



Faculty of Health Sciences
Graduate Program Handbook
2022-2023

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1 ABBREVIATIONS

ADRGS – Associate Dean, Research & Graduate Studies

CPP – Community, Public, and Population Health

EC – Examining Committee

EE – External Examiner

FHSc – Faculty of Health Sciences

GPC – Graduate Program Committee (for Health Sciences)

GRA – Graduate Research Assistantship

GSL – Graduate Student Liaison

HI – Health Informatics

Kin – Kinesiology

MHSc – Masters of Health Science

OE – Oral Examination

RA – Research Assistant

RS – Research Supervisor

SGPS – School of Graduate & Postdoctoral Studies

TA – Teaching Assistant

Faculty of Health Sciences Graduate Program Handbook¹

(For Graduate Students and Faculty)

2 PREAMBLE

This handbook provides you with an overview of the graduate programs offered by the Faculty of Health Sciences, including the course work required in both the Master of Health Sciences (MHSc) and PhD of Health Sciences, along with other information to help successfully guide students through their program.

The handbook also provides basic ingredients of the Master's thesis/project, PhD candidacy and thesis, the minimum and maximum program timeframes, how to develop a strong relationship with your supervisor, and how to prepare your proposal or for your oral examination.

Finally, this handbook refers to Ontario Tech University's School of Graduate & Postdoctoral Studies (SGPS) policies to suit the specific purposes of the Health Sciences graduate program. **Students and supervisors are advised to consult Ontario Tech University's [SGPS website](#) and the [Graduate Academic Calendar and Course Catalog](#),** for complete information about policies and procedures.

¹ The *Handbook* is written principally to guide graduate students as they navigate their way through their program. Research Supervisors and Supervisory Committee members may find it useful as well. Further, certain rules or policies from the School of Graduate & Postdoctoral Studies or the Health Sciences Faculty described herein may change and so ultimately are not binding.

3 ROLES AND EXPECTATIONS

Note: For a complete list of responsibilities please see the [Graduate Academic Calendar](#)

3.1 ROLE OF THE ASSOCIATE DEAN, RESEARCH AND GRADUATE STUDIES (ADRGs)

The Associate Dean of Research and Graduate studies' (ADRGs) role in the graduate degree process is to provide guidance and support to the supervisor (if applicable), the graduate student, and to respond to any questions either party may have.

The responsibilities involved in this role include:

- Being reasonably accessible to students when called upon for discussion and consultation of their academic progress and research
- Providing a mechanism for resolving problems, which may arise between graduate students, supervisors, and /or members of the supervisory committee

3.2 ROLE OF THE GRADUATE PROGRAM ASSISTANT (GPA)

The GPA:

- Provides support for the Associate Dean of Research and Graduate studies and all Graduate Program Committees
- Distributes information from the ADRGS, Faculty of Health Sciences, and School of Graduate & Postdoctoral Studies (SGPS) to students and supervisors
- Advises Graduate students on: Course registration, Program progression, Thesis process and Degree completion

Can be reached via email at: FHSc-GraduateStudies@ontariotechu.ca

3.3 ROLE OF THE GRADUATE STUDENT

Students pursuing an advanced degree are responsible for demonstrating dedication and commitment to their scholarly endeavour. Progress through the program requires planning, focus, flexibility, and often long hours to see the research through to timely completion. While a healthy balance between one's studies and other commitments should be maintained, that balance may shift as research demands dictate.

Unlike the undergraduate experience where students' opportunity to interact with research faculty is more limited, graduate study involves frequent interaction with the community of researchers in a particular area. Indeed, the energy and curiosity graduate students bring to their studies further motivates the research activities of their faculty mentors. In the process, graduate students will learn not only the subject matter of their research area, but will internalize unwritten norms that govern research and scholarly activity and so become true members of a scholarly community. They will learn and practice professional standards of academic integrity, honesty, and adherence to principles of research ethics. They will participate in and contribute to their field's body of knowledge and understanding—not only as consumers of knowledge, but producers and disseminators of knowledge as well.

The graduate student's role in the graduate degree process is to focus on their research and academic courses to the best of their ability with the end goal of successfully defending their thesis and/or completing their project in order to finish their graduate degree. The responsibilities involved in this role include: asking questions and seeking the guidance of their supervisor on their research project, meeting deadlines on submission of required documents, and devoting the necessary time to all scholarly activities, including classes, research seminars, and research. The graduate student will be available to meet with their research supervisor on a regular basis to report on their progress and to work through any possible concerns they might have. The graduate student will respond to e-mails and communication in a timely manner.

Share your work

Importantly, graduate students will learn that scholarly research is an open, public, and community activity, not the product of “virtuoso” performances accomplished by talented individuals working in isolation (even though some receive and take personal credit for collective accomplishments). We turn to others for insights, for constructive feedback, for relevant information that we might have missed, or to help us clarify or refine our ideas.

Continuously sorting and re-sorting ideas in our own heads soon becomes wastefully repetitive and counterproductive. By getting ideas “out there”—e.g., through seminars, interaction with colleagues and the communities from which we draw our data—we can learn from others' thoughts and experiences, knowing that we can respectfully ignore not-so-useful feedback and adapt what we see as beneficial to our own progress. Probably the more we interact with others, through open discussion and through sharing drafts of papers we work on, the more we can improve upon and refine our research products. At times all of us have doubted ourselves, and felt reluctant to share ideas with others, fearing rejection or worse. One simply must overcome these doubts and fears, knowing that we have all shared in them. Finding a trusted ally—fellow graduate students and surely your Research Supervisor—with whom you can freely exchange ideas, will greatly assist in your progress. In the end, disseminating ideas remains a key responsibility, and reward, of all researchers.

3.4 ROLE OF RESEARCH SUPERVISOR (RS)

The most intense interaction occurs between the graduate student and his/her Research Supervisor (RS). It is essential that the RS and the graduate student work together from the very start of the graduate program. The RS provides mentorship and serves as an academic role model. As a result, communication between the two must be open and honest. Graduate students should offer the RS regular progress updates, and the RS should, in turn, be available to answer questions and guide their research to ensure its timely completion.

The Research supervisor's role in the graduate degree process is to guide and to advise the graduate student throughout the degree. The responsibilities involved in this role include: mapping courses, guidance on appropriate research questions and hypotheses, providing appropriate resources throughout the research project, and giving timely and collegial feedback and edits on work submitted. The RS (together with the student) should choose appropriate membership for the Supervisory Committee. The RS will be available to meet with the student on a regular basis to check-in and to guide the student's development. The RS will respond to e-mails and communication in a timely manner.

The RS (and the Supervisory Committee) is the graduate student's principal guide through the scholarly research process and, correspondingly, through the graduate program. They should be reasonably available to students for regular meetings throughout the year. They should identify and provide meaningful, constructive feedback regarding the student's progress. Generally, when progress is smooth and on track, this requires minimal intervention. When progress falters, it is their responsibility to identify the difficulty and to recommend remedies for returning progress to normal. Detecting and managing problems when they are small, before they become large, is key for guiding graduate students back on track and minimizing delays. As noted, regular, open, and honest communication between the graduate student and the RS is important and is also essential for students' progress.

Ontario Tech University's SGPS Office, Faculty of Health Sciences, and the student's Research Supervisor are committed to supporting graduate students' progress and success through graduate school. Ultimately, however, students are responsible for their progress through the program. The graduate student is responsible for ensuring that papers and thesis-section drafts are submitted on time. Graduate students should follow-up with the RS about paperwork that should be completed or forwarded, and policies that should be respected. Students are responsible for alerting someone—e.g., their RS, the Associate Dean of Research and Graduate Studies (ADRGs), the Dean, or School of Graduate & Postdoctoral Studies (SGPS)—about difficulties or issues that arise during the course of their studies.

