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.

**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.**

**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

**2020-21 major thresholds**

- **2.8 cGPA AUTOMATIC ACCEPTANCE** min B+ in HLTH 101
- **2.3 cGPA PENDING LIST** min B in HLTH 101

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](http://quartsci.com/planselection)

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**Acquire Skills. Gain Experience. Go Global.**

That is a degree from Queen’s.

queensu.ca/skhs
## 2020-2021 Health Studies Major Map

**BACHELOR OF ARTS (HONOURS): MAJOR, MEDIAL, MINOR**

### GET THE COURSES YOU NEED

**1ST YEAR**
- 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.

**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).

**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).

### GET RELEVANT EXPERIENCE

**GET CONNECTED WITH THE COMMUNITY**
- Volunteer on or off-campus with different community organizations, like the Queen’s Public and Preventive Health Interest Group (QPPHIG) or the Ontario Public Health Research Group (OPHRG) Kingston.
- Attend the Canadian Undergraduate Conference on Disability and Global Health (CUCOH).
- Attend the Canadian Undergraduate Conference on Health Promotion (CUCHP).

**GET THINKING GLOBALLY**
- 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 and Health Studies Mini-Career Fair.

**GET READY FOR LIFE AFTER GRADUATION**
- 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.
- Review So you want a reference? before approaching a prof for a reference.

### GET THE COURSES YOU NEED

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