CONGRATS!

CLASS OF 2021

Dear Graduates,

Yours has been a very unique undergraduate journey as our first graduating class to participate in a full year of remote learning. Your graduation is a testament to your ability to adapt and persevere in challenging times. Degree completion is a cause for celebration and although we can't be together in person I hope that you are able to celebrate safely and take time to reflect on achieving this important milestone. Congratulations on all of your accomplishments! Please keep in touch, and I wish you all the best in what comes next.

Sincerely,
Dr. Kyra Pyke
SKHS Director

Congratulations HLTH, PHE and KIN Class of 2021!

You have met another significant milestone in your life by completing your undergraduate degree. I am grateful that you spent these past few years with us in SKHS at Queen’s. Although the pandemic created unusual challenges in your final year, you persevered and adapted to the remote context. You did it! I look forward to when we can welcome you back into the School to acknowledge this achievement in person. In the meantime, I wish you all the best as you begin your next life adventure, wherever that may be. Please stay in touch! We love to hear from our alumni.

Anna van der Meulen
Department Manager and Undergraduate Chair
Congratulations from SKHS Faculty & Staff!

What an incredible year we have all had. Certainly, it was nothing like any of us would have imagined. Congratulations on getting yourselves through! One of the pleasures of this year was getting the chance to talk with many of you in class, see your collaborations, and witness the energy and commitment you brought to the task of learning about the problems and possibilities of the world we inhabit. I hope you will keep asking questions and working to develop the critical thinking, social and political skills that will help create a more just world.

Take care of yourselves and each other and good luck to you in whatever comes next.

Dr. Mary Louise Adams

I am incredibly proud of all the hard work and commitment you’ve put forth over the course of your studies in SKHS. Your determination, patience and resilience during the past year’s unexpected challenges should be part of your proudest moments. I know all of you will use the same determination to go out there and pursue your passion!!
I wish you the best of luck in your future endeavours!

Dr. Elijah Bisung

You completed your time in SKHS...Wow! What a finish... The last 14 months have certainly been challenging but you should be proud of all your accomplishments and your contributions to SKHS and Kingston. I have no doubt that you are all equipped to face the next challenges in your life. I wish you the best in your next adventures.

Dr. Jean Côté

Dear SKHS graduating undergrads:

Your journey through undergrad has taken some unexpected twists for sure! Although these twists probably led to a degree that isn’t what you hoped for or expected, they will also have prepared you to deal with the unexpected turns your careers and lives will take over the next few years!

In preparing this message I thought about the 1 thing I would want you to remember from the course(s) I’ve taught you during your degree. I think the most important lesson I tried to teach came from the first half of Research Methods - everyone’s favorite course! :) Here goes... remember to question the accepted paradigms in the world around you, ask why things are the way they are, and keep your eyes open for anomalies as in anomaly you will find new ideas, opportunities for growth, and the truth about the world around you!

Congratulations on finishing your degrees and best of luck with wherever you go from here!

Dr. Brendon Gurd
Congratulations on your graduation! I can’t imagine how hard it would have been to finish the last year of undergraduate program during the pandemic. But you all did it! And for that, you all deserve all the glory in the world! Hope for the best in your future endeavors.

Dr. Eun-Young Lee

It was a real pleasure to get to know many of you through HLTH 205 and 445 these past few years. All the best in your future endeavours, and remember that health is a matter of social justice!

Dr. Jeff Masuda

Congratulations on your great achievement! You all have worked so hard and endured so much uncertainty in these recent years. Making it to this point is not easy in the typical circumstance, so you should be very proud to finish during a global pandemic. Reasons for joy have been scarce this past year, so please take some time and celebrate your great accomplishment. Seize every opportunity that comes your way, and best of luck for your future endeavours.

Dr. Gerome Manson
Dear Kinesiology & Health Studies Graduates,

Congratulations on your successful completion of your degree! We are so proud of our graduates!