3.5 ROLE OF SUPERVISORY COMMITTEE (SC)

Although the RS is the graduate student's principal guide through the program and the research process, a larger Supervisory Committee (SC) must be formed to further advise the student and to offer additional expertise.

The Master's SC normally consists of:

- The RS and
- At least one (1) other member of Ontario Tech University's graduate faculty

A PhD SC consists of:

- The RS and
- Two (2) other members of the Ontario Tech University's graduate faculty

The SC is appointed by the ADRGS in consultation with the RS and student. Typically, the RS will serve as the SC Chair, but this is not required. The SC Chair is required to convene regular meetings with the graduate student, to forward paperwork to the ADRGS, and ensure that deadlines are adhered to and paperwork is submitted in a timely manner.

Apart from these formal requirements, the SC is required to dispense sound advice that helps the graduate student negotiate and navigate the numerous challenges invariably encountered during the graduate experience. What pertains to the RS likewise pertains to SC. The SC is critical for the student's timely progress through the graduate program. It is imperative as well that the SC offer constructive feedback on students' written submissions (e.g., drafts of the proposal, thesis, or portions of either), and to do so in a timely manner. Although responsibility for progress ultimately falls on the graduate student, the RS and SC are obliged to provide the conditions that make timely progress possible. The [Graduate Calendar](#) identifies the SC's various responsibilities.

EXPECTATIONS

Regular meetings

Students and the RS (and, where practicable, the Supervisory Committee) are expected to meet regularly (at least monthly) throughout the student's time in the program; the SC and student should meet at least once a term. These meetings provide an opportunity to discuss the student's problems and progress in courses and the thesis, to help resolve difficulties, and to determine next steps in the research process. Initially it is advisable to meet on a weekly or bi-weekly basis during the first few months of the program. Most questions are likely to arise early on, as students become acclimated to graduate school. Meeting frequency will increase or diminish as you progress through the program.

Timely, constructive feedback

Certainly, graduate students depend on the RS/SC for feedback concerning progress through the program, particularly regarding the thesis/project and drafts of sections. We all are, at times at least, reluctant sharers of our writing. Faculty is used to providing graduate student feedback, but also to receiving feedback when they submit their research articles for peer review. It is an integral part of the learning process.

Progress Report

To help monitor progress, students in either a thesis or project-based program and their RS will complete and submit progress reports at the end of each term to SGPS. Progress reports are designed to keep students on track and to identify areas where improvement is needed.

For further information about the Administration of Graduate Studies, consult the [Graduate Calendar](#).

Please note that Appendix A: Worksheet to promote Graduate Student – Supervisor Relationship summarizes the different aspects of your graduate program trajectory.

4 REGISTRATION INFORMATION

Regular and qualifying students may be classified as full-time or part-time.

4.1 FULL-TIME STATUS

Graduate students are considered full-time if they meet the following criteria:

- Pursue their studies as a full-time occupation;
- Formally identify themselves as full-time students on all documentation;
- Maintain regular contact with their research supervisor, if applicable, and be geographically available and visit the campus regularly; and
- If employed by Ontario Tech University, work no more than an average of 10 hours per week at diversionary employment while they are registered as a full-time student.
- Diversionary Employment is work that takes a student's time away from his/her program of study and research. For example, teaching assistant positions are diversionary employment, while most graduate research assistantships are not diversionary if they directly support students in their programs of study and research. In calculating this diversionary work average, it is recognized that employment opportunities for full-time students may fluctuate throughout the year. Students have a diversionary work allocation of 510 hours in any 12-month period and no more than 255 hours in any of each of three terms: fall (September to December), winter (January to April) and spring/ summer (May to August). For more detail, see the [OPSEU Collective Agreement](#).

4.2 PART-TIME STATUS

Graduate students who do not meet the above criteria are deemed part-time students.

- Part-time students have course load restrictions (1 course per semester)

4.3 TIME LIMITS FOR MASTER'S

As [outlined here](#) and in the graduate academic calendar, there is a minimum time allowed for full-time students to complete all requirements for a master's program.

**Please note that one academic year is equivalent to three semesters (Fall, Winter, Spring/Summer)*

Full-time:

- Full-time domestic students must complete a **minimum of 5 semesters** to satisfy the [minimum program tuition fee policy](#) as per SGPS.
Note: A full-time MHSc student may finish in a minimum of one year, but would be required to pay the difference in tuition to meet the minimum tuition fee policy, as noted above.
- The maximum time allowed for full-time students to complete all requirements for a master's program is **three years** from the time of initial registration

Part-time:

- Part time students must complete a **minimum of 10 semesters** to satisfy the [minimum program tuition fee policy](#) as per SGPS.
- The maximum time allowed for part-time students to complete all requirements for a master's program is **six years** from the time of initial registration

4.4 TIME LIMITS FOR PHD

As [outlined here](#) and in the graduate academic calendar, there is a minimum time allowed for full-time students to complete all requirements for a doctoral program.

Full-time:

- Full time domestic PhD students must complete a **minimum of three years** to satisfy the [minimum program tuition fee policy](#) as per SGPS.
Note: A PhD student may finish in a minimum of two years, but would be required to pay the difference in tuition to meet the minimum tuition fee policy, as noted above.
- The maximum time allowed for full-time PhD students to complete all requirements for a PhD program is **six years** from the time of initial registration

Part-time:

- Part time PhD students must **complete a minimum of six years** to satisfy the [minimum program tuition fee policy](#) as per SGPS.
- The maximum time allowed for part-time PhD students to complete all requirements for a PhD program is **eight years** from the time of initial registration

*Note: if a student switches from part-time to full-time, or vice-versa, each full-time semester completed is equivalent to two part-time semesters in determining minimum and maximum program length.

5 MASTERS IN HEALTH SCIENCES PROGRAM DESCRIPTIONS

5.1 MASTERS IN HEALTH SCIENCES (MHSc)

The Masters in Health Science (MHSc) offers an intensive research experience for students interested in expanding their knowledge base and developing their research skills in specific areas of community, public, and population health, health informatics, or kinesiology. Our goal is to cultivate an inquisitive orientation toward the world, along with the capacity to interpret it from different research perspectives. This involves an understanding of how interaction within the scholarly community and open-ended empirical investigations help us critically reflect upon and refine our view of the world. While the MHSc includes three areas of concentration—Community, Population and Public Health (CPP), Health Informatics (HI), and Kinesiology (Kin)—students in each area will share a common interest in using research to better understand the communities’ health and health care. The knowledge gained contributes to the larger body of knowledge and can, in turn, be used to improve people’s health and well-being.

5.1.1 MHSc Course Work

Graduate students should complete four courses (two required) in the first two semesters of their program, in addition to the Graduate Research Seminar. They must achieve a **minimum grade of B-** (70%) to achieve credit for a course and must maintain a B- average to remain in the program. In addition to maintaining at least minimum grades, graduate students devote a good portion of their first-year time to preparing their thesis proposal and research. Course work should facilitate this.

Please consult with your supervisor regarding which electives would be most beneficial for your program of study before enrolling.

For a list of designated electives for each program stream, please see the [Graduate Academic Calendar](#). Only certain electives will be offered each year. For this year’s course offerings, please see Appendix F or [Preview Available Courses](https://my.ontariotechu.ca/) on <https://my.ontariotechu.ca/>.

