

2026 SSHRC Explore Competition

Virtual Information Session

Wednesday, January 21, 2026

11:00 a.m. – 12:00 p.m.



**Office of the
Vice-President,
Research & Innovation**



Welcome



Please have your microphone muted if you are not speaking



If you have headphones, please use them as they will reduce echo / feedback



If you would like to speak - please indicate in the chat or use the raise hand function



This meeting is being recorded

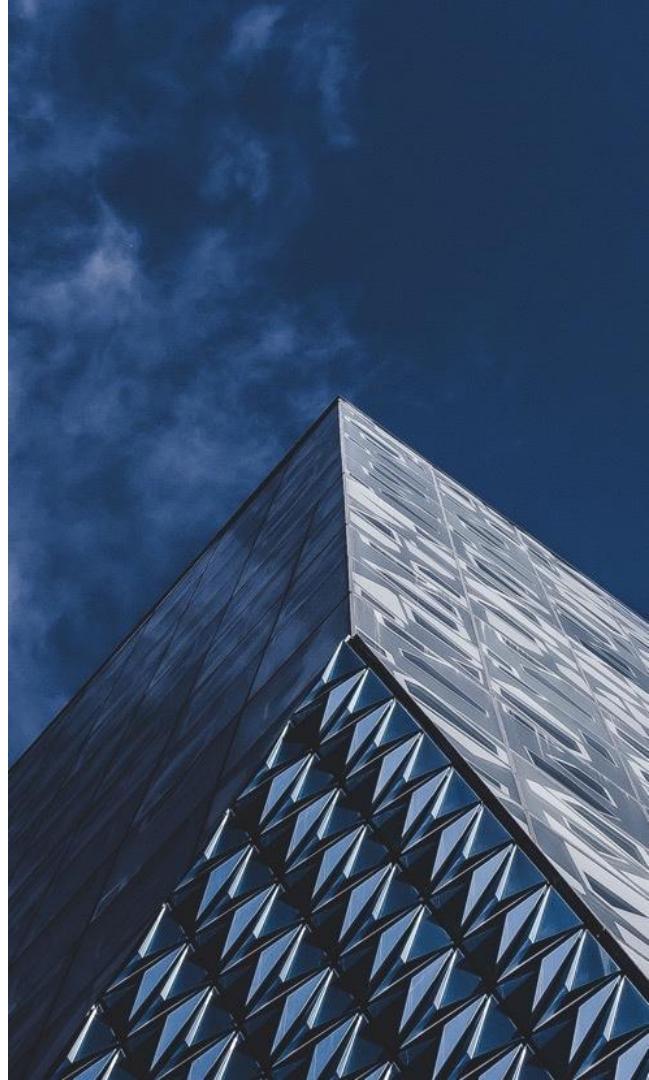
Toronto is in the “Dish With One Spoon” territory. The Dish With One Spoon is a treaty between the Anishinaabe, Mississaugas and Haudenosaunee that bound them to share the territory and protect the land.

Subsequent Indigenous Nations and peoples, Europeans and all newcomers have been invited into this treaty in the spirit of peace, friendship and respect.



Agenda

Competition Overview	5
<hr/>	
Application Process	10
<hr/>	
Review, Reporting, Acknowledgement	18
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FAQs	23





Competition Overview

Purpose

SSHRC Explore Grants:

- Support social sciences and humanities researchers/scholars with modest research project funding requirements.
- Provide funding to undertake a stand-alone research project or to conduct pilot work towards a larger SSHRC application.
- Enable researchers to hire students at any level to participate in their research projects.
- Offer a maximum* of \$10,000 per award.

Equity, diversity, inclusion and access (EDIA) are essential to our integrated approach to SRC activity.
Learn more about [EDIA at TMU](#).

**You will not be penalized if your budget request is less than the maximum amount.*

Applicant Eligibility

- **Tenured or tenure-track members of the TFA** proposing to conduct SSHRC-eligible SRC activities **are eligible** to apply.
 - Priority will be given to:
 - Emerging researchers/scholars*
 - Researchers/scholars who are moving in a new SRC direction.
- Applicants can apply as the PI for only **one** SRC proposal per competition.

