

# Health Studies

Health Studies strives to understand the complex factors that influence physical, mental, and social health and overall well-being. Drawing largely from social science disciplines, our courses explore the social determinants of health, approaches to health promotion, health policy, health behaviour change, epidemiology, and program planning and evaluation. You'll be expected to challenge yourself and to think critically about health in relation to social justice, politics, and culture. And you will gain the skills you need to do that.

## TOP 5 REASONS to study HEALTH STUDIES

- 1 Focus on social science perspectives of health and wellness. Students think critically about the social, political, psychological, and cultural dimensions of health and wellbeing.
- 2 Tailored independent research opportunities, including a third-year placement in a research lab/program and an Honours thesis option.
- 3 We emphasize experiential learning and community involvement in our program, including an optional community-based practicum in a health related workplace.
- 4 We partner with the Bader College in England to offer a third-year cluster of Health Studies courses, as well as, a spring program in Global Health and Disability.
- 5 We offer a capstone course in Health Program Planning and Evaluation to best prepare our students for a range of postgraduate paths.

### Alumni Story

"The Health Studies program challenged me to think about health as more than just a physical condition, using the social determinants of health to better understand the complex factors that contribute to one's wellbeing. I have grown both academically and personally from my time in the program as a result of the accomplished faculty members, experiential learning opportunities, and environment that fosters a successful culture of learning."

- Sophie Leadbetter, HLTH '21

## ALUMNI PATHS

Accelerated Nursing Track  
Education  
Epidemiology  
Counselling Psychology  
Health Administration  
Health Promotion  
Law School  
Medical School  
Occupational Therapy  
Social Work  
Public Health  
Urban and Regional Planning

## 2023-24 Plan Thresholds

Thresholds are made on a competitive basis and are updated annually. To see the thresholds for all programs as well as the latest information, please visit [quartsci.com/planselection](https://quartsci.com/planselection)

Interested in finding out how to augment your degree with Experiential Learning? Learn what opportunities and resources are available for you on the [Experiential Learning website](#). You can also reach out to the team directly at [asc.el@queensu.ca](mailto:asc.el@queensu.ca).

### add a CERTIFICATE

Data Analytics  
Disability and Physical Activity  
Employment Relations  
Entrepreneurship, Innovation and Creativity  
French for Professionals  
Geographic Information Science  
Global Action and Engagement  
Indigenous Languages and Cultures  
International Studies  
Media Studies  
Sexual and Gender Diversity  
Urban Planning Studies  
[QUartsci.com/certs](https://quartsci.com/certs)

## Acquire Skills. Gain Experience. Go Global.

That is a degree from Queen's.

[queensu.ca/skhs](https://queensu.ca/skhs)

# Health Studies MAJOR MAP

BACHELOR OF ARTS (HONOURS): MAJOR, JOINT HONOURS, MINOR



## 1ST YEAR

### GET THE COURSES YOU NEED

In first year you will have the chance to explore the foundations of Health Studies along with some electives. Take HLTH 101/3.0 (required), HLTH 102/3.0 & PSYC 100/6.0 (recommended). Attend [Majors Night](#) in the Winter term to learn more about Plan options. Interested in getting a head start in learning and working in a digital world? Take [ASCX 150](#) and develop future-ready skills!

### GET RELEVANT EXPERIENCE

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.

### GET CONNECTED WITH THE COMMUNITY

Volunteer on- or off-campus with different community organizations, like the [Loving Spoonful](#) or the [Ontario Public Interest Research Group \(OPIRG\) Kingston](#).

### GET THINKING GLOBALLY

Prepare for work or studies in a multi-cultural environment by taking [QUIC's Intercultural Competency Certificate](#), and research possible immigration regulations. Speak to a QUIC advisor to get involved in their programs, events, and training opportunities.

### GET READY FOR LIFE AFTER GRADUATION

Grappling with program decisions? Research the degree: look at the [HLTH - Current Students](#) and check out the [HLTH Courses Summaries](#). Get some help figuring out career options from [Career Services](#).

## 2ND YEAR

Start going deeper into the discipline of Health Studies, while considering a certificate such as [Disability and Physical Activity](#). Want to make sure your academics are where you want them to be? Visit [SASS \(Student Academic Support Services\)](#) and the Writing Centre for some help. Consider applying at the end of winter term to the Community Based Practicum (HLTH 300) and/or the Research Skills Development Practicum (HLTH 352). Develop your entrepreneurial skills by participating in the [Dean's Changemaker Challenge \(ASCX 200/300\)](#).

