

HEALTH BEHAVIOUR AND WELLBEING

Admission Requirements and Procedure

Doctoral level applicants must hold a Master's degree in a study area related to health and wellbeing, or have equivalent qualifications.

Students are admitted on the basis of the ranking list assessed by the admission committee, taking into account the number of vacant study places.

The application must be submitted in the **online application system**.

The admission score is formed on the basis of the admission exam consisting of the following stages:

- Motivation letter (up to 3000 characters)
- Plan for the doctoral thesis (in the language the doctoral thesis is going to be written, up to five A4 pages but not more than 9000 characters), approved by the advisor having a qualification equivalent to that of a doctoral thesis supervisor
- Existing publications, which will be part of the planned doctoral thesis, can be added
- Interview focussing on the plan of the doctoral thesis and motivation of the applicant and mainly based on the submitted documents.

Documents (motivation letter and plan for the doctoral thesis, publications planned to be part of the doctoral thesis) must be signed (digitally in pdf-format or on paper, after which the document is scanned) and submitted to the admission committee by the application systems [DreamApply](#) or [SAIS](#).

The plan for the doctoral thesis must be signed by the applicant and by the prospective supervisor. In case the documents have been signed on paper, the signed originals must be sent by post to the School of Natural Sciences and Health or should be taken to the interview and they will remain at the institute and will be archived. A confirmation of receiving the documents will be sent to the applicant.

The interview will take place on 10th July, at Narva mnt 29, Tallinn. The interview will last up to 30 minutes, the exact time of the interview and place will be communicated to the applicant by Study Information System SAIS or by the secretary of the admission committee.

Positive result for the admission exam is 75-100 points.

Admission component	Points
Plan for the doctoral thesis	50
Admission interview	40
Motivation letter	10

Publications will be regarded as a favourable factor when assessing the plan for the doctoral thesis.

Plan for the Doctoral Thesis

The plan for the doctoral thesis must include:

1. The topic of the thesis, the essence of the problem, and an overview of previous main research studies;
2. Objectives of research, research problem and the connection of the research problem with social processes;
3. Methodology of research and the means and resources necessary to carry out research;
4. Expected results, their novelty and applicability;
5. Previous activities in the field related to the topic of the thesis (knowledge and experience of the field, research and publications, presentations, relation to the applicant's profession).

Interview

The interview will be based on the plan for the doctoral thesis. The committee may check the applicant's foreign language skills during the interview. The same qualities will be assessed during the interview as about the plan (novelty, readiness, knowledge, previous experience and commitment).

Assessment

The following will be assessed about the plan for the doctoral thesis (maximum 50 points):

- Its novelty and originality;
- Availability of the means and resources necessary to carry out research;
- Knowledge of the basis and arrangement of research related to contemporary health behaviour and wellbeing;
- Applicant's experience of previous research and achievements;
- Competence to carry out research.

At the interview (maximum 40 points), the ability to make generalisations and differentiations on the basis of questions asked about the plan, placing the topic in international/Estonian context, the potential and the art of public speaking will be assessed.

Qualifications, dedication and the sense of reality will be assessed about the motivation letter (maximum 10 points).

The plan for the doctoral thesis, interview and the motivation letter will be assessed by each member of the admission committee in full points and the consolidated mark will be calculated as an average mark on the basis of the marks given by each member of the committee to the three parts of the admission exam, and when listing the results it will be calculated with the precision of one radix point.

Admission is based on the ranking list assessed by the admission committee, taking into consideration the number of study places during the academic year in question.