***Emerging Researcher/Scholar:** To identify as an emerging researcher/scholar, the applicant must meet at least one of the following criteria:

- Have completed their **highest terminal degree no more than seven years before** the competition deadline (TMU considers only the date of completion of the first terminal degree).
- Have held a tenured or tenure-track academic appointment for **less than seven years** total at any institution.

Applicant Eligibility

- You are **not eligible** for this competition if you:
 - Were awarded a SSHRC Explore Grant within the last **two** calendar years (**2024 or 2025**).
 - Are holding SSHRC Explore funds in an extension year.
 - Have any internal or external funding for any SRC activities proposed for funding in the SSHRC Explore proposal.
- Co-applicants on the same project cannot each apply for, or receive, separate SSHRC Explore funding.

Eligible Expenses

All expenses **must** conform to the **university's guidelines** regarding [eligible research expenses](#).

For further guidance, visit [Financial Services - Research Accounting](#).

Eligible expenses may include:

- Research-related costs
- Dissemination of findings
- Recruiting costs, salaries, stipends and benefits for research personnel
- Third-party subcontract costs

Examples of ineligible expenses:

- Non-capital purchases (e.g., access to data)
- Basic computers and related equipment
- Select stationery and office supplies
- Items typically covered by departmental budgets (e.g., printers)
- Indirect costs



Application Process

How to Apply

Deadline:

Monday, February 23, 2026 at 12:00 p.m. (noon) ET

Application Instructions

- Download and complete the application package (fillable PDF).
- Create your new GAF.
- Upload your completed application (PDF) to your new GAF.
- Upload your up-to-date abbreviated Common CV or OCGS CV.

RIS can be accessed in two ways:

1. torontomu.ca/research
 - OVPRI website, under “Researcher Resources”.
2. my.torontomu.ca
 - Your TMU portal, under “My Links” > “Research”.

How to Apply - RIS

Research Information System

Welcome OVPRI!

This application form is for external sponsors and OVPRI programs only.
To apply for Faculty Grants like Travel and Seed Grants, please go to Faculty Grants tab.

1 External Sponsor Internal OVPRI Programs
Internal Program: 2026 SSHRC Explore **3**

4 Only TFAs are eligible to apply

Researcher's Last Name:	OVPRI
Researcher's First Name:	552792
Phone:	
Fax:	
Email:	researcher@torontomu.ca
Appointment Status:	TFA
Faculty of primary appointment:	Vice President Research and Innovation
Department of primary appointment:	Office, VP Research & Innovation
Is this project associated with a Faculty based Centre or Institute?	<input type="checkbox"/>

HOME
Grant Authorization Form (GAF)
New GAF **1**
Unsubmitted GAFs
Submitted GAFs
Co-Investigator GAFs
Sign Co-Investigator
Review GAFs
Research Account Profiles (RAPs)
RESEARCH PORTAL
PRE-RELEASE PROTOCOLS
Faculty Grants **4**
Back to Assistant Page

Application Package

Proposals **must** be submitted using this fillable application form (PDF).

The application form is accessible via:

- [Direct download](#)
- [OVPRI Internal Funding Opportunities page](#)



2026 SSHRC Explore Application

Deadline: Monday, February 23, 2026, at 12:00 p.m. (noon) EST

Name of Principal Applicant:

Department/School:

Faculty:

Email Address:

Emerging Researcher/Scholar*:

Yes No

Title of Proposal:

Total Amount Requested (up to \$10,000): \$

This proposal is for: a stand-alone project a pilot towards a future SSHRC application

Applicants may choose to indicate that their project has an Indigenous focus. Such projects will be reviewed within the context of the [Guidelines for the merit review of Indigenous research](#).

The research has an Indigenous focus: Yes No

Will your project involve humans, the use of animals, controlled goods or hazardous materials?

Yes No

If yes, the project will require ethics review and approval. For further information, see the [research ethics website](#).

I confirm that the project proposed is new and has not received SRC funding from any sources (internal or external).

Yes, I confirm.

Date

I certify that the information provided in this application is true and verifiable.

Yes, I confirm.