Note: The Faculty of Health Sciences typically does not run graduate courses over the Spring/Summer term. If you wish to take a course during the Spring/Summer, consider a “Special/Advanced Topics” course (i.e. a directed-study course with your supervisor) or explore the possibility of taking an elective from a different department. Please consult the Program Assistant for help with enrolling in one of these options.

5.1.1.1 Master of Health Sciences – Thesis Option - Requirements

Full-time graduate students should complete their degree requirements within two years. This includes 6 courses (HLSC 5010G; HLSC 5011G during Fall/Winter of Years 1 & 2; the appropriate Specialty Area course; 3 electives) and a Master’s Thesis.

MHSc – Thesis Option	
YEAR 1	<u>Fall Semester</u>
	<ul style="list-style-type: none"> • REQUIRED courses for all MHSc students: HLSC 5010G - Health Research Approaches • REQUIRED - Specialty area course • REQUIRED course for Community, Public and Population Health (CPP): HLSC 5020G - Studies in Community, Public and Population Health • REQUIRED course for Kinesiology (KINE): HLSC 5030G - Studies in Kinesiology • REQUIRED courses for all MHSc students: HLSC 5011G - Graduate Seminar in Health Sciences¹
	<u>Winter Semester</u>
YEAR 2	<ul style="list-style-type: none"> • REQUIRED – HLSC 5011G - Graduate Seminar in Health Sciences • REQUIRED course for Health Informatics (HI): HLSC 5205G - Multidisciplinary Perspectives in Health Informatics² <i>(HI stream only- HI students would only take one elective this term)</i> • ELECTIVE (#1)³ • ELECTIVE (#2)
	<u>Spring/Summer Semester</u>
	<ul style="list-style-type: none"> • Complete Master’s Thesis research proposal • Begin thesis research
YEAR 2	<u>Fall Semester</u>
	<ul style="list-style-type: none"> • REQUIRED – HLSC 5011G - Graduate Seminar in Health Sciences • Continue Master’s Thesis research • ELECTIVE (#3)
	<u>Winter Semester</u>
YEAR 2	<ul style="list-style-type: none"> • REQUIRED – HLSC 5011G - Graduate Seminar in Health Sciences • Continue and complete Master’s Thesis Oral Examination
	<u>Spring/Summer Semester (If required)</u>
YEAR 2	<ul style="list-style-type: none"> • Continue and complete Master’s Thesis • Oral Examination⁴

¹ HLSC 5011G Graduate Seminar in Health Sciences is a pass/fail, required course for all MHSc students and is not an elective course. Students must register for 4 semesters in this course (both fall and winter semesters of the 2 full-time years); in order to receive a grade.

² Health Informatics-stream required course is offered in winter.

³ Please consult with your supervisor regarding which electives would be beneficial for your program of study.

⁴ Students should recognize that faculty availability may vary greatly during the summer months, and are wise to account for this when arranging for the oral examination/project presentation.

5.1.1.2 Master of Health Sciences – Project Option – Requirements

Full-time graduate students should complete their degree requirements within two years. This includes 8 courses (HLSC 5010G; HLSC 5011G during Fall/Winter of Years 1 & 2; the appropriate Specialty Area course; 5 electives) and a Master’s Project.

MHSc – Project Option	
YEAR 1	<u>Fall Semester</u>
	<ul style="list-style-type: none"> • REQUIRED courses for all MHSc students: HLSC 5010G - Health Research Approaches • REQUIRED - Specialty area course • REQUIRED course for Community, Public and Population Health (CPP): HLSC 5020G - Studies in Community, Public and Population Health • REQUIRED course for Kinesiology (KINE): HLSC 5030G - Studies in Kinesiology • REQUIRED courses for all MHSc students: HLSC 5011G - Graduate Seminar in Health Sciences¹
	<u>Winter Semester</u>
	<ul style="list-style-type: none"> • REQUIRED – HLSC 5011G - Graduate Seminar in Health Sciences • REQUIRED course for Health Informatics (HI): HLSC 5205G - Multidisciplinary Perspectives in Health Informatics² <i>(HI stream only- HI students would only take one elective this term)</i> • ELECTIVE (#1)³ • ELECTIVE (#2)
	<u>Spring/Summer Semester</u>
	<ul style="list-style-type: none"> • Continue work on Master’s project
YEAR 2	<u>Fall Semester</u>
	<ul style="list-style-type: none"> • REQUIRED – HLSC 5011G - Graduate Seminar in Health Sciences • Continue Master’s project • ELECTIVE (#3) • ELECTIVE (#4)
	<u>Winter Semester</u>
	<ul style="list-style-type: none"> • REQUIRED – HLSC 5011G - Graduate Seminar in Health Sciences • ELECTIVE (5) • Continue and complete Master’s Project • Project Assessment
	<u>Spring/Summer Semester (If required)</u>
	<ul style="list-style-type: none"> • Continue and complete Master’s Project • Project Assessment⁴

¹ HLSC 5011G Graduate Seminar in Health Sciences is a pass/fail, required course for all MHSc students and is not an elective course. Students must register for 4 semesters in this course (both fall and winter semesters of the 2 full-time years); in order to receive a grade.

² Health Informatics-stream required course is offered in winter.

³ Please consult with your supervisor regarding which electives would be beneficial for your program of study.

⁴ Students should recognize that faculty availability may vary greatly during the summer months, and are wise to account for this.

6 THESIS AND ORAL EXAMINATION

6.1 WHAT IS A THESIS?

The Master's thesis is the student's first significant piece of independent scholarly research. The graduate student is responsible for seeing this entire research process through from start to finish, with guidance from the Research Supervisor (RS) and Supervisory Committee (SC). The thesis should be focused. It articulates a question or hypothesis and describes why it is important to answer the question or test the hypothesis. It outlines the methods to be used to measure concepts and how data will be collected. The thesis should provide new insights about a problem, and contribute something new to the body of collective knowledge.

Though generally lengthier, a thesis contains the ingredients of a paper that is publishable in a peer-reviewed journal. Publishing your results in such a journal constitutes a reachable goal of the thesis process. Your RS will encourage this and might work with you as a second author on the publication. Short of this, the thesis should offer materials that are presentable at a professional conference. The thesis will point to future research and, possibly, lay out a research agenda that the student may wish to pursue once the Master's degree requirements have been fulfilled.

[Ontario Tech University theses available under "E-Theses" link under the DIRECT ACCESS tab of library homepage – [here](#)]

6.2 YOUR THESIS TOPIC

Upon entry into the graduate program students typically possess a general notion about what they want to investigate for the thesis. Over the first year of study, graduate students will refine, re-specify, and narrow this general notion and arrive at an answerable research question or testable research hypothesis. This narrowing occurs as graduate students learn about what others have done and not done in the area through their interaction with the research literature, with other scholars, and with their RS and SC. The thesis is designed to contribute in some way to the body of understanding of a particular area. As mentioned, "original research" is expected, new results will be generated, and the study will advance our understanding of some phenomenon.

Nonetheless, realistic expectations concerning this contribution should be maintained—science proceeds incrementally with only occasional leaps and the thesis will offer incremental progress toward understanding the world.

6.3 YOUR THESIS PROPOSAL¹

We strongly recommend that the thesis proposal be submitted to the SC by April 30th for approval by May 31st of your first year (part-time students will follow a different timeline). As mentioned, the thesis proposal will develop concurrently with first-year course work. In general terms, the thesis proposal articulates the scholarly context that motivates your research, and spells out what you propose to do (not what you have done), and how you plan to do it. Appendix B offers guidelines for the proposal.