My name is Elaine Power and I developed and taught HLTH 101 for many years, in-person and online. I am thrilled that there are now thousands of Queen’s graduates who head out into the world with knowledge of the social determinants of health. I hope you will take all the knowledge and all the skills you developed in your time at Queen’s - in class and extra-curricular activities - and head out to offer your many talents and gifts to the world. You each have something unique to help make the world better and more just, a place where all have opportunities to thrive and live a long, healthy, happy life. There is lots of work to do, so there is assuredly something for you! Maybe it will be your paid work or maybe it will be unpaid work that offers you opportunities to make the contribution that is uniquely yours to make.

I’d like to offer the wisdom of the ecologist Joanna Macy. With reference to the important (but seemingly overwhelming) issue of addressing the climate crisis, she suggests that we take stock of the situation, figure out what needs to be done, and then set about doing it, ideally with a group of like-minded colleagues, whether or not we see results. If we are only focused on achieving a particular endpoint, then we will soon despair and give up. Pay attention to the process and being part of a community with similar goals.

In my own work on advocacy for a basic income, the goal - achieving a guaranteed liveable income for all Canadians - is tantalizingly close and yet still not realized. From the perspective of the social determinants of health, it is a “no-brainer” to ensure that everyone in this country has enough to cover basic necessities of life. Achieving this goal seems tantalizingly close and yet frustratingly still far. The incredible, passionate, smart companionship and community of other basic income advocates provides so much energy and support to maintain the momentum to achieve this goal.

Dare to dream big. Imagine a fair, just, healthy and sustainable world. Find or create your community of like-minded companions. And set out together. The endpoint may not be achieved in your lifetime but you will find hope and courage and satisfaction in doing the work to move us closer.

All best wishes!!
Dr. Elaine Power
Congratulations Graduates! Although you may not have had your chance to walk across the stage to receive your degree, cherish the memories that you did make at Queen's: the new information you learned, the clubs you joined, the fun you had and the long-lasting friendships you made. Be proud of your accomplishments and good luck as you take the next steps on your new journey!

Vanessa McCourt, Academic Advisor & Program Coordinator

Congratulations to our Health Studies and Kinesiology Graduates! You are outstanding and amazing and we are so proud of each one of you. You have worked so hard and thank you for being a part of SKHS these last four years and making it the great school it is. It's been a privilege to watch you progress through the years. To achieve your degree in the midst of such challenging circumstances is a huge success. Our warmest thoughts and highest hopes are with you. Keep dreaming, keep going forward, your best days are ahead of you!

Trish Stenzl, Undergraduate Program Assistant & Receptionist
To the class of 2021,

Congratulations! You have finished your undergraduate degrees in SKHS! We wish we could watch you walk across the Grant Hall stage. I hope you have taken some time to celebrate your success, and to reflect on the experiences you have had and the accomplishments you have made during your time in SKHS. While your path ahead may remain uncertain, know that – for certain – you will always remain part of the SKHS family! We look forward to welcoming you back for your 5 year reunion – it will be here before you know it!

To all of you who have been involved in Revved Up over the years – thank you! Your commitment and the energy you bring to the program is what our members enjoy most! To our DIPA graduates, thank you for helping us make Revved Up @ Home the amazing program that it is. Know that the impact that Revved Up has had on you and your life is echoed by the impact you have left on the program and our members.

Wishing you the best as you start a new chapter! Congratulations!

Dr. Jennifer Tomason

Dear SKHS graduates of 2021,

While we are thankful for many things throughout our lives, there are many disappointments and challenges we all must endure along the way. The challenges of the last year and a half have been immense for all of us, but especially students like yourselves.

It is unfortunate that we cannot share in person the celebration of your convocation at this time; however, I greatly look forward to an opportunity to do so in the near future. I recall meeting many of you during the first days of your time at the SKHS – I recall the panic I saw in many of your faces as you were bluntly introduced to MATLAB during your first day of university class experience! That was the first of many challenges I have watched you overcome with great success.

It has been an honour to witness the incredible development you as individuals have gained throughout your time in the SKHS and at Queen’s University. It has been a pure pleasure to see how you have all grown in knowledge, experience and many other aspects of what has made you productive members of our society, and its future stewards.

Congratulations on your achievement!

Sincerely,
Robert Watering, Laboratory & Educational Coordinator
We wish you the best of luck!

From Everyone at SKHS