**Scholarship Application :**

Scholarship application: takes a lot of time, it's lengthy! (Getting ahead: be proactive)

The first scholarship is the most difficult to obtain!

It requires time, but the more you apply: the better you become and you can reuse what you have already written (efficiency and time-saving in the long run)

**Federal Funding Agencies (Canada): CIHR, NSERC, SSHRC**

CIHR: Health / SSHRC: Society and Culture / NSERC: Natural Sciences and Engineering

⚠️ Canadian citizenship is required, so it is impossible to apply as an international student 😢

**Provincial Funding Agencies: FRQ (Fonds de Recherche du Québec)**

FRQS: Health

FRQSC: Society and Culture

FRQNT: Natural Sciences and Engineering

International students can apply ✅

FRQ deadline: early October

New this year: you can apply to 2 FRQ if your research topic is interdisciplinary (for example, apply to both FRQS and FRQNT at the same time)

All social involvements (volunteering, associations, scientific outreach, high-level sports, coaching, etc.) are highly valued for FRQ scholarships.

**University Scholarships**

Keep an eye on the scholarships offered by EKSAP: recruitment scholarships, merit scholarships (available at bourses.umontreal.ca).

Vanier Scholarship (academic excellence, research potential, and leadership skills).

**Look into other non-university scholarships, but please note that most of them require Canadian citizenship.**

Desjardins Scholarship (CAD 2000 or CAD 5000)

AbbVie Scholarship

Training scholarships from the Société québécoise d'hypertension artérielle

Training scholarships from the Alzheimer Society of Quebec

RQRD Mobility Scholarship

**Tips for successful scholarship applications :**

►Develop a work plan and familiarize yourself with the required documents.

►For each scholarship, carefully read the evaluation criteria (including the weighting applied to each section: some parts may be more important than others, and the scoring criteria can change from year to year).

►Ask colleagues for feedback on your scholarship applications.

►Use simple language and effectively communicate your research topic: it should be accessible to the members of the evaluation committee who may not be experts in your specific field. If they can't understand your research project due to overly complex scientific jargon, it's not a good start.

►Pay close attention to details: if possible, be mindful of capitalization, punctuation, avoiding double spacing, using bold or underlining to emphasize important aspects.

**Writing strategies for FRQ (Fonds de Recherche du Québec) applications:**

►Collaborate with another research team: This is highly regarded in scholarship applications as it demonstrates a collaborative and multidisciplinary project.

►Emphasize personal and professional experiences that are relevant to the research project. If an experience does not contribute to the project, it is best to omit it.

For example, working at McDonald's should not be included, but internships, research experiences, or teaching experiences should be highlighted.

**Documents required to complete an FRQ application (online form):**

►Common Canadian CV (CCV) of both supervisors and the candidate.

►Official transcripts.

►3 references (letters of recommendation).

Letter of recommendation tip: Prepare a template in advance with 80% of the information, so that the professors have all the necessary details and only need to finalize it.

**There are two sections to be written for the FRQ (each 1-2 pages long):**

**Project Description:**

In this section, you should comprehensively describe your research project. Address the following points:

Is the project innovative and relevant?

Does the project align with the student's expertise?

Is the project feasible and realistic?

What will be the specific contribution of the student? Divide this section into four parts: Introduction, Methods, Scientific Contribution, and Feasibility.

In the project description, it is important to highlight the novelty and relevance of the proposed project. Clearly demonstrate how the project aligns with the student's expertise and capabilities. Provide evidence that the project is feasible and realistic, considering the available resources and timeline. Additionally, emphasize the specific contribution that the student will make to the project, showcasing their unique skills, knowledge, or approach that will enhance the overall research endeavor.

A tip for emphasizing feasibility is to outline the ongoing analyses and work for each year, such as "Year 1: ..., Year 2: ... + ongoing analysis and data" (this makes the project more concrete). Other tips for this section include:

Collaborating with your supervisor.

Including references.

Avoiding abbreviations.

Writing as if you have a clear understanding of what you intend to do during the three years, even if there is some uncertainty.

Writing for an intelligent reader but avoiding specialized jargon.

**Contributions, Experiences, and Achievements:**

In this section, highlight your academic achievements, including awards, honors, scholarships (include declined scholarships as well), internships, and teaching experiences. Discuss your relevant previous research experiences, relevant jobs, training, and involvement in conferences or other academic events. Explain your academic and professional background. It's important not to be too modest and to demonstrate the excellence of your application through concrete facts and achievements. Follow the specific formatting guidelines, such as document layout, font size, maximum page limit, and save the document as a PDF. Start early, pay attention to deadlines, and use examples of successful proposals as references. Review internally and send feedback to [daniel.gagnon.3@imontreal.ca](mailto:daniel.gagnon.3@imontreal.ca) by July 30th, 23:59. Aim to receive feedback by the week of August 14th.

**Other tips:**

► Collaborate with your supervisor: Work closely with your supervisor throughout the application process. They can provide guidance, insights, and support to strengthen your application.