6.4 RESEARCH ETHICS APPROVAL

All research involving human or animal subjects must receive [Research Ethics Board \(REB\)](#) approval before proceeding. Approval requires completion and submission of the REB approval form. The review process can take several weeks so it is important to plan accordingly.

6.5 YOUR THESIS

As mentioned, formal guidelines and procedures associated with the Thesis and Oral Examination are offered under the SGPS website. Your RS and SC are the central guides throughout the thesis research process, however, and supersede what is described herein. Roughly speaking, the thesis will include similar components to a standard research article. The body of the thesis likely will include:

- (1) Introduction:** This may include a statement of the problem, its significance, and a review of the literature to place the problem in its broader scholarly context.
- (2) Methods:** This articulates in detail the methods used to collect data – e.g., the sample, the measures, and the data collection technique (similar to what was originally proposed).
- (3) Results:** This includes a report of the findings of the data collection process, relevant tables and figures.
- (4) Discussion and Conclusions:** This offers an interpretation of the results, describing what they mean, their implications for the research questions, for practice, the limitations of the results, conclusions, and avenues for future research.

The structure of the thesis may deviate from these general guidelines (e.g., major sections of health informatics thesis utilizing constructive research may include “Architecture Design” and “Demonstration” rather than Methods and Results) and, as always, you should obtain direction from your RS/SC regarding this. Finally, the thesis will include some **preliminary pages** (e.g., Title page, Abstract, Table of Contents) and some **back matter** (e.g., references, appendices, and glossary). As

¹ See Appendix B for guidelines associated with your thesis research proposal.

students begin the thesis-writing process, they should consult Ontario Tech University’s SGPS policies regarding [thesis formatting](#).

6.6 THE ORAL EXAMINATION (OE)

In addition to the written component of the thesis, graduate students are expected to “defend” their thesis before an Examining Committee (EC). By the time you are ready to schedule your OE, the SC should have read and critiqued your thesis (or chapters thereof) one or more times. ALL SC members should approve the version you intend to put forward to the EC, indicating their confidence that the OE will be successful.

The EC consists of the graduate student’s SC plus (1) the EC Chair, and (2) an external examiner (EE). The EC Chair – usually the ADRGS or designate – mainly runs the OE. The EE typically is a faculty member from outside the graduate student’s program. The EE should not have had direct or indirect supervision of the graduate student’s thesis, but should have knowledge of the thesis subject area and capable of assessing the thesis. All conflicts of interest must be avoided when recommending an EE. The EE is recommended by the SC Chair and appointed by the Dean of SGPS. Please review section 3.8.4.2 of the [Ontario Tech Graduate Academic Calendar](#) for additional information on the External Examiner.

The EE receives and evaluates the thesis and determines if the OE should proceed as scheduled. The OE consists of a **20-minute presentation**, followed by questions from the audience (approx. 15 minutes). Once audience questions are finished, the audience leaves the room and the EC can then question the student.

Once the OE and questioning are completed, the student leaves the room so the EC can convene to render a decision. Please see the Graduate Academic Calendar section regarding [“Oral Examination for Master’s and Doctoral Candidates”](#) for details outlining the possible outcomes of the oral examination.

Please note: oral defenses may take place virtually with remote participation to ensure the safety of participants and in compliance with government health and safety guidelines during the Covid-19 pandemic. Please see the [Procedures for Remote Thesis Examinations](#) document published on the SGPS website.

7 MASTER OF HEALTH SCIENCES HANDBOOKS AND FORMS

7.1 MASTER'S THESIS HANDBOOK

The [Master's Thesis Handbook](#) published by the School of Graduate and Postdoctoral Studies is a valuable resource for successfully navigating the thesis process. You can find the handbook on the [SGPS Master's Thesis site](#).

7.2 MASTER'S THESIS TIMELINES AND FORMS

Please consult the School of Graduate and Post-doctoral Studies (SGPS) sites [for thesis timelines and forms](#). A useful Timeline Calculator can be found on that page as well. Students should review this process at the *beginning of their last full term* in the program to ensure that deadlines are met.

You will need to submit:

- [Form 1 – Establishment of Supervisory Committee](#) by the end of the second semester of your first year.
- [Research Proposal form](#) after you present your proposal to your Supervisory Committee (See Appendix B.)
- [Research Progress Reports](#) This form will be sent to you at the end of every semester by SGPS or the Program Assistant.
- [Supervisory Committee Declaration of Thesis Readiness for Oral Exam](#) form to confirm that your thesis is ready for Oral Defence.
- Form [2.1m Thesis Examiner Nomination form](#) (optional) for pre-approval of your Thesis Examiner.
- Form [2.2m Request to Schedule Oral Exam](#) to obtain approval to book your Thesis Defence date.
- **Apply to Graduate.** At the start of the semester in which you intend to defend and complete your degree, log in to <https://my.ontariotechu.ca/> and “Apply to Graduate” before the deadline, as noted here: [deadlines to apply for graduation](#).
**Please Note: the Form 2.2m MUST be approved by SGPS a minimum of 4-weeks *before* your intended exam date. Please plan accordingly.
**Please Also Note: that all required coursework for your degree MUST be completed *before* your request to schedule your exam can be approved.

After you have successfully completed your oral examination and submitted any required revisions to your supervisor, you will be sent instructions from SGPS or the Program Assistant regarding submission of your Final Thesis Package. Please note the deadline for submitting your thesis package on the [SGPS Master's Thesis Deadlines](#) page.

The School of Graduate and Postdoctoral Studies (SGPS) requires discipline-specific standards with respect to [thesis format](#) (including electronic format), organization, manuscript (co)authorship and any other requirements. A print and electronic copy of every student thesis is forwarded to the Library by SGPS for its archival collection and for electronic publication. The print copy does not circulate; however, the electronic copy is posted on the library's institutional repository providing open access to the full-text of all university theses through E-Scholar.

If you submit your Final Thesis Package significantly prior to the end of a term, you may be eligible for an [Early Completion Tuition Refund](#) of tuition paid that semester.

7.3 MASTER'S PROJECT/PAPER HANDBOOK

The [Master's Project/Paper Handbook](#) published by the School of Graduate and Postdoctoral Studies is a valuable resource for successfully navigating the Project/Paper process. You can find the handbook on the [SGPS Master's Project/Paper site](#).

7.4 MASTER'S PROJECT/PAPER TIMELINES AND FORMS

A master's project or major paper normally expects students to combine and apply the knowledge garnered from graduate level courses. It often involves the discussion of a meaningful question within the discipline, including a critical review of the literature or analysis of a theoretical or substantive problem. The credit value and length of a project or major paper is less than that of a thesis and students are not required to undergo a formal oral examination.

The Master's project or major paper should be submitted in the student's final year—normally the final term—of study.

Please consult the School of Graduate and Post-doctoral Studies sites for [project timelines and forms](#). Students should review this process at the *beginning of their last full term* in the program to ensure that deadlines are met.

You will need to submit:

- [Research Progress Reports](#) This form will be sent to you at the end of every semester by SGPS or the Program Assistant.
- [Establishment of Second Reader for Major Project or Major Paper](#) to identify a second reader for the project or major paper.
- **Apply to Graduate.** At the start of the semester in which you intend to defend and complete your degree, log in to <https://my.ontariotechu.ca/> and "Apply to Graduate" before the deadline, as noted in the "[Academic Schedule](#)" section of the Graduate Academic Calendar.

****Note:** If you have already completed all of your required coursework and your Project/Paper is finished and approved significantly prior to the end of a term, you may be eligible for an [Early Completion Tuition Refund](#) of tuition paid that semester.

