



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!

ABOUT ALTITUDE

ALTITUDE (Achieving Leadership Through Integrating Teamwork Unity Dedication & Empowerment) is an enriching, educational experience dedicated to developing strong interpersonal relationships within groups and helping individuals optimize their personal development in an environment of group support and personal challenge.

ALTITUDE's programming strives to foster trust, communication, and group dynamics within teams through a series of challenge-based learning activities. Their programs are designed to address and accommodate the skills each specific group is seeking and to have lots of FUN while doing it!

For more information about ALTITUDE visit online at <http://www-athrec.mcmaster.ca/altitude>



REGISTRATION INFORMATION

Registration available online beginning September 28, 2011 at www.workingatmcmaster.ca/takeourkids

If you have any questions or concerns or if you do not have access to the online registration, please contact Deb Garland at (905) 525-9140, ext. 24556 or via e-mail at dgarland@mcmaster.ca.

Important reminder:

There are 105 available spots for breakout session registration and these registrations will be based on a 'first come, first served' basis. All registered students and their parents/guardians must stay until the end of the safety overview regardless of whether or not they have also registered for a breakout session.



2011 TAKE OUR KIDS TO WORK DAY



when:

Wednesday, November 2, 2011—8:30 a.m.

where:

CIBC Hall (Student Centre Room 319)

registration deadline:

Monday, October 10, 2011

register online at:

www.workingatmcmaster.ca/takeourkids



PROGRAM GUIDE & AGENDA

MANDATORY PROGRAMMING

| | |
|---------------------|-----------------------------------|
| 8:30 a.m.—8:40 a.m. | General Assembly |
| 8:40 a.m.—8:45 a.m. | Welcome (Wanda McKenna) |
| 8:45 a.m.—8:55 a.m. | Safety Overview (Chris Hurley) |

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 or breakout sessions.

SCHEDULED ACTIVITIES

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|--------------------|--|
| 9 a.m.—10:40 a.m. | ALTITUDE Scavenger Hunt and Team Building Activities |
| 10:40 a.m.—11 a.m. | Career Services Session |
| 11 a.m.—12 noon | Breakout Sessions |
| 12 noon—4:30 p.m. | Job-Shadowing with Parent/Guardian |

Parents/guardians must pick up their student(s) by 12 noon at CIBC Hall (MUSC-319) to continue the job-shadowing portion of the afternoon.



SPEAKERS & PROGRAM HIGHLIGHTS

WANDA MCKENNA—DIRECTOR, HUMAN RESOURCES (MANDATORY SESSION)

Wanda will kick off the session by welcoming our visiting students and will briefly discuss the wide range of occupations that exist at McMaster University.

CHRIS HURLEY—ACTING MANAGER, EOHSS (MANDATORY SESSION)

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

BREAKOUT SESSIONS

(maximum 15 registrants for each session; students will participate in one breakout session only)

FACULTY OF ENGINEERING

This session is designed for students who might be interested in studying engineering after high school. Participants will learn about McMaster's rich selection of undergraduate engineering programs and take part in an engineering facilities tour and fundamentals introduction. Along the way, they will also have the chance to speak with current McMaster Engineering students about this exciting area of study.

LYONS NEW MEDIA CENTRE

In the Lyons New Media Centre, participants will discover how actors in movies can appear in wild and crazy places with a hands-on workshop using the Centre's green-screen and photo editing software. Join this session for some fun and learn how to transport yourself to another location in pictures!

McMASTER MUSEUM OF ART

A behind the scenes tour will show participants how the University's internationally recognized collection of more than 7000 objects is stored, conserved and prepared for exhibition. The tour will include a visit to the vaults and state of the art Paper Centre as well as a private viewing of collection favourites.

EDUCATION PROGRAM IN ANATOMY

Get a glimpse beneath the skin of the human body and discover the internal structure that makes up who we are. Participants will have the opportunity to work with anatomical models and specimens to develop an understanding of anatomy and the organization and systems of the human body.

McMASTER HIGH PERFORMANCE LABORATORY

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

VISION & COGNITIVE NEUROSCIENCE LAB

Learn about experiments that investigate how younger and older participants differ in terms of facial recognition, spotting objects in a cluttered background and motion perception and explore which tasks can improve with training. Participants will also learn why facial recognition is a difficult task and have an opportunity to put themselves to the test and find out what it's like to pick out a suspect from a police line-up.

W.J. McCALLION PLANETARIUM

The planetarium is a part of the Department of Physics and Astronomy, and this presentation is made from the best scientific evidence on hand. The session is geared toward educating students about the Earth and its relationship to the Solar System and the rest of the Universe. Emphasis is on constellations and the planets in our Solar System but other fascinating objects inside and outside our own Galaxy will also be shown along the way if time permits.