



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 trainees 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 trainees 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 trainees 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 (October 2025 - July 2026). Trainees will be expected to spend approximately 8 hours per month which will include monthly group meetings of approximately 1-2 hours. In recognition for the time devoted to STRIDE, trainees will receive a \$1200 stipend. Half of the stipend will be paid in December 2025. The remainder will be paid upon successful completion of the program in July 2026.

## 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](mailto:IALHresearch@uvic.ca)
- Applicants must be enrolled full time in a Masters or Doctoral program at the University of Victoria.
- 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. Trainees will be selected based on:

- The applicant's education, research and volunteer experience to date;
- The applicant's expectations for the next five to ten 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:

### 1) STRIDE Application Form (1 pg)

- state your program and year of training as of the Fall of 2025 (ex. PhD, Year 3).

### 2) Summary of Training to Date and Statement of Interest (1-2 pgs) describing the following:

- your research interests and previous work/volunteer experiences as they relate to aging and/or lifelong health;
- where you see yourself in five to ten 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.

### 3) CV (no pg limit)

- provide your current position, education, research experience, past employment, volunteer work, publications, presentations, and awards.

### 4) Letter of Recommendation from Primary Supervisor (1 pg) providing:

- 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.

Please submit all documents in a single file to Dr. Jodie Gawryluk at [IALHdirector@uvic.ca](mailto:IALHdirector@uvic.ca) by **Wednesday, October 15th, 2025 at 4pm PT.**