



NSCC SPRINT Scholar Awards Guidelines

Empowering NSCC students to tackle real-world challenges through applied research.

2025-2026 theme: Health and Well-Being

Provided by Student Research Network, Joanne Firth, NSCC
December 2, 2025

NSCC SPRINT Scholar Awards Funding Guidelines

The SPRINT Scholar Award is a new NSCC Applied Research funding stream for high-achieving students tackling real-world challenges in Nova Scotia. The program rotates annually around themes connected to the United Nations Sustainable Development Goals (SDGs). This year's theme is Health and Well-Being (SDG #3), which aims to “ensure healthy lives and promote well-being for all at all ages.”

Funding: 3 awards of \$6,000 each. Projects can count toward course deliverable or work-integrated learning with faculty approval.

2025-2026 SPRINT Funding Cycle

Application deadline	Friday, January 23, 2026
Available SPRINT Scholar Awards	\$6,000 Award for 3 NSCC students
Funding decision	Applications will be accepted until Friday, January 23, 2026. Funding decisions will be made by Friday, February 13, 2026.
Release of funds	Timeline for release of funds will be determined on a case-by-case basis following the development and approval of each project plan, considering the unique requirements of each project.
Funding period	Projects will run from March 2 to May 26, 2026.
SPRINT Scholar Award application package	<ul style="list-style-type: none">• SPRINT Scholar Award Application Form• Required Elements<ul style="list-style-type: none">○ Research expertise○ Project Description○ CV/Resume○ Unofficial NSCC transcript○ Email confirming academic supervisor <p>NSCC Student SPRINT Scholar Award application – Fill out form</p>

Student SPRINT Scholar Award evaluation and scoring criteria

Applications will be ranked by a review panel and are awarded based on the merit of the application relative to the funding criteria, the number of applications received in a funding period and the total SPRINT Scholars Award budget.

Project proposal	Proposals should focus on a clearly defined innovation or research challenge and demonstrate the value of the anticipated results.	30%
Research potential	Applicants should demonstrate academic readiness, research experience, and interest in applied research?	20%
Alignment with theme / SDG goal	Does the project align with the annual theme and the relevant UN Sustainable Development Goal?	20%
Equity, diversity and inclusion	Students should describe how Equity, Diversity, and Inclusion (EDI) are reflected in their project. Guidance on EDI best practices in research is available here	20%
Inclusion of an industry/community partner	The student has an industry or community partner who will benefit from this project	10%

SPRINT Scholar Award eligibility

1. The applicant must be a NSCC student currently enrolled in a core program.
2. In good standing at NSCC with a minimum 75% average.
3. NSCC Faculty or Applied Research Staff supervisor.
4. If the project is being counted toward a course deliverable, students must get approval from their faculty before applying for the SPRINT Scholar Award.

Need help with your application? Join our online office hours

When:

- Mondays & Wednesdays, 11:30 AM – 1:30 PM
- Dates: December 1, 3, 8 and January 5, 7, 12, 14, 19, 21

Where:

[Click here to join SRN Office hours](#)

What to expect:

These informal, drop-in sessions for SPRINT Scholar applicants are a chance to:

- Ask application questions
- Get project feedback
- Review your draft

Important notes on funding administration and disbursement

- Deadlines are fixed and will not be extended. Completed applications, including all required approvals and attachments, must be submitted online using the link provided.
- If your project counts toward a course deliverable, please discuss with your faculty.
- All applications that meet eligibility requirements will go through a competitive review process. Submission does not guarantee funding.
- Demand may exceed available funds. All applicants will receive feedback, whether successful or not.

These awards are part of a larger grant through the Natural Sciences and Engineering Research Council of Canada (NSERC). Student will be paid a stipend/award of \$6,000 broken into 3 payments of \$2,000 each over the course of the 14-week project.

Reporting requirements

SPRINT Scholar Award: Upon completion of the project, the applicant will be required to submit a short final report. Final reports must be submitted by May 26, 2026.

Award recipients are expected to present the results of their project at the Student Research Network Annual Celebration, being held online Wednesday, May 27th at 10am (Teams meeting link to follow).

Support for inclusive and equitable research

A key priority of the SPRINT Fund is the provision of resources to support equitable and inclusive participation in applied research. We recognize that the participation of individuals from diverse backgrounds and lived experiences promotes creativity, innovation and enrich research outcomes. Students from underrepresented groups and communities are particularly encouraged to apply for this funding opportunity. During the application process, applicants from an underrepresented group: Mi'kmaw/Indigenous, Black/African Nova Scotian, members of other racialized groups, persons with disabilities, 2SLGBTQ+ individuals, women may choose to self-identify.

The commitment of the SPRINT program is to support the removal of obstacles and barriers that might impact the participation of members of underrepresented groups in research and innovation.

Start your application today

Review the requirements carefully before applying. Access the form here:

[NSCC Student SPRINT Scholar Award application](#)

Library support for research projects

Need help with research? The NSCC Libraries offer specialized support for student research projects, including assistance with finding credible sources, citing references, and developing your research strategy. Their team can guide you through the process and provide tools to make your work easier and more effective.

Explore resources and connect with library staff here:

[Research help - Libraries and Learning Commons | NSCC](#)

References

Your reference list should include any sources you used to develop your research idea—such as academic articles, reports or credible websites. Providing accurate citations is essential for research integrity and helps reviewers understand the foundation of your project.