* For the definition of Emerging Researcher/Scholar, refer to the [2026 SSHRC Explore Competition Guidelines](#).

Application Package

Abstract (max 100 words)

- The abstract should be free of technical jargon and clearly describe the proposal and its potential impact.

Project Description (max 1500 words)

- Describe the research/project in enough detail to allow informed assessment by the SRC Grant Review Committee.
- Please avoid jargon and highly technical content.

Description Must Include:

- I. Objectives
- II. Context
- III. Methodology
- IV. Timeline

Optional:

- V. Appendix

Project Description

Proposals should describe the project in enough detail to allow for an informed assessment by the 2026 SSHRC Explore Review Committee members. As some committee members may not possess an intimate knowledge of the subject matter of your proposal, please avoid jargon and highly technical content.

(Max. 1500 words)

The project description must include the following sections:

Objectives - The specific nature and objectives of the proposed SRC project.

Context - A brief literature review to situate the proposed project and, as appropriate, its theoretical approach. The context should also include the project's relevance, potential impacts and/or contributions to the respective field of study.

Methods - The methods to be employed, as well as analysis strategies and data sovereignty considerations, as appropriate.

Timeline - The time period within which the work will be undertaken.

Optional - Visual items such as timelines, graphs, and imagery may be uploaded to your Grant Authorization Form (GAF) separately as an appendix (maximum of two pages of appendix items).

Application Package

Knowledge Mobilization and Anticipated Outcomes (max 500 words)

- How will the research results be disseminated?
 - (e.g., publications, presentations, student training, community engagement, etc.)
- What are your expected outcomes of this research?
- How will this prepare you for future external funding?

List of References (max. 1 page)

Knowledge Mobilization and Anticipated Outcomes

There should be a clear indication of the expected outcome(s) of the proposed SRC project (e.g., publications, presentations, preliminary stage of a large project, community engagement initiatives/outreach, etc.), including any relevant student HQP training. As appropriate, proposals should indicate how the SRC project will prepare the applicant for future externally funded opportunities.

(Max. 500 words)

Application Package

Proposed Budget

- An itemized budget explaining the relationship of the funds requested to the proposed SRC activity.

Budget Justification*

- Explain the relationship of the proposed items to the proposed SRC activity.

*Please ensure that the calculated total on this page matches the requested amount on the cover page.

Budget

An itemized budget explaining the relationship of the funds requested to the proposed SRC project.

Note on eligible expenses: Funds can be used only for research-related costs that are acceptable under SSHRC and institutional guidelines. Expenses must conform to the university's guidelines regarding pay and benefit rates and allowable expenses.

Note on RAGA salaries: Please see the [details on Research Assistant and Graduate Assistant remuneration](#) on the Human Resources website.

Item Description / Purpose	Cost (CAD)
	Total \$ 0.00

Budget Justification

Curriculum Vitae

Separate PDF Upload

Current Common CV (CCV)

- Updated CV in CCV or OCGS format
highlighting the relevant key contributions related to the proposal in yellow.



OCGS CURRICULUM VITAE

- NAME:
- DEGREES:
- EMPLOYMENT HISTORY:
- HONOURS: F.R.S., F.R.S.C., Governor Generals Award, honorary degree, etc.
- SCHOLARLY AND PROFESSIONAL ACADEMIC ACTIVITIES: e.g., executive and editorial positions but not memberships in societies
- GRADUATE SUPERVISIONS: count of master's, doctoral, postdoctoral – completed / in progress:
Completed: MA, PhD, Postdoctoral
In progress: MA, PhD, Postdoctoral

NAME OF STUDENTS supervised, title of thesis or project, year of first registration and year of completion:

- GRADUATE COURSES: by year

Direct Studies:

Graduate courses

- EXTERNAL RESEARCH FUNDING: by year, indicating source (granting councils, industry, government, foundations, other); amount; principal investigator; purpose (research, travel, publications, operating, equipment, etc.)