Students do not submit paper copies of their projects/major papers for binding and the submission of electronic copies of their work is optional. If they wish to have a copy of their project/major paper placed in the Library's digital collection of the university's research, they must submit documents through a shared google drive folder provided by SGPS.

8 DOCTORAL PROGRAM IN HEALTH SCIENCES (PHD)

8.1 GENERAL INFORMATION

The doctoral program in Health Sciences focuses on providing students with opportunities to develop the knowledge and skills required to conduct high-quality research that culminates into a PhD research thesis.

Fields

Graduate training focuses on research conducted in one of three key areas in the Health Sciences:

8.1.1 Community, Public and Population Health

Students in the Community, Public and Population Health stream will develop a broad understanding of how the physical and social context shapes health, illness and health care. In particular, this includes research and analysis of cultural and economic differences and their implications for health and health care for diverse populations. Students will learn strategies to engage communities in efforts to reduce illness and promote health.

8.1.2 Health Informatics

Students in the Health Informatics stream will develop strategies to actively participate in multidisciplinary collaborations with diverse groups (e.g., patients, clinicians, health care managers, computer scientists, engineers) and will learn to assess and deploy the latest in computing and informatics systems to support efficient health care delivery. The Health Informatics stream prepares students to identify, develop and manage health care information systems that support health care administration, management, policy, training, clinical management and clinical research.

8.1.3 Kinesiology

Students in the Kinesiology stream will synthesize current research and integrate practical and theoretical knowledge to understand how and why exercise and physical activity can be used as an intervention to promote health and well-being in a range of populations, including those with developmental delays; children and adolescents; adults with chronic pain, cardiovascular, respiratory, metabolic, psychiatric and neurological disease; as well as recreational and high-performance athletes. Students will have the option of diverse research experiences in the kinesiology area ranging from

intensive laboratory-based studies with human populations to interventional studies with special populations.

8.1.4 Degree requirements

Students must complete [HLSC 7014G - Interdisciplinary Perspectives on Health Data and Technology](#) (year one), [HLSC 7010G - Critical Perspectives in Research and Knowledge Translation in Health Sciences](#) (year two), [HLSC 7012G - Graduate Seminar in Health Sciences](#) (for the first 18 months), one elective course and [HLSC 7096G - PhD Thesis](#). In addition to the three courses, seminar and PhD thesis, students must successfully complete [HLSC 7095G - Candidacy Examination and Thesis Proposal](#) which consists of a written research proposal and an oral exam.

8.1.5 Course listings

Core courses (required)

- [HLSC 7010G - Critical Perspectives in Research and Knowledge Translation in Health Sciences](#)
- [HLSC 7012G - Graduate Seminar in Health Sciences](#)
- [HLSC 7014G - Interdisciplinary Perspectives on Health Data and Technology](#)
- [HLSC 7095G - Candidacy Examination and Thesis Proposal](#)
- [HLSC 7096G - PhD Thesis](#)

Elective courses

- [HLSC 7110G - Research with Communities: Approaches and Best Practices](#)
- [HLSC 7111G - Health Policy](#)
- [HLSC 7112G - Advanced Research Design](#)
- [HLSC 7190G - Advanced Disciplinary Studies in Community, Public and Population Health](#)
- [HLSC 7210G - Advanced Statistics for Health Sciences](#)
- [HLSC 7290G - Advanced Disciplinary Studies in Health Informatics](#)
- [HLSC 7310G - Competency in Laboratory Based Exercise Physiology](#)
- [HLSC 7312G - Advanced Concepts in Neuromechanics and Sensorimotor Integration](#)
- [HLSC 7314G - Environmental Determinants of Health](#)
- [HLSC 7390G - Advanced Disciplinary Studies in Kinesiology](#)
- [HLSC 7092G - PhD Comprehensive](#)

*Note: Only certain elective courses will be offered each year. Please check in [https://my.ontariotechu.ca/ Preview Available Courses](https://my.ontariotechu.ca/PreviewAvailableCourses) for current offerings or see Appendix F for current course offerings.

8.1.6 PhD Candidacy and Thesis

Each student in a doctoral program is required to prepare a written research proposal and pass a candidacy exam. Full-time students are normally expected to do this within 18 months of their initial registration. The examination is to determine whether the student has the appropriate knowledge and expertise to undertake a thesis in the selected field of study. A part-time PhD student would have 36 months from enrollment to complete their candidacy exam (this would be in their 9th part-time academic term.)

A PhD thesis must contain a substantial contribution of new knowledge to the field of study. It presents the results and an analysis of original research and should be significant enough to be published. Once the thesis has been completed, students must undergo a formal and demanding oral examination, often called the oral defence. This examination is conducted by an examining committee, usually with at least one member from outside the student's home university. The PhD thesis is longer and the credit value much higher than that of a Master's thesis.

Comprehensive information can be found on the School of Graduate and Postdoctoral Studies website, [here](#), including the [PhD Candidacy Handbook](#), the [PhD Thesis Handbook](#), [timelines/ deadlines](#), and required [forms](#).

You will need to submit:

- [Form 1 – Establishment of Supervisory Committee](#) by the end of your second semester.
- [Research Progress Reports](#) This form will be sent to you at the end of every semester by SGPS or the Program Assistant.
- [Appointment of PhD Candidacy Committee](#) to be submitted at least five weeks prior to the proposed examination date.
- [Supervisory Committee Declaration of Thesis Readiness](#): to confirm that the thesis is ready for the oral defence.
- [Form 2.1P EE - PhD External Examiner Nomination](#): required to appoint up to two external examiners for a doctoral examination.
- [Form 2.1P UE - PhD University Examiner Nomination](#): required to appoint up to two university examiners for a doctoral examination.
- [Form 2.2P - PhD Request to Schedule Oral Examination](#): must be submitted to obtain approval to book a PhD oral examination after nominees have been approved

9 GRADUATE STUDENT FAQ

Q: I have finished my required coursework and, in consultation with my research supervisor, would like to switch to part-time status while I work on my thesis: how do I do that?

A: To switch to part-time status after completing your required course work, fill out a [Change of Status form](#) with your Supervisor and submit it to the Program Assistant. The deadline for changes of status is noted in the “[Academic Schedule](#)” section of the Graduate Academic Calendar. Please note that changes of status may impact your eligibility for TA work.

Q: I would like to request a Leave of Absence (LOA) from my studies. How do I do that?

A: In exceptional circumstances, students may request a Leave of Absence, to “pause” their studies. Please note that Leaves of Absence do not count towards your minimum or maximum program length requirements. Requests for LOAs are submitting through your <https://my.ontariotechu.ca/> account. For further information (LOA handbook, FAQ), please see the [SGPS Leave of Absence page](#).

Q: In consultation with my research supervisor, I have decided to switch from a Thesis-based program to a Project-based program, or vice versa. How do I do this?

A: To switch from Project to Thesis option, or vice versa, please fill out a [Change in Program/Supervisor form](#) with your Supervisor, and submit it to the Program Assistant. Please be aware that if you switch from Thesis to Project, you will have additional coursework requirements (see the “*Project Option – Requirements*” section of this handbook.) The deadline for changes of program/supervisor is noted in the “[Academic Schedule](#)” section of the Graduate Academic Calendar.

Q: I am changing research supervisor, or adding or removing a co-supervisor. How do I make this official?

A: To officially change/add/remove a supervisor or co-supervisor, please fill out a [Change in Program/Supervisor form](#) with your current/intended supervisor(s) and submit to the Program Assistant. The deadline for changes of program/supervisor is noted in the “[Academic Schedule](#)” section of the Graduate Academic Calendar.

