



Cara McQuaid

What is your educational background?

I completed my B.Sc. (Life Sciences and Geography) at Queen's in 2014. I finished my M.D. at Queen's in 2018.

What is your hometown?

I am from Toronto, Ontario but Kingston is my home of 9 years now.

Research/Academic Interests?

Addictions and Early Psychosis

Hobbies?

Fitness, reading, volunteering, coffee shops, going on adventures, spending time with friends and family. I should probably add, looking up adoptable pets on the internet, as I spend a lot of time on that! Finally, I think human beings are fascinating and I enjoy getting to know people with diverse backgrounds and life experiences

What is your greatest accomplishment?

Winning "Best Hat" 3 years in a row at the annual Kentucky Derby party in med school. The competition was fierce.

... and also, finishing medical school and finding a career I'm truly passionate about (psychiatry!) which remains interesting, challenging, and rewarding every single day. It's an incredible privilege to be a member of this profession.

What would you like to tell prospective applicants to our program?

If you want to be treated like gold and have 30 wonderful new friends, this is the program for you!

If you weren't a psychiatry resident, what would you be?

Archaeologist

What is your favourite sound?

Chickadees chirping in the summer

Where would you like to live if you could live anywhere?

Kingston is the best place in the world, I am very happy here! But Tuscany would be ok too...

Which living person do you admire the most?

Barack and Michelle Obama, Atul Gawande, Colin Kaepernick, and my mother

What's your motto?

"How we spend our days is how we spend our lives"

"To be clever isn't everything. To be kind is worth a great deal to other people"