



University
of Victoria
Institute on Aging
& Lifelong Health

Student Training for Research and
Interdisciplinary Development and Experience

PROGRAM DESCRIPTION

OVERVIEW

STRIDE is a research-oriented mentorship program for graduate students offered through the Institute on Aging and Lifelong Health (IALH). The goal of the 10-month program is to provide masters and doctoral students with interdisciplinary research and mentorship opportunities to inspire them to become leaders in the field of aging and lifelong health.

Students enrolled in the STRIDE program will work with an IALH research fellow (mentor) who is in a different department than their own. Each mentor may work with up to three students. The role of the mentor is to supplement opportunities provided by each student's primary supervisor. The role of the student participants is to commit to learning from experienced researchers in the field of aging and lifelong health.

The STRIDE program is funded through a private donation to IALH.

LEARNING OUTCOMES

STRIDE participants can expect to expand and strengthen their knowledge and skills in several areas including:

- Conducting ethical and scholarly research;
- Contributing to interdisciplinary research projects related to aging and/or lifelong health;
- Developing and using effective written and oral communication tools;
- Participating in multidisciplinary knowledge exchange opportunities; and
- Improving interpersonal, team, and leadership skills.

EXPECTATIONS

It is expected that students enrolled in the STRIDE program will:

- Work with a faculty mentor for the duration of the program;
- Participate in team mentored learning;
- Participate in an interdisciplinary research-related project; and
- Participate in sharing their research with the community through at least one presentation.

DURATION, TIME COMMITMENT AND STIPEND

The STRIDE program will run for 10 months starting October 2024 and ending July 2025.

It is anticipated that students will need to spend approximately 8 hours per month participating in the program. This will include monthly group meetings of approximately 1 to 2 hours.

In recognition for the time devoted to STRIDE, students will receive a \$1200 stipend. Half of the stipend will be paid in December 2024. The remainder will be paid upon successful completion of the program in July 2025.

ELIGIBILITY

- Applicants must be formally affiliated with IALH as a Student Affiliate by the application deadline. To check your status or to apply to become an IALH Student Affiliate, contact IALHresearch@uvic.ca
- Applicants must be enrolled full time in a graduate program at the University of Victoria.
- Both Masters and Doctoral students may apply. Masters students must be in their second year or higher. Doctoral students may be at any level.
- Students may be studying in any faculty, department, school, division or program.
- Students must have the support of their primary supervisor to participate in the program.

SELECTION

Applications will be reviewed by a three to five member committee. Participants will be selected based on:

- The applicant's education, research and volunteer experience to date;
- The applicant's expectations for the next 5 to 10 years;
- A reference letter from the applicant's supervisor; and
- The perceived added value of the program to the applicant over and above their current training program.

APPLICATION PROCESS

Applicants should submit four documents:

a) Application Form

Please complete the [STRIDE application form](#). Indicate your program and year of training as of September 15, 2024.

b) Summary of Training to Date and Statement of Interest

Please submit a 1 to 2 page summary describing the following:

- your research interests and previous work and volunteer experiences as they relate to aging and/or lifelong health;
- where you see yourself in 5 to 10 years; and
- how you anticipate that participating in the STRIDE program will contribute to your education and training goals as well as how it will facilitate your career goals.

c) CV

Please submit an up-to-date CV that details your education, research, and work and volunteer experiences to date. Include your current position as well as a list of any publications and presentations.

d) Letter of Recommendation

Please submit a one-page letter of recommendation from your primary supervisor. The letter should cover:

- your strengths as well as areas for continued growth;
- how you could benefit from involvement in the STRIDE program; and
- an acknowledgment of support for the time commitment involved.

The documents may be submitted as four separate attachments or in a single file. All components must be submitted together. Completed applications should be sent to Dr. Jodie Gawryluk at IALHdirector@uvic.ca.

Application Deadline: Monday September 16, 2024