Q: What is a Special Topics/Advanced Topics course and how do I register for one?

A: To fulfill one of your electives, your Supervisor or another faculty member may agree to work with you in an independent study-style course on a subject that your Supervisor feels is important to your program or thesis work. If your supervisor has agreed to oversee a Special Topics course with you, please email the Program Assistant (cc: your supervisor) for instructions.

10 APPENDIX

10.1 APPENDIX A: WORKSHEET TO PROMOTE STUDENT – RESEARCH SUPERVISOR RELATIONSHIP

Introduction

This worksheet is designed to pave the way for discussion and understanding early on in the graduate student/research supervisor relationship. The relationship between student and research supervisor contains a great deal of challenges and relies heavily on excellent communication between both parties. At the beginning of this partnership, the knowledge exists mostly with the research supervisor. This worksheet will help to define the roles and responsibilities of both parties and will help to establish and maintain open lines of communication. It is the hope that this worksheet will allow for the development of a positive and collegial mentorship relationship between the research supervisor and the student. In cases of discrepancy or disagreement with this worksheet, the student and research supervisor will meet with the ADRGS who will help to mediate and resolve any issues. Copies of this worksheet will be made for both parties and will also be kept on file by the Faculty of Health Sciences. The student and research supervisor are free to change, omit or add items to suit their joint purposes; however, this should be done only at the complete agreement of both parties.

The SGPS page on [“Supervisor-student conversation starters”](#) may be useful.

General Timelines

As part of the research supervisor’s role, guidelines should be discussed as to what expected timelines will occur during the duration of the Masters/PhD. The details of the expected timeline should be adjustable throughout the full time or part time Masters/PhD duration.

Outcome	Estimated Schedule	Comments
Regular Meetings (GS/RS) (Refer to Page 3)		
Course Mapping (GS/RS) (Refer to Page 2 & 5)		
Supervisory Committee Membership Selection (GS/RS) (Refer to		
First Committee Meeting (Research Proposal) (Refer to Appendix		
REB Approval (Refer to Page 7)		
Data Collection (Refer to Appendix B)		
Second Committee Meeting (Research Progress) (Refer to		
Data Analysis & Interpretation (Refer to Appendix B)		
Third Committee Meeting (Thesis Completion) (Refer to Appendix B)		
External Examiner Selection (Refer to Page 7)		
Required reports to SGPS (Refer to page 4)		
Oral Examination (Refer to Page 7)		

Finances

This section of the worksheet will focus on the area of funding in the research project. Elements to discuss early on in the research process include: whether funding is necessary for the particular research project, where the funding will be sought and how will the funding be managed. Funding can often be a confusing and challenging area in research. It is important to discuss this early in the research process in order to come to an understanding of the timelines and responsibilities.

Questions	Comments/Notes
How will I be financially supported during the program? (TA/RA; Grants; External employment)	
Are there scholarship/studentship opportunities that I should be applying to? (including internal and external – refer to Appendix C)	
Is funding necessary for the research project? (Equipment/Tools, Travel, Technology, Compensation)	
If yes, Is the research grant already available or pending?	
Are there potential alternate sources of research funding?	
How will all funding be administered?	

Research Culture Engagement

Being a graduate student involves activities beyond those of course work and individual research projects. These activities are meant to engage the graduate student to participating in the wider research environment through discussion of research ideas, participation in research seminars, administrative activities, dissemination activities and other research activities. Although these are not mandatory, they are very important to the learning experience and are strongly encouraged as essential to build a strong research culture.

Discussion Areas	Comments/Notes
Research Seminars <ul style="list-style-type: none"> • Attendance • Presentation of Research Proposal • Final Presentation 	
Dissemination <ul style="list-style-type: none"> • Presentations • Posters • Publications • Conference Attendance • Authorship • Funding Opportunities 	
Laboratory Use (if applicable) <ul style="list-style-type: none"> • Meetings • Access • Schedule • Safety/Certification/Training 	
Other Related Research Activities <ul style="list-style-type: none"> • Journal Clubs • Research Partners • Community of Practice 	

10.2 APPENDIX B: MASTER OF HEALTH SCIENCES (THESIS RESEARCH PROPOSAL GUIDELINES)

What follows outlines the protocol for submitting thesis research proposals and gaining approval to move forward on the actual thesis (e.g., data collection, analysis, and write-up). The goal is to have students:

- a) formally *present* their thesis proposal to their Supervisory Committee (SC), and
- b) Submit a copy of their proposal and signed “Approved of Research Proposal” form to the Health Sciences graduate office by **May 31st** of their first year for full-time students, or their second year for part-time students.

The May 31st deadline is flexible, but delays likely will only delay program completion and graduation. The process for reaching this goal is as follows:

- 1) The *Health Research Approaches* course is a prelude to, and prepares students for, writing the research proposal. The course will help students clearly formulate their research question or hypothesis, and a corresponding research design to be used for addressing it.
 - **Full-time** students should register for the *Health Research Approaches* course offered during the fall term of their *first* year.
 - **Part-time** students should register for the *Health Research Approaches* course offered during the fall term of their *first or second* year.
- 2) The student should prepare a formal thesis research proposal in the weeks following the *Health Research Approaches* course, and submit the formal proposal* to the Research Supervisor (RS) for review and feedback. Proposal guidelines are attached.
- 3) When ready, the RS will circulate the proposal to others on the SC. The RS arranges time and place for the student to present the proposal to the SC—this is a closed presentation (circa 20 minutes, 15 PowerPoint slides)
- 4) The student presents the proposal and SC members raise questions.
- 5) The student leaves the meeting while SC members deliberate, and record any issues or concerns they might have on the “Approval of Research Proposal” form, and sign the form.
- 6) The RS submits the signed Approval of Research Proposal form to the Health Sciences Graduate Program office.

*It is important that this formal research proposal (updated version of the draft proposal) is according and approved by the RS before circulation to the SC.

Proposal Guidelines

The research proposal guidelines specified below should be adapted to meet the needs, interests, and preferences of the Research Supervisor. The number of pages the proposal contains will vary, of course, but generally ranges from 7 to 15 pages, inclusive of references and appendices.

Topic Heading	Content
Introduction	Overview of the paper-Research questions
Background	An overview of the development of the topic.
Significance of the study	Summarize the ways that your study will add to the body of knowledge and explain whether and how any person could find this study of use or value.
Literature review	A critical review of the literature which shows, as far as possible, the range and depth of opinion on the topic. This is where you highlight the gaps in the existing field of knowledge that you intend to address.
Methods	Explain and discuss the methods that you will be using and the reasons for using them and discussions on the validity and limitations of the study.
References	List of references in the format recommended by the research supervisor (e.g., APA, Vancouver style)
Glossary	Definition of terms (as needed)
Time line and feasibility	<p>Indicate the availability of resources (funds, research subjects, software or other materials) you will need to complete your research. If you are working with agencies or institutions, how and when will you gain access to them for your research? Do you anticipate difficulties finding research subjects and, if so, how do you plan to overcome them. If you haven't already, when will you gain REB approval? Will approval from other ethics boards be required? How long will the data collection and analysis process take?</p> <p>Identify a feasible timeline in which your research and writing will be completed (recognize that it may be revised). Be as specific as possible in developing this realistic timeline. You may specify when you expect chapter drafts to be completed and when you plan to meet with your committees. Realize that you may (and probably should) work on more than one aspect of your project at a time – e.g., you may be analyzing survey data while still collecting focus group information. Be as specific, realistic, and pragmatic as possible. (Roughly 1 to 3 pages) It can be useful to do this in a graphical or tabular form (see below). This should set out the times that you plan to start and finish each stage of the study, e.g., data collection, data analysis, write up, submission.</p>

