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.

**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

**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 Queen’s castle in England (BISC) 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.

**2021-22 major 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/planelection

“"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
Health Studies MAJOR MAP *

GET THE COURSES YOU NEED

In first year you will have the chance to explore the foundations of Health Studies along with some electives.
Attend Majors Night in the Winter term to learn more about Plan options.

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 Queen's Public and Preventive Health Interest Group (QPPHG) or the Ontario Public Interest Research Group (OPIRG) Kingston.
Get involved with the Health Departmental Student Council (HLTH DSC).
Start or continue volunteering with organizations such as Queen's Health Outreach (QHO) or Raise the Bar. Consider becoming a Peer Health Educator with Student Wellness Services.

GET THINKING GLOBALLY

Prepare for work or studies in a multi-cultural environment by taking the Health Studies Mini-Career Fair.
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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 wondering about career options from Career Services.
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.

1ST 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 SAS (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).

2ND 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.

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 Connector Summer Initiative (QICSI).

4TH OR FINAL YEAR

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 the DSC.
Attend the Canadian Undergraduate Conference on Healthcare (CUCOH).

Consider a 12-16 MONTH QUIP INTERNSHIP

Broaden your cultural horizons by getting involved with other cultures or by practicing or improving your language skills. Consider spending the winter term of your third year at the castle studying a cluster of global health related courses (9.0 units at the 300-level). Stay at the the BISC for an intensive spring term for the Interdisciplinary Studies in Disability and Global Health (90 units at the 400-level).

International students interested in staying in Canada can speak with an International Student Advisor.
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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.

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- Education
- Global health
- Health and public administration
- Health promotion
- International development
- Law
- Occupational health and safety
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- Rehabilitation therapy
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- Urban Planning
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Visit careers.queensu.ca/majormaps for the online version with links!
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 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.

Why study in Kingston?
For over 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.