staying in Canada can speak with an International Student Advisor.

#### GET THINKING GLOBALLY

**1ST YEAR**
- Prepare for work or studies in a multi-cultural environment by taking QUIP’s Intercultural Competency Certificate, and research possible immigration regulations. Speak to a QUIP advisor to get involved in their programs, events, and training opportunities.

**2ND YEAR**
- Is an exchange in your future? Start thinking about where you would like to study abroad. Apply in January for a 3rd year exchange through the International Programs Office.

**3RD YEAR**
- Build your intercultural competence by getting involved with other cultures or by practicing or improving your language skills. Consider spending the Winter term of your 3rd year at the BSC castle in England studying global health (HLTH 350), disability (HLTH 332) and aging (KNPE 335). Stay at the BSC for an intensive Spring term for the Interdisciplinary Studies in Disability and Global Health (9.0 units at the 400 level).

**4TH OR FINAL YEAR**
- Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending local events (Canadian Public Health Association, Health Promotion Ontario, Health Nexus, National Collaborating Centre). Monitor the Ontario Healthillinet for career opportunities.

#### GET READY FOR LIFE AFTER GRADUATION

**1ST YEAR**
- Grappling with program decisions? Research the degree: look at the HLTH – Current Students and check out the HLTH Courses Summaries. Get some help wondering about career options from Career Services.

**2ND YEAR**
- Explore different careers by reading books in the Career Services Career Advising and Resource Area, such as Top 100 Health-Care Careers. For more information check out Career Cruising or by finding and connecting with alumni on LinkedIn. Attend the annual School of Kinesiology Mini Career Fair.

**3RD YEAR**
- Research your careers of interest on the National Occupational Classification website. Start focusing on areas of interest. Research education requirements for careers of interest. If needed, prepare to take any required tests (like the LSAT or GMAT) and get help thinking about grad school from Career Services. Attend the annual School of Kinesiology Mini Career Fair.

**4TH OR FINAL YEAR**
- Apply to jobs or future education, or make plans for other adventures. Get help from Career Services with job searching, resumes, interviews, grad school applications, or other decisions.

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*This map is intended to provide suggestions for potential activities and career paths, but everyone’s abilities, experience, and constraints are different. Build your own map using our online My Major Map tool.*

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**Where could I go after graduation?**

- Bioethics
- Complementary medicine
- Corrections
- Counselling
- Dentistry
- Education
- Epidemiology
- Gerontology
- Global health
- Health administration
- Health education
- Health promotion
- Human resources
- International development
- Law
- Medicine
- Nutrition
- Nursing
- Occupational health and safety
- Occupational therapy
- Physical therapy
- Public health
- Rehabilitation therapy
- Research
- Social work
- Speech and language therapy
- Urban planning

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Visit careers.queensu.ca/majormap.html for the online version with links!