Sample Timeline for Thesis Completion

TIMEFRAME	TASK	WRITING
0-1 month	REB Approval (submit application/s to relevant ethics boards, await replies, and address concerns).	Complete detailed outline for thesis (knowing it will be revised).
1-5 months	Collect data (indicate specific tasks associated with your particular project); prepare to present work in at least one public forum.	Ongoing revisions of literature review and methods sections for thesis. Complete draft of Introductory, literature review, and methods chapters.
5-8 months	Analyze data; prepare to present in at least one public forum.	Revise outline of results section; begin to draft key tables; begin identifying discussion points; write Results chapter.
8-10 months	Present at conference; learn procedures associated with submitting thesis and scheduling the oral examination (to keep supervisor on track).	Draft discussion and conclusion sections; revise introductory sections.
10-11 months	Identify external examiner; Submit Form 2.1 A -- Appointment of Examining Committee - Master's Thesis. Prepare 20-minute presentation for oral examination.	Revise and complete properly-formatted thesis for submission.
12-14 months	Submit thesis and undertake oral examination.	Revise thesis based upon results of oral examination; submit thesis for graduation. 😊

NB: Recognize that theses differ and will be organized and presented differently. Hence, your timeline may well deviate from what is shown in this example. Your Research Supervisor is your greatest ally and advisor in guiding you with this.

Master of Health Sciences
APPROVAL OF RESEARCH PROPOSAL
(*contact Program Assistant for fillable PDF version)

The Thesis Supervisory Committee certifies that the research proposal presented
by: (student's name) _____

Entitled: _____

is acceptable and that s/he should proceed in carrying out the thesis research.

SUPERVISORY COMMITTEE

1. Supervisor: _____
2. Co-Supervisor: _____
3. Committee member: _____
4. Committee member: _____

DATE: _____

COMMENTS:

10.3 APPENDIX C: GRADUATE PROGRAM COMMITTEES AND GRADUATE STUDENT LIAISON

Graduate Program Committee (GPC)

The Graduate Program Committee's (GPC) mandate is to help ensure the success and future development of the Health Sciences Graduate Program.

Professional Enhancement Review Subcommittee (PERS)

The Professional Enhancement Review Subcommittee (PERS) will review Health Sciences graduate student applications for funding to support professional enhancement activities. These activities mainly include: conference paper or poster presentations, relevant workshops, organizing conference symposia, costs associated with submitting papers for review.

Student Affairs and Research Culture (STARC) subcommittee

The STARC subcommittee will work with the GPC to: (1) promote amicable and productive relationships among graduate students, supervisors, and instructors, (2) help mediate disagreements or conflicts when they arise, and (3) promote a "research culture" among graduate students (with faculty).

Graduate Student Liaison (GSL)

Issues arise in graduate school that can slow graduate student progress and diminish what otherwise is a stimulating and rewarding experience. These issues might relate to the graduate program itself, or might be peripheral to it. For instance, students might face difficulties pertaining to:

- Graduate classes
- TAs
- Student-student interaction
- Student-faculty interaction
- Workspace, IT, material resources, etc.
- Financial issues

It is important for the Health Sciences faculty to know about these issues as they arise so they might help address them. The main body available to receive communications from graduate students would be the *Student Affairs and Research Culture* (STARC) subcommittee. A *Graduate Student Liaison* (GSL) can serve to communicate information about various issues and problems Health Science graduate students face during the course of their studies.

For the Health Sciences graduate program, two graduate students will serve as GSLs. GSLs will be selected by graduate students. GSLs will be selected each year by the second full week of classes. The GSL's principal responsibilities are to:

- Communicate issues raised by graduate students about the program to the ADRGS or any member of the GPC. Communications can take place informally and at any time during the year
- Attend Health Sciences Faculty Council meetings

Mentor-Mentee

PURPOSE

Due to COVID-19, it was difficult for graduate students to develop collaborative and supportive groups that typically form during regular, in-person campus activities. Especially for the students who were beginning their graduate program in the midst of the pandemic, there was a lack of peer relationships and informal guidance which made the adaptation to grad school more challenging. As a result, Krystina Clarke and Dr. Nick LaDelfa together initiated the FHSc Graduate Mentorship Program. This program aims to fill a gap in which graduate students foster peer-to-peer relationships via online/in-person monthly meetings that offer support, guidance, and tools/resources from upper-year grad students, or mentors, to novice grad students, or mentees. This peer-to-peer mentorship offers graduate students access to:

1. Connections: *build and expand academic, professional, and personal networks*
2. Skill development and improvement: *communication, leadership, interpersonal skills*
3. Sense of community: *shared purpose to help and motivate others*

BENEFITS

The benefits to both mentors and mentees involved in the program are summarized below:

MENTOR BENEFITS	MENTEE BENEFITS
Enhance transferable skills and competencies (collaboration, accountability, leadership)	Increase awareness of academic and program norms
Improve delivery of feedback and critique skills	Improve disciplinary knowledge and understanding of scholarly practices
Advocate for others	Support for research skills and mobilization
Develop professional identity	Exposure to different perspectives
Add experience to curriculum vitae	Reduce stress and isolation
Increase chances of funding and awards	Safe space without fear of judgement
Improve self-confidence	Improve self-confidence and motivation

EXPECTATIONS

It is a hope that these mentorship assignments will foster organic relationship building and discussion between the mentor and mentee. That said, it was important to establish guidelines and expectations for the program mentors, which are highlighted in the table below, to maintain structure and accountability for the pairings.

MENTOR EXPECTATIONS
Meet approx. once per month with mentee
Schedule meetings for entire semester in advance during first meeting
May decide to meet more regularly, but once per month is expected
Must establish healthy boundaries (i.e. contact during work hours, academic matter-focused conversation, etc.)
Virtual or in-person meetings <ul style="list-style-type: none">● recommendation to meet on campus if in-person

The topics of discussion are under the discretion of both the mentor and mentee with the aim to support the mentee's concerns or questions related to the program. Sample topics of discussion during monthly mentorship meetings include but are not limited to:

- CV & resume writing and design
- Scholarship and grant applications
- Course mapping and registration
- Time management strategies, tools, and software
- Presentation and interview skills

10.4 APPENDIX D: AWARDS AND FUNDING OPPORTUNITIES ¹

Professional Enhancement Award

Health Sciences graduate students may apply for funds to support graduate students' thesis- related professional enhancement activities – paper presentations, posters, workshops, or other creative endeavors pertinent to their studies. PERS funds are not designed to support research- related activities (e.g., interview incentives, special training programs). The process is competitive and available funds for each competition will be allocated at the discretion of the “Professional Enhancement Review Subcommittee” (PERS). Applications will be assessed and awarded three times a year. A maximum of \$1000 may be awarded. Students in good standing (not on probation) supervised by a Health Sciences faculty member are eligible.

Graduate Research Assistantship (GRA)

A *graduate research assistantship (GRA)* offers students an opportunity to work a research project under the supervision of a professor from funds received from a professor's research grant. The work GRA students perform relates directly to their course work or thesis.

