# Public Health Sciences PhD Map

Applying to and Navigating Graduate Studies

### Why GRADUATE STUDIES in PUBLIC HEALTH SCIENCES?

Graduate students and their work are an important part of ongoing research that helps us understand natural, cultural, imaginative, social, technological and health phenomena. In the PhD program in Public Health Sciences, students gain skills to communicate scientifically, describe trends and patterns of health and illness, critically review scientific literature, collect and analyze data, and more.

The goal of the Public Health Sciences PhD program is to graduate individuals who are capable of functioning as independent investigators within academic (or equivalent) research positions, or who can occupy positions of professional leadership in public health or healthrelated agencies where research is an important function.

The PhD program offers a general track or has specializations in Epidemiology or Biostatistics. Students in the general track study diverse public health topics including those related to health economics, health policy, global and population health, among others. These students collect and use a variety of types of data and research approaches depending on their own interests and the expertise of their Supervisor(s).





Students in the Epidemiology specialization will study advanced epidemiologic methods and biostatistics and conduct a thesis using those methods. Research topics are broad, including disease etiology, clinical epidemiology, health services research and more. Students in the Biostatistics specialization will study advanced biostatistics methods and epidemiology and conduct a thesis using those methods. Research topics and methods covered by this specialization include statistical methodological research in the context of public health, biomedical, or clinical studies.

## Why QUEEN'S?

At Queen's, we have world class researchers and instructors who provide exceptional learning and mentorship for doctoral students on an historic campus in the heart of Kingston. The relatively small size of our program allows students to get to know faculty members and each other very well. PhD students take on leadership roles in the Department frequently acting as Teaching Assistants for graduate level courses and getting involved in cocurricular and extra-curricular activities. Kingston is a wonderful city to live, learn and play in right on the shores of Lake Ontario. There are many housing options for graduate students and upper year students who are always willing to share their knowledge and expertise!

### GRAD MAP FOR PhD STUDENTS 😌

### Program STRUCTURE

PhD (4 years) with an option to remain in a general track or specialize in Epidemiology or Biostatistics. Each student completes at least 4 courses, comprehensive exam, and dissertation.



### **Research AREAS**

There are many research areas including:

- Cancer Epidemiology
- Population Health
- Health Services & Policy Research
- Clinical Epidemiology
- Health Equity
- Global Health
- Health Economics
- Physical Activity Epidemiology
- Biostatistics
- Mental Health
- And more!

Visit <u>PhD Public Health Sciences</u> to learn about faculty members who are accepting students and their research areas. When you find a faculty member with similar research interests to yours, contact him/her and tell them about your interest in graduate work and related experience.



## 2022-2023 Public Health Sciences PhD Map

DOCTOR OF PHILOSOPHY (PhD)

