



AIHS Training & Early Career Development PLUS Option

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Carolina Koutras, Ph.D.



Transforming health and wellbeing
through research and innovation



What is the PLUS Option?

- An optional component to the AIHS Graduate Studentship award
- Supports career and professional development opportunities outside research training environment across a wide range of sectors
- Tailored to your needs

The PLUS Option provides opportunity...

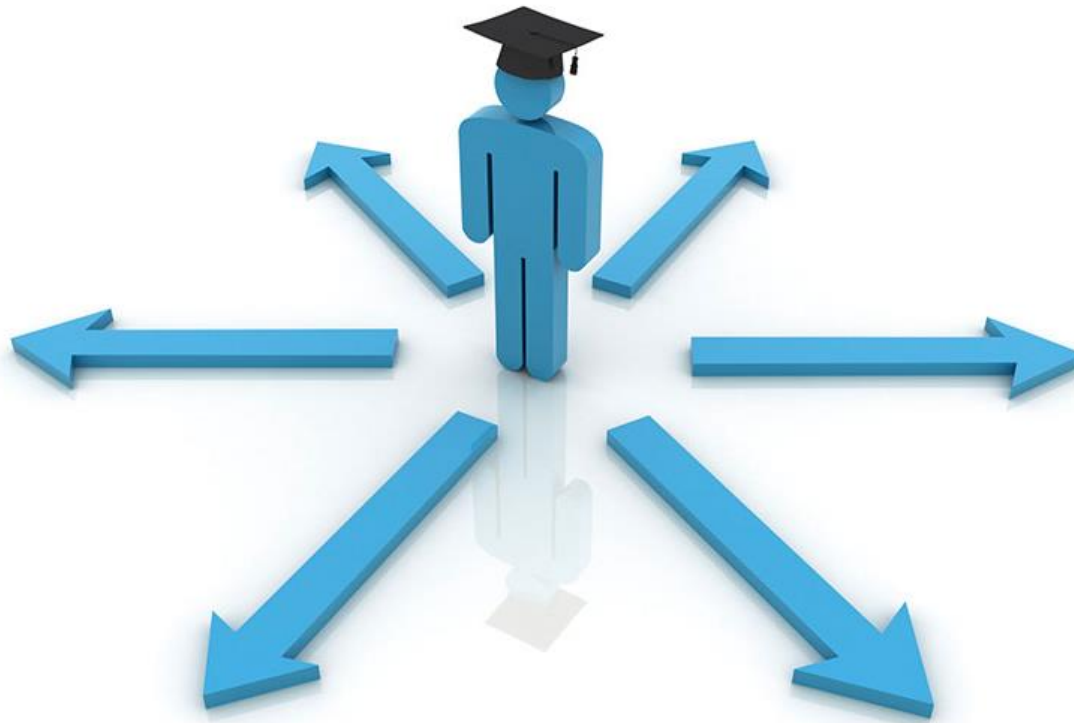


Image source: <http://studybridgeinternational.com/>

Objectives of the PLUS Option

- Enrich your skills, professional development, and career opportunities beyond what would be available through previous or current graduate training
- Support additional training, professional development and career opportunities for you across a wide range of sectors

The PLUS Option can be used to:

Gain experience in another academic environment

For example, you may wish combine your science background with an MBA, MBT, or an education degree

Gain experience in health services, or in a health policy environment

For example, you could work in a clinic to refine your research questions early in your training, and then spend time in a policy environment once your degree is completed to facilitate evidence informed decision making

Gain experience in industry

For example, take an internship position at a pharmaceutical company.

Gain experience in a non-profit organization

For example, to acquire relevant knowledge translation skills.

and more!

It is not the intent of the PLUS Option:

- To be used as an extension of a trainee's graduate training or to further a pre-existing research skill set, for example, for clinical residency or postdoctoral training
- To supplement or substitute for existing training awards or employment offers

Key features of the PLUS Option

- Provides up to one additional year of support:
 - \$30,000 stipend, \$2,000 research and career development allowance
- Can be utilized during the tenure of your Graduate Studentship award or up to 6 months past end date of award
- Allows you to customize your training experience

Out-of-province activities

Strong justification for the need or opportunity that the training presents relative to the career plans of the individual and why it cannot be undertaken in Alberta

How do you access the PLUS Option?

- Contact AIHS for a PLUS Option application
- Identify:
 - Receptor organization and supervisor

We can help!

Review Process

An internal review committee will assess your application

- Initial Assessment
- Internal review committee discussion
- Rate using Category Score Scale (1-9)

Category Scoring System

High Score

- 1 – Exceptional** Exceptionally strong with essentially no weaknesses
- 2 – Outstanding** Extremely strong with negligible weaknesses
- 3 – Excellent** Very strong with only some minor weaknesses

Medium Score

- 4 – Very Good** Strong but with numerous minor weaknesses
- 5 – Good** Strong but with at least one moderate weakness
- 6 – Satisfactory** Some strengths but also some moderate weaknesses

Low Score

- 7 – Fair** Some strengths but with at least one major weakness
- 8 – Marginal** A few strengths and a few major weaknesses
- 9 – Poor** Very few strengths and numerous major weaknesses

Minor Weakness: An easily addressable weakness that does not substantially lessen the application

Moderate Weakness: A weakness that lessens the application

Major Weakness: A weakness that severely limits the application

How to prepare a strong application?

Letter of intent

Should outline how the activities undertaken in the PLUS Option are aligned with your Career Development Plan (rationale for the PLUS Option)

Work plan

Should outline the area of focus, specific objectives and activities that will be undertaken, expected outcomes, and how these tie to your career goals, professional development and enrich your skills

Pitfalls

1. Postdoctoral and research associate opportunities
2. Focusing on how the company will benefit from your skills instead of how YOU will benefit from the opportunity
3. No clear alignment with your career goals
AIHS understands that career goals change over time

Success stories

Masters of Public Policy at the University of Calgary (Calgary)

Masters of Business Administration, London School of Economics & Political Sciences (London, UK)

SMART Technologies (Calgary)

Resverlogix (Calgary)

Epi-Interactive (Switzerland and New Zealand)

Focal Healthcare (Toronto)

All were successful in securing employment

Any questions?

Contact

Carolina Koutras, PhD

Manager, Training & Early Career Development

carolina.koutras@aihealthsolutions.ca / 780-306-1329

Kathy Morrison

Senior Coordinator, Grants Processing

Kathy.morrison@aihealthsolutions.ca / 780-429-7655