Health Studies

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 that is globally recognized – and graduate with a degree that is globally recognized among the best.

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.

Why study Health Studies

Focus on social science perspectives of health and wellness. Students think critically about the social, political, psychological and cultural dimensions of health and wellbeing.

Tailored independent research opportunities, including a third-year placement in a research lab/program and an Honours thesis option.

We emphasize experiential learning and community involvement in our program, including a mini-stream option in Movement and Health.

We partner with the Queen’s castle in England (BSC) to offer a third-year cluster of Health Studies courses, as well as, a spring program in Global Health and Disability.

We offer a capstone course in Health Promotion Planning and Evaluation to best prepare our students for a range of postgraduate paths.

For more information, contact quip@queensu.ca or visit the Program Website.

Why you want to study in Kingston

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Health Studies


That is a degree from Queen’s.
2019-2020

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 Universities Allied for Essential Medicine (UAEM).

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 Queen's Experiential Learning 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 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.

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 Mini-Career Fair.

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

* This map is intended to provide suggestions for activities and careers, but everyone's abilities, experiences, and constraints are different. Build your own Major Map using our online My Major Map tool.

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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 Movement and Health Stream or the Community-Based Internship (HLTH 300) and/or Research-Based Internship (HLTH 352) course.

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.

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).

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.
• Global health.
• Health and public administration.
• Health promotion.
• International development.
• Law.
• Occupational health and safety.
• Occupational therapy.
• Physical 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.

Inventory your skills and experiences in relation to the Pan-Canadian Health Promotor Competencies.

Assess what experience you’re lacking and fill in gaps with volunteering, clubs, or internships - check out the Career Services skills workshops for help.

Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending local events (Canadian Public Health Association, Health Promotion Ontario, National Collaborating Centre for Health, Canadian Undergraduate Conference, Health Nexus, etc.), join email lists, and consider attending local events (Canadian Public Health Association, Health Promotion Ontario, National Collaborating Centre for Health, Canadian Undergraduate Conference, Health Nexus, etc.).

Do targeted networking with alumni working in careers of interest by joining the LinkedIn group Queen’s Connects. Check out Career Services networking workshops. Connect with professors at events or workshops hosted by the DSC.

Attend the Canadian Undergraduate Conference on Healthcare (CUCHO).

Consider entrepreneurial opportunities via Queen’s Innovation Connector or the Queen’s International Student Advisor.

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.


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