For guidance on proper citation formats, visit:

[Cite Your Sources - Research Process: Researching and Writing - Subject Guides at Nova Scotia Community College](#)

Guidance on challenging questions

We know some questions in the application may feel challenging, especially if this is your first time preparing a research proposal. This section is designed to help you succeed by providing practical tips and examples for key parts of the application.

These tips will help you:

- Understand what reviewers are looking for
- Write clear, compelling responses
- Avoid common mistakes

Taking time to craft strong answers will help your application stand out and clearly demonstrate the value of your research.

Questions from the application form

Application example question 1:

Is there a potential community or industry partner for your project? *For example, who are you helping with your project?*

Why does this question matter: The SPRINT Scholars Award supports applied research, which means solving real-world problems and creating practical solutions—not just theory. This type of research is widely used across industries, including healthcare.

Tips for answering:

- Identify who benefits from your project.
- If you need help finding a partner, contact Joanne Firth, Industry Liaison Officer:
Joanne.Firth@nsc.ca

Application example question 2:

Please describe your project in detail, including your timeline.

Why this question matters: This question helps reviewers understand the scope, structure and feasibility of your research project. A strong project description shows that you have thought through the details and can carry out the work successfully.

Tips for answering:

Include:

- A description of the issue/topic you're researching
- Your research question
- How you'll do the research (methods)
- What will the result potentially look like
- A draft timeline (see an example below)

Week	Description of Activities
1	Finalize workplan
2-6	Gather data/information
7-9	Analysis data
10-12	Draft report
12-14	Finalize report

Application example question 3:

The SPRINT Scholars Award rotates annually around themes connected to the United Nations Sustainable Development Goals (SDGs). This year's theme is Health and Well-Being (SDG #3), which aims to "ensure healthy lives and promote well-being for all at all ages." NSCC has signed the SDG Accord and integrated the SDGs into its strategic plan. Please describe how your applied research project aligns with this goal.

Why this question matters: This question ensures your project connects to the core purpose of the SPRINT Scholars Award-advancing applied research that supports global sustainability priorities. NSCC has signed the SDG Accord and integrated the SDGs into its strategic plan. By explaining how your project aligns with SDG #3, you show reviewers:

- **Relevance:** Your research contributes to improving health outcomes or well-being
- **Impact:** Your work supports global and institutional sustainability commitments
- **Innovation:** You understand the broader context and potential benefits of your project
- This is not just a formality-your response helps demonstrate how your research matters beyond the classroom and contributes to real-world change.

Tips for answering: To show your project supports SDG #3 (Health and Well-Being), you don't need to cover every aspect, just explain the connection to improving health or well-being.

Identify the link: How does your project address a health challenge or promote well-being?

Give examples:

- Improving patient care or health services
- Supporting disease prevention or mental health
- Addressing health equity or social determinants of health

Show impact: Who benefits and how?

- Specific groups (e.g., rural communities, seniors, youth)
- Reducing barriers or improving outcomes

Example phrasing:

"My project supports UN SDG #3 by focusing on [specific health issue]. It aims to [what you will do], which will improve [specific outcome, e.g., access to care, mental health]."

Application example question 4:

Please describe how Equity, Diversity and Inclusion is included in your project design and methodology.

Why this question matters: The SPRINT Scholars Award prioritizes research that promotes **equitable and inclusive participation**. Diverse perspectives and lived experiences strengthen creativity, innovation, and research outcomes. Reviewers want to see that you've considered how your project will be accessible and inclusive—not just for participants, but also in its design and impact.

Tips for answering

- **Think broadly:** EDI isn't only about who participates—it's also about how you design your methods and share results.
- **Address barriers:** Will language, technology or scheduling create challenges for some participants?
- **Be specific:** Mention concrete actions, such as:
 - Offering materials in plain language or multiple languages
 - Scheduling interviews at flexible times
 - Using gender-neutral language in surveys
- **Include team and partners:** If your project involves collaborators or community partners, describe how their diverse perspectives contribute.

Resources:

- EDI in Research tip sheet (Appendix next page of this document)
- [Natural Sciences and Engineering Research Council of Canada \(NSERC\) best practices](#)

Questions?

If you have questions about this award or the applications process, please reach out to Joanne.Firth@nsc.ca or Beth.Easson@nsc.ca.

Appendix: Equity, Diversity, and Inclusion (EDI) in Research:

Why EDI matters

Equity, Diversity, and Inclusion strengthen research by:

- Bringing different perspectives and lived experiences
- Promoting innovation and creativity
- Ensuring research benefits all communities, not just a few

How to incorporate EDI in your project

Think about EDI at every stage of your research design:

1. Project design

- Are your research questions relevant to diverse populations?
- Does your project consider barriers to participation (e.g., language, accessibility, cultural norms)?

2. Participant recruitment

- Use inclusive recruitment strategies to reach underrepresented groups
- Avoid bias in selection—ensure equal opportunity to participate

3. Data collection

- Provide accessible formats (plain language, multiple languages if needed)
- Respect cultural differences in how questions are asked and answered

4. Team composition

- Include collaborators with different backgrounds and perspectives
- Value contributions from all team members equally

Examples of EDI in action

- Offering surveys in multiple languages
- Scheduling interviews at times convenient for participants with caregiving responsibilities
- Using gender-neutral language in questionnaires
- Engaging community partners to co-design research methods

Contact Beth Easson, Student Innovation Coordinator, Beth.Easson@nsc.ca, for support.