Year	Source	Program	Type*	Amount/Year	PI	Purpose**
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*Type: C – Granting Councils; G – Government; F – Foundations; O – Other



Review, Reporting and Acknowledgement

Review | Process

Committee Structure

- Two TFA representatives from the faculties of Arts, Community Services, FEAS, Science, Law, TRSM and The Creative School.
- Naomi Adelson, Associate Vice-President, Research and Innovation will chair the committee (non-voting).
- Guided by:
 - [SSHRC EDI in the research enterprise](#).
 - [SSHRC Guide to addressing EDI in applications](#).
 - For a project which falls under [SSHRC's definition of Indigenous research](#), the [Guidelines for the merit review of Indigenous research](#) and [Chapter 9 of the TCPS2: Research Involving First Nations, Inuit, and Métis Peoples of Canada](#) (i.e., as required).
- Vice-President, Research and Innovation approval.
- Competition results expected in April 2026.

Review | Selection Criteria

Criterion	Emerging Scholar Scoring	Established Scholar Scoring
Challenge – aim and importance	50%	40%
Feasibility – the plan to achieve excellence	20%	20%
Capability – the expertise to succeed	30%	40%
Total	100	100

SRC Ethics and Integrity

- Funding for all projects that require REB and/or other SRC approval will not be released prior to the relevant approval.
- If you are unsure of whether your study requires Research Ethics review and approval, please refer to the [OVPRI Research Ethics](#) page.
- Completion of the [SRC Integrity eLearning Module](#) is highly recommended.



Post-Award

If awarded, grant holders must:

- Commence projects within **three months**.
- Sign Award Agreement/Terms and Conditions.
- Submit expenses as they are incurred to your faculty's RASO.
- Submit a report within **three months** of project completion or **one year** after release of funds.





FAQs

FAQs

Q: Does the deadline date refer to the point when the applicant submits the GAF or when the chair and dean approve the submitted GAF?

A: The deadline refers to the point when the **applicant** submits the GAF.

FAQs

Q: How do I know whether my research requires REB Approval?

A: Most research involving **human participants will require ethics approval before recruitment may begin. If you are unsure of whether your study requires Research Ethics Board review and approval, please refer to the [OVPRI Research Ethics page.](#)**

FAQs

Q: I am applying for the fund as part of a team of scholars. How do I indicate this on the application form?

A: Applications can be submitted by either an individual researcher or a team of researchers (consisting of one principal applicant and one or more co-applicants and/or collaborators). Only one can be the principal applicant. The rest of the team may be listed in the “co-applicants” section of the application.

Q: Does this mean that each of us can submit the exact same application as a primary applicant and identify the rest as co-applicants?

A: No. Only one application per project is allowed. Please do not submit multiple applications for the same project.

FAQs

Q: If I had a one-year leave, can I exclude this from my calculation for the emerging researcher/scholar distinction?

A: Periods of career interruptions due to health or family reasons are not included when calculating the number of years for the emerging researcher/scholar distinction.

FAQs

Q: If Person X is a principal applicant in one application, may they be a co-applicant in another application?

A: The same person can be on two applications (one as PI and one as co-applicant), so long as the proposals are different.

Q: If a principal applicant was NOT awarded last year, can they be a co-PI on someone else's application this year?

A: Yes. Any unsuccessful applicant in a given year can apply again in the following year.

FAQs

Q: How and when do I reference this award?

A: Recipients of a SSHRC Explore Grant are asked to acknowledge the university for their research or research-related activities in all outputs. The following wording is suggested:

“This research [or activity] has been supported by a Social Sciences and Humanities Research Council Explore Grant.”

Helpful Links

- [SSHRC Guidelines for the merit review of Indigenous research](#)
- [TCPS 2 \(2022\) – Chapter 9: Research Involving the First Nations, Inuit, and Métis Peoples of Canada](#)
- [Application Package](#)
- [Competition Guidelines](#)
- [NSERC EDI Considerations](#)
- [OCGS CV Template](#)
- [Research Data Management](#)
- [DMP Assistant](#)
- [Research Ethics Website](#)
- [Research Information System \(RIS\)](#)
- [SRC Integrity E-learning Module](#)
- [Strategic Research Plan 2025-2030](#)
- [Financial Services](#)
- [Tri-Agency Statement on EDI](#)
- [SSHRC Guidelines for Effective Research Training](#)



Questions?