	YEAR I	YEAR II	YEAR III	YEAR IV
ACHIEVE YOUR ACADEMIC GOALS	<ul> <li>Key priorities include completing required health and safety, animal, human research ethics training, any required coursework, and your comprehensive exam.</li> <li>Meet early with your supervisor to set expectations and discuss roles, responsibilities, program requirements, resources, research/ occupational goals, timelines, and any required accommodation plans.</li> </ul>	<ul> <li>Set up regular meetings with your supervisor to discuss progress and obstacles to timely completion.</li> <li>Priorities include completing your research outline and proposal, and pursuing research.</li> <li>Check out <u>School of Graduate Studies and Postdoctoral Affairs professional development</u> workshops and <u>SGS</u> website for guidance through the academic process.</li> </ul>	<ul> <li>Continue to research and write your dissertation. Check out the <u>SGSPA</u> <u>Dissertation Boot Camp</u>.</li> <li>Consider publishing elements of your research. Learn from the School of Graduate Studies and Postdoctoral Affairs professional development <u>workshops</u>.</li> <li>Use conference presentations to create and</li> </ul>	<ul> <li>Plan date of thesis subt</li> <li>Present your research t and faculty or at confet supervisor to prepare f</li> <li>Review submission and</li> <li>Secure necessary oral c</li> <li>Discuss career pathway publication options with</li> </ul>
MAXIMIZE RESEARCH IMPACT	<ul> <li>Think about audiences for your research.</li> <li>Apply to CIHR, NSERC, OGS, and other funding.</li> <li>Attend conferences in your field.</li> </ul>	<ul> <li>Start to present your work at graduate conferences, through professional associations, or topic conferences.</li> <li>Expand your research audience through social media.</li> <li>If appropriate, apply for the Dean's Travel Grant for Doctoral Field Research <u>other awards</u>.</li> </ul>	<ul> <li>Continue to present at conferences.</li> <li>Consider participating in the <u>3 Minute Thesis</u> (<u>3MT</u>) competition.</li> <li>Contact the <u>Queen's Media Centre</u> for guidance on speaking to news outlets about your work.</li> </ul>	<ul> <li>Continue attending c with other scholars an</li> <li>Continue public outre the Queen's Media Cer</li> </ul>
BUILD SKILLS AND EXPERIENCE	<ul> <li>Serve on departmental, faculty or university committees. Talk to the <u>SGPS</u> for tips on getting involved.</li> <li>Consider positions in student services, the <u>SGPS</u>, or media outlets like the <u>Queen's Journal</u>, <u>CFRC</u>, and the <u>SGSPA Blog</u>. Look in the <u>AMS Clubs Directory</u>.</li> <li>Use a Teaching Assistant or Research Assistant position to develop your skills and experience.</li> </ul>	<ul> <li>Hone skills for non-academic employment by continuing involvement on committees and in community.</li> <li>Start keeping an eportfolio of your skills, experiences and competencies.</li> <li>For help with teaching, get support from the <u>Centre for Teaching and Learning</u>. Enroll the <u>PUTL certificate</u> for more professional development in teaching and learning.</li> </ul>	<ul> <li>Find opportunities for extra training through CTL, <u>School of Graduate Studies</u> and Postdoctoral Affairs professional <u>development</u>, MITACS, or other sources to boost your skills.</li> <li>Prepare for work or studies in a multi-cultural environment by taking the <u>QUIC</u> and <u>Four</u> <u>Directions Aboriginal Student Centre's</u> <u>Training Certificate</u>.</li> </ul>	<ul> <li>Set up a meeting with t and Postdoctoral Affair putting an article in <u>The</u></li> <li>Practice articulating the developing in settings such as casual conversa interviews. Get help fre workshop.</li> </ul>
ENGAGE WITH YOUR COMMUNITY	<ul> <li>Explore how you can connect with your community through experiential opportunities on- and off-campus.</li> <li>Consider volunteering with different community organizations, such as the <u>Queen's Cancer Research Institute</u> or <u>KFL&amp;A Public Health</u>.</li> </ul>	<ul> <li>Participate in your graduate and professional community through activities such as graduate student outreach programs, organizing conferences, and research groups.</li> <li>Consider signing up for the PhD-Community Initiative program run by the SGS.</li> </ul>	• Do some targeted networking with people working in careers of interest, through <u>Queens Connects</u> on LinkedIn, the <u>Queen's Alumni Association</u> , professional associations, and at conferences. Get help from a <u>Career</u> <u>Services workshop</u> .	<ul> <li>Consider joining one of associations like the <u>Ca</u> <u>Association</u>, the <u>Canad</u> <u>Epidemiology and Bios</u> <u>Cancer Trials Group</u>.</li> <li>Continue targeted netw in careers of interest. Jor reflecting specific career</li> </ul>
LAUNCH YOUR CAREER How to use this map	<ul> <li>Finding career fit starts with knowing yourself. Take a <u>Career Services workshop</u> or meet with a career counsellor for help. Check out books like So What Are You Going to do With That?</li> <li>Start reading publications like <u>University Affairs</u> and the <u>Chronicle of Higher Education</u>. Browse non-academic labour market websites.</li> <li>Stay on the lookout for special events like <u>Graduate Student Career Forum</u> to explore your career pathways.</li> </ul>	<ul> <li>Start building your teaching portfolio including student evaluations, and seeking mentorship.</li> <li>Explore different careers of interest by using <u>Queens Connects</u> on LinkedIn to connect with Queen's alumni. For more information check out <u>Career Cruising</u>.</li> <li>Investigate requirements for professional positions or other opportunities related to careers of interest.</li> </ul>	<ul> <li>Participate in hiring committees and attend job talks. Research academic careers of interest. Craft your CV and job application materials.</li> <li>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.</li> </ul>	<ul> <li>Build connections with department. Pursue int positions and apply for positions.</li> <li>Apply to jobs or make g Get help from Career Stresumes, and interview.</li> <li>If considering jobs abroimmigration regulation international student in Canada, consider speal Student Advisor.</li> </ul>