► Include references: Cite relevant literature and studies that support your research proposal. This demonstrates your knowledge of the field and adds credibility to your project.

► Avoid abbreviations: Use clear and concise language, avoiding excessive use of abbreviations. This ensures that your proposal is easily understandable and accessible to readers.

► Write as if you know exactly what you plan to accomplish in the next three years (even if it is uncertain): Clearly outline your research plan, objectives, and expected outcomes. Show confidence in your approach and convey a sense of purpose and clarity in your writing.

► Write for an intelligent reader but avoid specialized jargon: Assume that the reader is knowledgeable but may not have expertise in your specific area. Use clear and concise language, avoiding excessive technical terminology. Communicate your ideas effectively to a broad audience while maintaining academic rigor.

**In the "Contributions, Experiences, and Achievements" section, you can focus on the following aspects:**

► Academic achievements: Highlight any honors, awards, scholarships, or distinctions you have received during your academic journey. Include relevant information about scholarships that you declined as well. Mention any notable internships, teaching experiences, or academic positions you have held.

► Research experiences: Explain why you are qualified to undertake this project and discuss your previous research experiences that are relevant to the proposed project. Emphasize any research projects you have worked on, the methodologies you have used, and the outcomes or findings you have achieved.

► Relevant employment: If you have had any relevant employment experiences that contribute to your qualifications for the project, provide details about them. Describe how these experiences have enhanced your skills, knowledge, or understanding in the field.

► Training and involvement: Mention any conferences, symposiums, workshops, or other academic events you have participated in. Highlight any presentations or publications resulting from these activities. Additionally, discuss any relevant training or certifications you have obtained.

► Academic and professional trajectory: Explain your academic and professional journey, describing the steps you have taken to reach your current level of expertise. Discuss how your educational and professional experiences have prepared you for the proposed project.

When discussing your experiences and achievements, it is important not to be overly modest. Make sure to demonstrate the excellence of your candidacy by providing concrete facts and specific accomplishments. This section is an opportunity to showcase your qualifications and convince the evaluators of your capability to successfully complete the project.

**Respect the specific guidelines:**

► Formatting of the document: Follow the specified formatting requirements such as font type, size, page limits, and any other guidelines provided. It's recommended to convert your document into PDF format to ensure compatibility and preserve formatting.

► Start early: Begin working on your application well in advance to allow sufficient time for drafting, revising, and finalizing your proposal. Starting early helps you avoid unnecessary stress and allows for thorough preparation.

► Check the deadlines: Be aware of the application deadlines for each scholarship or grant you are applying to. Mark the dates on your calendar and create a schedule to ensure you complete and submit your application on time.

► Use examples of successful proposals: Reviewing successful proposals from previous recipients can provide valuable insights into what makes a strong application. Use these examples as a guide to understand the structure, content, and quality of proposals that have been successful in the past.

► Consider the evaluation criteria: Familiarize yourself with the specific evaluation criteria used by the selection committee. This will help you understand what aspects of your application will be assessed and allow you to tailor your proposal accordingly. Pay attention to the weightage or importance assigned to different criteria.

**Evaluation criteria - FRQ (Fonds de Recherche du Québec) for doctoral training**

**Academic record and background (45 points)**

• Transcripts;

• Recognitions (awards, distinctions, and obtained scholarships);

• Achievements (scientific, professional, social, etc.) and relevant experiences (related to the project or background);

• Engagement and leadership skills (within and outside the academic environment);

• Ability to engage in dialogue between science and society.

**Research project (55 points)**

• Originality of the project and potential contribution to the advancement of knowledge;

• Clarity and coherence of the research problem;

• Relevance of the methodology and consideration of equity, diversity, and inclusion (EDI) principles, if applicable;

• Feasibility of the project and realism of the timeline;

• Potential contribution of the project to societal issues, particularly those outlined in the Sustainable Development Goals (SDGs), if applicable.

**TOTAL (100 points)**

**Evaluation committee:**

They will read the application late in the evening and then discuss it in a committee for 3-5 minutes.

What will this person do?

Is the research feasible?

What are the results and their impact? Is it innovative?

What is the profile of this person?

Is it a good investment?

These are the considerations and questions that the evaluation committee will likely take into account when reviewing the application.

**Best tips:**

► Evaluators may not read every detail but rather skim through the document, so make sure to repeat the most important information multiple times!

► Start each paragraph with the most important point, then provide justification or explain its significance.

Avoid beating around the bush for several lines before getting to the important information.

**My intuition :**

* Simple writing and easy to understanding
* Straight Forward
* Connect your background to the Lab, why you chose this Uni, Lab, Prof…
* Categorized and disciplined by year, top is the latest, and …
* Accuracy ; 1, 2, 3, … Bullet and items
* E.g. Intersting project : What does it mean ? What are the reasons ? Journals name, year, DOI, Citations, Everything clear and if you say sth you should prove or bring some proofs for that at the next sentences.
* There is no 100% at academia. Dont persist on sth.
* Critical Analysis of the research projects.
* Problems have more than one side. Multi approach and multi layer of thinking.