Teaching Assistantships (TAs)²

Full-time students might be offered the opportunity to serve as a *Teaching Assistant (TA)* under the supervision of an instructor. When serving in this capacity, students gain teaching experience working in various capacities (e.g., as marker, lab instructor, lecturer). The “10-hour rule” applies to TAs. Several supports are available to help prepare students for their TAships. First, the Ontario Tech University's [Teaching and Learning Centre](#) offers a TA orientation session at the beginning of the Fall term. The session is exceedingly useful for new TAs and incoming students with TAships are strongly urged to attend. You will receive ample notification of the exact date, time, and place of the session. Second, a TA orientation will be provided in the early fall via the Graduate Seminar course (HLSC 5011G & 7012G) and a Faculty of Health Sciences Teaching Assistant Orientation/Resources Handbook will be made available. All resource material mentioned within as well as additional information will be available on the Graduate seminar course (5011G & 7012G) Canvas platform. Third, a [Teaching Certificate for TA's](#) is offered through the Teaching and Learning Centre. Fourth, staff experts are available to address individual questions and concerns as they arise. Contact information will be available in the Teaching Assistant Handbook. Fifth, Ontario Tech University's [Teaching and Learning Centre](#) offers additional resources (including help with Canvas), one-on-one help, and various one-hour sessions about different teaching and learning strategies and techniques.

¹ The School of Graduate & Postdoctoral Studies website offers additional information on funding opportunities.

² The Centre for Teaching and Learning offers workshops and other resources to assist new TAs. Another TA resource you might find useful is available [here](#).

Research Assistantship (RA)

A *research assistantship (RA)* enables students to assist a professor on a research project that does not directly relate to the student's own thesis research. Hence, the "10-hour rule" does apply to RAs. For more detail on the Collective Agreement rules, see the [OPSEU Collective Agreement](#).

External Awards

A number of external awards are available and regularly awarded to students in our department, including Ontario Graduate Scholarships and Canada Graduate Scholarships (NSERC, CIHR, SSHRC), and Grad Conference Travel Awards. For more information, see the Grad Studies page on [Graduate Student Awards](#).

Other Awards and Funding Opportunities

There are numerous other opportunities for students to receive funds to pursue SGPS – e.g., external awards, bursaries, scholarships. [Click here for additional information](#).

10.5 APPENDIX E: MISCELLANEOUS INFORMATION AND WEB LINKS

Health Sciences Contacts

Graduate Program Assistant

FHSc-GraduateStudies@ontariotechu.ca

2000 Simcoe Street North, Oshawa, Ontario, Canada, L1G 0C5

Office: Shawenjigewining Hall (A5), Room 413

Tel: 905.721.8668 ext. 599

Ontario Tech University Links

<https://my.ontariotechu.ca/>

<https://ontariotechu.ca/current-students/index.php>

Canvas account- <https://learn.ontariotechu.ca/>

Faculty of Health Sciences - <https://healthsciences.ontariotechu.ca/>

The School of Graduate & Postdoctoral Studies - <https://gradstudies.ontariotechu.ca/>

Graduate Student Engagement Coordinator- (Kait Nienhuis) - kaitlyn.nienhuis@ontariotechu.ca
ontariotechu.ca

10.6 APPENDIX F: COURSE LISTINGS – 2022-2023

Fall 2022

Course	Title
HLSC 5000G_F	Graduate Continuance Course
HLSC 5010G_F	Health Research Approaches
HLSC 5011G_F	Graduate Seminar in Health Sciences
HLSC 5020G_F	Studies in Community, Public & Population Health
HLSC 5030G_F	Studies in Kinesiology
HLSC 5060G_F	Special Topics in Health Sciences
HLSC 5096G_F	MHSc Thesis in Health Sciences
HLSC 5097G_F	MHSc Project in Health Sc.
HLSC 5111G_F	Public Policy & Health Promo.
HLSC 5190G_F	Adv. Top. in Commun. Health
HLSC 5291G_F	Adv. Top. in Hlth Informatics
HLSC 5314U_F	Enviro. Determinants of Health
HLSC 5320U_F	Neuroscience in Rehab Kinesiology
HLSC 5390G_F	Adv Topics in Kinesiology
HLSC 7010G_F	Crit Pers in Res & KT in HS
HLSC 7012G_F	Graduate Seminar in Health Sciences
HLSC 7014G_F	Inds Pers Hlth Data & Tech
HLSC 7092G_F	PhD Comprehensive
HLSC 7095G_F	PhD Candidacy Exam. & Thesis Propos
HLSC 7096G_F	PhD Thesis in Health Sciences
HLSC 7190G_F	Adv Disc Studies in CPPH
HLSC 7290G_F	Adv. Disc Studies in HI
HLSC 7390G_F	Adv. Disc. Studies in Kine.
NURS 5010G_F	Research Approaches for Nursing
NURS 5096G_F	MScN Thesis in Nursing Advanced/Pro
NURS 5097G_F	Nursing Advanced/Professional Pract
NURS 5111G_F	Public Policy & Health Promo.
NURS 5120T_F	Philosophy of Nursing Science

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Course	Title
HLSC 5000G_W	Graduate Continuance Course
HLSC 5011G_W	Graduate Seminar in Health Sciences
HLSC 5060G_W	Special Topics in Health Sc.
HLSC 5096G_W	MHSc Thesis in Health Sciences
HLSC 5097G_W	MHSc Grad. Project in Hlth Sc.
HLSC 5117G_W	Epidemiology
HLSC 5118G_W	Applied BioStat. in Hlth Sci.
HLSC 5122U_W	Healthy Aging
HLSC 5123G_W	Adv. Qualitat. Mthd in Hlt Res
HLSC 5190G_W	Adv. Top. in Commun. Health
HLSC 5205G_W	Multidisc. Perspe. in H
HLSC 5291G_W	Adv. Top. in Hlth Informatics
HLSC 5322G_W	Theory & App of Biomedical Signals
HLSC 5390G_W	Adv Topics in Kinesiology
HLSC 5392G_W	Selected Tps in Physically Act
HLSC 7012G_W	Graduate Seminar in Health Sciences
HLSC 7092G_W	PhD Comprehensive
HLSC 7095G_W	PhD Candidacy Exam. & Thesis Propos
HLSC 7096G_W	PhD Thesis in Health Sciences
HLSC 7190G_W	Adv Disc Studies in CPPH
HLSC 7290G_W	Adv. Disc Studies in HI
HLSC 7390G_W	Adv. Disc. Studies in Kine.
NURS 5096G_W	MScN Thesis in Nursing Advanced/Pro
NURS 5097G_W	Nursing Advanced/Professional Pract
NURS 5118T_W	Applied Biostatistics for Nursing
NURS 5123G_W	Qualitative Research Methods
NURS 5205G_W	Informatics for Nursing and Health

For course specific information, please search for these courses in:

Master's

- [Health Sciences, MHSc - Community, Public and Population Health field](#)
- [Health Sciences, MHSc - Health Informatics field](#)
- [Health Sciences, MHSc - Kinesiology field](#)
- [Nursing, MScN - Thesis option](#)
- [Nursing, MScN – Project-based option](#)

Doctoral

- [Health Sciences, PhD](#)

11 GENERAL WRITING WEBSITES ¹

What follows is a list of websites that provide some guidance regarding thesis writing. Access and borrow from them what you consider to be useful. In the end, however, your thesis is your responsibility.

On writing a literature review:

- From the University of Toronto Health Sciences Writing Centre – [Click here](#)
<http://jps.library.utoronto.ca/index.php/hswriting/issue/current>
- From the University of Toronto – [Click here](#)
<http://www.writing.utoronto.ca/advice/specific-types-of-writing/literature-review>
- From the University of California, Santa Cruz – [Click here](#)
<http://library.ucsc.edu/ref/howto/literaturereview.html>

¹ The links identified may not be up-to-date, but some should be of use.