Look into summer jobs by talking to the dept. or Career Services about work through [SWEP](#) or [USSRE](#). Take more responsibility within different clubs or extra-curricular activities. Think about applying to positions in student services or the [Alma Mater Society](#). [Athletics and Recreation](#) hire students in many roles throughout the entire year.

Get involved with the [Health Departmental Student Council \(HLTH DSC\)](#). Consider putting knowledge into practice! There are many [AMS clubs](#) that focus on social issues, advocacy, health, and wellness. Consider becoming a [Peer Health Educator](#) with Student Wellness Services.

Is an exchange in your future? Start thinking about where you would like to [study abroad](#). Apply in January for a third year exchange through [the International Programs Office](#).

Explore different careers in the Career Services Career Advising and Resource Area. 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

A chance to start grouping courses in areas of interest, or to keep it more general and explore many areas of Health Studies. Meet with an [Academic Advisor](#) to make sure you are on track and have planned out your courses for next 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 Connector Summer Initiative \(QICSI\)](#).

Participate in the HLTH DSC alumni pen pal initiative (HLTH Connect). Check out Career Services [networking workshops](#). Connect with professors at events or workshops hosted by the DSC. Attend the [Canadian Undergraduate Conference on Healthcare \(CUCH\)](#).

Participate in the Queen's University International Centre (QUIC) World Link Program. Or go abroad through either an international exchange or [spend winter term at Bader College](#) studying a cluster of global health related courses.

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 and Health Studies Mini-Career Fair.

## 4TH OR FINAL YEAR

In fourth year you will have the chance to participate in research-based courses that can lead to [Graduate School](#) or to your future career path. Make sure to finish up all your courses for your major and your optional minor and/or certificate(s). Interested in working on a real-world problem with an actual client? Take [ASCX 400](#) and develop your consulting and project-management skills.

Inventory your skills and experiences in relation to the Pan-Canadian Health Promoter Competencies. Assess what experience you're lacking and fill in gaps with volunteering, clubs, or internships - check out the Career Services skills [workshop](#) for help.

Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending events hosted by [Canadian Public Health Association](#), [Health Promotion Ontario](#), [Health Nexus](#), or [National Collaborating Centre](#).

International students interested in staying in Canada can speak with an [International Student Advisor](#).

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. Apply for the [Queen's Career Apprenticeship: Kingston \(QCA:K\)](#).

CONSIDER A 12-16 MONTH QUIP INTERNSHIP

CONSIDER A 12 MONTH QCA:K APPRENTICESHIP

### What will I learn?

A degree in Health Studies can equip you with:

- 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

### Where can I go?

A degree in Health Studies can take your career in many directions. Many students choose to continue their academic inquiry with a Master's. Our students are equipped with a strong foundation for careers in:

- Complementary medicine
- Education
- Global health
- Health and public administration
- Health promotion
- International development
- Law
- Occupational health and safety
- Occupational therapy
- Public health
- Rehabilitation therapy
- Social work
- Urban planning

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

### 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.

# Health Studies



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. Queen's wants you to succeed! Check out the [Student Affairs website](#) for available resources.

# QUIP QUEEN'S UNDERGRADUATE INTERNSHIP PROGRAM

## START DATES

in May, September, or January

## POSITIONS

are paid and full-time

## WORK TERMS

are 12-16 months long

## PROGRAM OVERVIEW

- Graduate with a "Professional Internship" degree
- Learn about current advances, practices and technologies in business and industry.
- Test drive a career, earn a competitive salary, and get real world experience.

## ELIGIBILITY

- 2nd or 3rd Year Students
- Minimum GPA of 1.9

## WHY QUIP?

- Gain a year of career-related work experience.
- Build network connections.
- Receive support from Queen's staff in job search and during internship.

## SAMPLE PAST INTERNSHIPS



For more information, contact [quip@queensu.ca](mailto:quip@queensu.ca) or visit the [Program Website](#).

# Why study in Kingston?

For 175 years, our community has been more than a collection of bright minds – Queen's has attracted students with an ambitious spirit. Queen's has the highest retention rates, the highest graduation rates, and one of the highest employment rates among recent graduates. We are a research intensive university focused on the undergraduate experience. The BBC has identified Kingston as one of the GREATEST UNIVERSITY TOWNS in the world – and it is often awarded the safest city in Canada. It is a university city at the core; just a quick drive to Toronto, Montreal, Ottawa and even New York. A university with more clubs per capita than any other university in Canada, and a city with more restaurants per capita than any other city in North America – you will have the experience of a lifetime at Queen's – and graduate with a degree that is globally recognized among the best.

*We're closer than you think.*



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