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 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 courses that build from Research Methods in second year, to a third year Research Internship in a research lab/program, to a fourth-year Honours Thesis.

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

Critical thinking about the many dimensions of health, emphasizing equity and community involvement.

Queen’s ADMISSION
Students apply to Queen’s Arts (QA) through the OUAC (Ontario Universities’ Application Centre) website (ouac.on.ca). Secondary School prerequisites include six 4U and 4M courses, including a minimum of three 4U courses, one of which must be ENG4U. Applicants outside of Ontario may have additional requirements. Visit queensu.ca/admission for additional information regarding requirements and admission to Queen’s.

A Year to CHOOSE
We often say that our students are like explorers. In Arts and Science, your first year is all about making choices and exploring new paths. Whether you are in Arts, Science or Computing, you will choose your courses from a wide variety of subjects as you settle into university life and become familiar with new styles of learning. By the end of your first year, you will have discovered your areas of interest, passion and success, and will then declare your major. Your first year, whether you consider it to be undeclared, undecided or simply a time for exploration, is bound to be a year full of adventure.
# Health Studies Major Map

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

### 2017 - 2018

### 1ST YEAR

**GET THE COURSES YOU NEED**

In first year take HLTH 101, HLTH 102 and PSYC 100.

Build your transferrable skills in time management, problem-solving, writing and more with Student Academic Success Services.

### 2ND YEAR

**GET RELEVANT EXPERIENCE**

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. Consider 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

**GET CONNECTED WITH THE COMMUNITY**

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 the 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.

**GET THINKING GLOBALLY**

Consider applying to do a 12-16 month QUIP internship between your third and fourth year. Volunteer in the Revved Up lab.

Think about applying to positions in student services or the Alma Mater Society.

### 4TH OR FINAL YEAR

**GET READY FOR LIFE AFTER GRADUATION**

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.

### 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

Some careers may require additional training.

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

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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.*
Health Studies

MAJOR MAP

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

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 skills workshop.

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 do.

Ranging from help with academics and careers, to physical, emotional, or spiritual resources – our welcoming living and learning environment offers the programs and services you need to be successful, both academically and personally, and Queen’s wants you to succeed! Check out the Student Affairs website for available resources.

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? Queen’s 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’.