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.



#### is submission for examination.

- earch to graduate students conferences and work with pare for defence.
- on and examination guidelines.
- v oral defence accommodations.
- thways, references letters, and ons with your supervisor.
- ing conferences and connecting ars and community partners.
- outreach through social media and dia Centre.

with the School of Graduate Studies Affairs for a Grad Chat or consider e in The Conversation.

ng the skills you have been tings outside the university, nversation, networking, and elp from a <u>Career Services</u>

one of the many professional he Canadian Public Health Canadian Society for d Biostatistics or the Canadian

d networking with people working rest. Join groups on LinkedIn careers or topics.

with faculty outside of your ue interviews for faculty ply for post-doc fellowships and

make plans for other adventures. reer Services with job searching, erviews.

os abroad, research possible lations. If you are an dent interested in staying in r speaking with an International WHAT WILL I LEARN?

A graduate degree in Public Health Sciences can equip you with valuable and versatile skills, such as:

- Knowledge and technical skills
- Effective communication skills in multiple forms for diverse audiences
- Information management: prioritize, organize and synthesize large amounts of information
- Time management: meet deadlines and manage responsibilities despite competing demands
- Project management: develop ideas, gather information, analyze, critically appraise findings, draw and act on conclusions
- Creativity and innovation
- Perseverance
- Independence and experience as a collaborative worker
- Awareness, an understanding of sound ethical practices, social responsiblity, responsible research and cultural sensitivity
- Professionalism in all aspects of work, research, and interactions
- Leadership: initiative and vision leading people and discussion

### WHERE CAN I GO?

A PhD in Public Health Sciences can take your career in many directions. In Canada, about 40% of all PhDs will work in post-secondary education - the rest will work in industry, government, or non-profits.

- Health Care (Hospital clinical labs)
- Academic labs
- **Research** labs
- Scientific supply companies .
- . Administration in academic, health care or government settings
- Teaching positions in academic institutions or the private sector
- Technical positions in academic institutions or the private sector

Taking time to explore career options, build experience, and network can help you have a smooth transition to the world of work after graduation.

## Graduate Studies FAQs

## How do I make the most of my time at Queen's?

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 <u>SGSPA website</u> for available resources.

### What is the community like?

At Queen's, graduate students from all disciplines learn and discover in a closeknit 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

- Master's degree in health sciences, epidemiology, biostatistics, statistics, health promotion, health geography, economics or a related discipline.
- Demonstrated research competency, usually through a research-based thesis or a research project with peer-reviewed publication.
- Grade requirements: First-class academic standing (equivalent GPA of 3.7 or 80%).

#### ADDITIONAL REQUIREMENTS

- Statement of Interest (including area of research and potential supervisor).
- Transcripts and CV.
- Applicants with non-thesis based Master's training may include published, in-press or under review research papers as documentation of academic research experience.
- If English is not a native language, prospective students must meet the <u>English</u> <u>language proficiency requirements</u> 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 due: January 31. Late applications will be considered until all positions are filled.
- Application review begins in mid-February.

Before you start your application, please review the <u>PHS website</u> and reach out to potential supervisors. Please also be familiar with the <u>Graduate studies application process</u>.

## What about FUNDING?

The department guarantees a minimum funding package of \$20,000 per year for every PhD student. There are also opportunities to compete for internal/external awards and take on paid research or teaching assistantships. For more information on internal and external awards please see the School of Graduate Studies and Postdoctoral Affairs' information on <u>awards and scholarships</u>.





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