

**Dr. Elaine Power completed her Bachelor of Arts with a major in Sociology / Anthropology at the Mount in 1982. Coming from a small town in Cape Breton, she was the first in her family to attend university. She shares how her experiences in our program helped her to become an associate professor in the School of Kinesiology and Health Studies at Queen's University:**



Along the way, after my degree from the Mount, I collected a few other degrees and credentials: another undergraduate degree in biochemistry-nutrition; a dietetic internship; a master's degree in applied human nutrition; and a doctorate in the sociology of health. I first got interested in the politics of food during my degree at the Mount; now I use sociological methods and theory to do research about food and poverty in Canada. I teach a course about the social determinants of health - how income, housing, employment, colonialism and racism affects our health - and have become an advocate for a basic income guarantee that would allow all Canadians to meet their basic needs for food, shelter and clothing. **My SOAN degree from the Mount fueled a life-long passion for social justice. It helped me develop critical thinking skills and a strong writing skills, both of which have been essential.**

I understand why students are anxious about careers and their futures, and want to know how their undergraduate degree might help them. There is much uncertainty in the job market, and in life more generally. But technology is changing our lives quickly.

**A report from Dell Technologies predicts that 85% of the jobs that will exist in 2030 haven't been invented yet. For such a future, a liberal arts degree that helps you ask good questions, think critically, develop strong writing skills, and builds your self-confidence is the best preparation. That's what SOAN did for me.**

## **My SOAN degree from the Mount fueled a life-long passion for social justice**

**- Elaine Power**

Associate Professor, Queen's University  
MSVU SOAN graduate, class of 1982

For more information on Dr. Power, please visit:  
<https://skhs.queensu.ca/people/faculty/elaine-power-phd>

