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.



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, on-line. The blended format of on-site intensives and on-line 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 government, universities and colleges, for-profit and non-profit organizations, business and industry, and various healthcare settings.







"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."

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 him/her and tell them about your interest in graduate work, area of research interest and related experience.



School of Graduate **Studies** Create an impact

www.queensu.ca/sgs



Aging and Health PhD Map*

YEAR I



ACHIEVE YOUR ACADEMIC

GOALS

MAXIMIZE

RESEARCH

IMPACT

BUILD

SKILLS AND

EXPERIENCE

- 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.

Complete the CORE online module on research ethics if

Apply to CIHR, SSHRC, NSERC, OGS, and other funding.

Consider positions in student services, the SGPS, or

SGS Blog. Look in the AMS Clubs Directory.

Use a Teaching Assistant or Research Assistant

position to develop your skills and experience.

media outlets like the Queen's Journal, CFRC, and the

Look to **Student Academic Success Services** for a variety of supports.

Think about audiences for your research.

doing research regarding sensitive topics.

Attend conferences in your field.

YEAR II

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

• 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

Apply for the Graduate Dean's Travel Grant for

• Hone skills for non-academic employment by

· Start keeping an ePortfolio of your skills,

experiences and competencies.

in teaching and learning.

continuing involvement on committees and in the

For help with teaching, get support from the Centre

for Teaching and Learning. Enroll in SGS902 or the

PUTL Certificate for more professional development

media such as Twitter or a blog.

Doctoral Field Research.

community.

Seek experiential/professional learning opportunities.

YEAR III

- Continue to meet regularly with your supervisor, review research progress, and write your dissertation. Check out the **SGS 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. Learn from the Expanding Horizon publishing workshop.
- Begin discussion of potential thesis defence examiners.

- Consider participating in the 3 Minute Thesis (3MT)
- Contact the **Queen's Media Centre** for guidance on speaking to news outlets about your work.
- Find opportunities for extra training through CTL, Expanding Horizons, Mitacs, or other sources to boost your skills. Investigate internships from Mitacs and other sources.

YEAR IV & TRANSITIONING

- 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.
- Discuss career pathways, references letters, and publication options with your supervisor.

Continue to present at conferences in your field, such as the annual conference of the Canadian Association of Gerontology.

- competition.
- Prepare for work or studies in a multi-cultural environment by taking the **Intercultural Awareness** <u>Training Certificate</u> hosted by QUIC and FDISC.

- · 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 for a Grad Chat to discuss your research interests.
- 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.

· Join professional associations like the Canadian

working in careers of interest. Join groups on

LinkedIn reflecting specific careers or topics of

Continue targeted networking with people

Association of Gerontology.

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 esponsibilities 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:

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

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.
 - Participate in hiring committees and attend job talks. Research academic careers of interest. Craft
 - 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.

your CV and job application materials.

- Build connections with faculty outside of your department. Pursue interviews for faculty positions and apply for post-doc fellowships and
- 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.

PROPEL YOUR CAREER

- Finding career fit starts with knowing yourself. Take a **Career Services workshop** or meet with a career counsellor for help. Check out books like So What Are You Going to do With That? or Planning a Scientific Career in Industry from the Career Resource Area for advice on various career options.
- Start reading publications like **University Affairs** and the **Chronicle of Higher Education**. Browse nonacademic labour market websites.
- Stay on the lookout for special events like School of Graduate Studies Career Week to explore your career

- 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
- Investigate requirements for professional positions or other opportunities related to careers of interest.

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 SGS 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>SGS website</u> 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.
- Current CV.
- · Letter of Intent.
- 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?

- Application Fee: \$110
- **Program Fee:** An annual fee of approximately \$1,607.00 (2021-2022) that covers costs of on-site intensive sessions including hotel room and meals.
- **Tuition Fees:** The tuition fees for the 2021-2022 year are just over \$2,100 per term.

Apply for external funding and see the School of Graduate Studies' information on <u>awards and scholarships</u>.





PROGRAMS IN AGING AND HEALTH

Martina McAllister Graduate Assistant, Research and Post Professional Programs

Email: martina.mcallister@queensu.ca Phone: 613-533-6000 x 75302

Fax: 613-533-6776