



**McMASTER**



ALTITUDE Staff will be offering a program that is designed to exercise the students' leadership, cooperation and communication skills through activities that are both fun and challenging!

**Wayne Terryberry**

ALTITUDE Director

As the Director of ALTITUDE, Wayne has been around since its inception. A gifted facilitator and seasoned wilderness guide, he is a true adventure facilitation professional. Wayne specializes in innovative high performance team-building challenges.

**Nigel Goodfellow**

ALTITUDE Program Coordinator

Nigel is a facilitator with years of experience both at ALTITUDE and as a Director of Camp Ponacka. He has completed his B.Sc. in Earth Sciences and now works as Coordinator for the ALTITUDE Program.

Note: All ALTITUDE activities will take place indoors in CIBC Hall, MUSC 319.



registration information

Registration packages available online at:

[www.workingatmcmaster.ca/takeourkids](http://www.workingatmcmaster.ca/takeourkids)

Starting October 1st

Registration packages can also be picked-up at the following locations:

- Gilmour Hall—304
- Health Sciences Centre— 2J1A
- Campus Services Building—113
- Commons Building— 116

Or call extension 24556 to have one mailed to you.

Please send completed packages to the following address:

Take our Kids to Work  
Gilmour Hall 304  
Main Campus

Phone: 905-525-9140 ext. 24556

Fax: 905-528-6132

E-mail: [dgarland@mcmaster.ca](mailto:dgarland@mcmaster.ca)

**Important reminder:**

Participation in scheduled activities will be based on a 'first come, first served' basis. There are 100 available spots. All students and their parents/guardians must stay until the end of the safety overview, regardless of whether or not they will be participating in scheduled activities.

2009

**take our kids to work**



when

Wednesday, November 4th, 2009—8:30am

where

CIBC Hall, MUSC 319

registration deadline

Wednesday, October 21st, 2009

registration packages available at:

[www.workingatmcmaster.ca/takeourkids](http://www.workingatmcmaster.ca/takeourkids)



## program guide & agenda

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### Mandatory Programming

8:30—8:40	General Assembly
8:40—8:45	Welcome (Mark Haley)
8:45—8:55	Safety Overview (Chris Hurley)
8:55—9:00	Introduction to ALTITUDE facilitators

For safety reasons, all students and their parents/guardians must attend the program until the end of the safety overview and complete the registration form, regardless of whether they will be participating in the scheduled activities.

### Scheduled Activities

9:00—10:30	ALTITUDE Activities
10:30—12:00	Breakout Sessions
12:00—4:30	Lunch and Job Shadowing with Parent/Guardian

A maximum of 100 students are eligible to participate in the scheduled activities. Participants will be chosen on a 'first come, first served' basis.

Parents/Guardians must pick-up their student(s) by 12:00 at MUSC 319 to continue the job shadowing portion of the afternoon.

## speakers & program highlights

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### Mark Haley—Assistant Vice-President HRS

#### (Mandatory Session)

Mark will kick off the session by welcoming our visiting students. He will talk about the wide range of occupations that exist at McMaster University.

### Chris Hurley—Health and Safety Specialist EOHSS

#### (Mandatory Session)

Chris will provide the students with an overview of Health and Safety procedures.



## breakout sessions

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### DeGroote School of Business (max 15)

This is the perfect opportunity to introduce yourself to the exciting world of business! Participate in exercises that strengthen the skills necessary for success as a business professional, including leadership, team-building and overall creativity.

## breakout sessions (continued)

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### Rock Climbing Wall (max 15)

McMaster's rock climbing wall will take you to new heights! The wall is 36 feet high and offers students the opportunity to challenge themselves physically and mentally. The climbing wall was constructed as a part of McMaster's state-of-the-art fitness facility, the David Braley Athletic Centre.

### Storytelling/Drama (max 15)

Imagine you're a pencil, or a soccer ball, or a pop machine! Students will choose an inanimate object and compose a hilarious telling of its past life and future.

### Gould Trading Floor (max 15)

The Allen H. Gould Trading Floor is more than just another educational experience. Its mission is to ignite a curiosity for knowledge and self-development. Learn about the exciting realities of today's financial services industry and the part it plays in the new global economy.

### Health Sciences Centre (max 15)

The Health Sciences Centre tour takes you to the Centre for Simulation-Based Learning to witness simulation learning first hand. Housing both computerized simulation models and Standardized Patients, the centre provides an exciting glimpse into the uses of simulation in health profession students' education.

### Physics Paper Triathlon (max 15)

Students will be given the opportunity to build a boat, bridge and an airplane each out of a single sheet of paper. Students will then race their finished products against one another. As with any triathlon, this event will require great endurance, stamina and mental ability!

### McMaster High Performance Laboratory (max 15)

Come get your blood pumping at the new McMaster High Performance Laboratory! Students will be given the opportunity to learn how the heart, lungs and muscles respond to exercise. They will also be introduced to equipment used to determine body composition and get a glimpse of how exercise can improve health.