

**FIRST YEAR**

**SURVIVAL  
GUIDE**

**MCMASTER SCIENCE**

# J LETTER FROM THE MSS PRESIDENT

Hello Incoming MacSci Students,

On behalf of the McMaster Science Society (MSS), I'd like to personally welcome you to McMaster! I am so excited for you to experience all that MacSci has to offer, and all the opportunities coming your way. This place and its community will be something you won't forget, as I'm sure you'll make many lasting memories over your next few years here.

In our faculty consisting of over 7000 students, folks of all backgrounds come to McMaster to achieve their academic goals, meet new friends, and learn more about themselves. University is much more than just a place to advance your education. It's a chance to develop yourself into the person you want to be and shape your interests to represent who you are as a person. It can be sports, student politics, working at a library, or so many other things out there. In these next few years, with the time you put into whatever you do, you'll be on a journey to your next step. All I ask is that you enjoy the journey while you're on it. It's a lovely time!

While you're on this journey, you've got a community that you're in, and that will always be around. The MacSci community is like a family, where people are here to help and maximize your potential. There are so many wonderful people here in this faculty, and here's just a taste of it. The amazing Sciclones (Science Representatives) have created this survival guide, just in time for your attendance at McMaster! Just like all the resources in this guide, there are so many opportunities offered at this university, and I cannot say enough about how much people are willing to guide you to success along the way.

I'd like to congratulate you all on starting your undergraduate journeys so far. I'm sure you're going to do great things, and I cannot wait to see each of you blossom. If you ever want to learn more about the MSS, or just want to chat about anything, feel free to send me an email! When it's safe to be all together once again, feel free to drop by the MSS Office in Burke Science Building B108! I look forward to meeting you all!

Cheers,

**Sahil Karnani**

MSS President 2021-22



***FACULTY DAY***  
***Thursday, September 2nd***

Get ready to have an amazing day full of science, bonding, and absolute vibes. You'll get the chance to see experiments performed by the coolest profs at Mac, a lab tour provided by a lovely thesis student, AND the chance to meet fellow first years during our fun-filled socials and games. This event will be a glimpse into the awesome experiences you'll have at Mac and also the friendly faces you'll meet along the way.

***WELCOME***  
***WEEK***  
***EVENTS***

***FACULTY NIGHT***  
***Friday, September 3rd***



Are you ready for a night of fun?! Well, you've come to the right place! This event includes a Baking Night where you'll be able to form bonds with fellow peers, a DNA Board Game where you'll get to work with your complementary pairs, and if you're interested in games, Minecraft Bingo is just for you. For our music enthusiasts, learn from the 7-time World Champion, DJ Vekked, on how to make your own beats, or you can attend a virtual concert by NEW CITY!

***COOK, CHILL, AND CHAT WITH PROFS***  
***Saturday, September 4th***



Join us for a fun night of cooking where you'll get to know one of your profs and bond with others over your love of food! Follow along as the prof teaches a student-friendly recipe. While they cook, the prof will also be chatting about topics such as healthy living, how to succeed in university, and general first-year advice! Followed by a Q&A session, you'll have a chance to ask some of your burning questions to the prof and upper-year reps! There will also be a contest to win some great prizes!



**COFFEE HOUSE**  
**Saturday, September 4th**

The fundraising coffeehouse serves as an inclusive environment for students to showcase their talents, play games, meet new people, and ask any general questions to upper-year reps. This will be a relaxed space for you to show off your talents whether that be singing, dancing, comedy, slam poetry, or whatever your heart desires! We will also be matching donations based on our audience size, which will be donated to the Regional Hamilton Indian Centre.

**WELCOME  
WEEK  
EVENTS**

**YOGA FLOW**  
**Sunday, September 5th**



Join us for a feel-good morning yoga class that sets your body and mind in a great place to start your day. This class will start with a simple sequence for all levels. We will slowly build our yoga sequence together to find more power, balance, and stillness in our bodies. We will end our 1-hour class with a mindful breathing exercise before you kickstart the new semester. Have a water bottle nearby and a non-slip surface to work on (a yoga mat is best if you have one)!

**FACULTY FEST**  
**Sunday, September 5th**



Wondering what first year, university lectures, or navigating campus will be like? Have any burning questions for current students and professors? Interested in learning how to set yourself up for academic success in first year and beyond? Look no further, because Faculty Fest is here to help! Featured events include mock lectures, skills workshops, in-person campus tours, program Q&A booths and an interactive trivia game!



***ANIMAL ZOO(M)***  
***Sunday, September 5th***

Calling all animal enthusiasts and pet owners! Join us on Zoom for a live, interactive, and educational show featuring exotic species! There will be an opportunity to split into breakout rooms to showcase your own pet, meet other pets, or socialize with students from the Science AND Social Science faculties! Can you still attend if you don't own a pet? You PET-cha! All that is required is a positive attitude and a desire to learn about different wildlife!

# ***WELCOME WEEK EVENTS***

***STUDYING 1A03***  
***Monday, September 6th***



Come out to our panel and Q&A session focused on note-taking, studying, time management, and other productivity tips! This event will highlight different resources and productivity apps that may be helpful throughout the school year, as well as studying advice from upper-year science students!

***SAY YES TO STRESSING LESS***  
***Monday, September 6th***



Join us before the first day of class for de-stressing activities, learning about general stress management strategies, and speaking with upper-year students from various programs about stress management methods and resources!



***THIS OR THAT? & CHAT!***  
***Tuesday, September 7th***

Would you like to meet more first years or get to know more of what the McMaster community has to offer? Well you're in luck! Come play a game of 'This or That' on various topics ranging from your favourite foods to studying tips with fellow first year students and upper-year reps. You'll have a chance to get to know fellow Mac Sci students, be introduced to resources and services on and off the McMaster campus, and walk away with new friends!

# ***WELCOME WEEK EVENTS***

***TOTE-ALLY SCI PAINT NIGHT***  
***Tuesday, September 7th***



Who doesn't love painting? Grab your Mac Sci tote bag, or anything else you want to paint, some art supplies (paint, sharpies, pencil crayons), and join us for a totes cute evening of painting, groovy tunes, and meeting new friends. Don't miss your chance to meet your Mac Sci peers in breakout rooms for a chill and fun evening of painting after the first day of classes!

***BON(D)FIRE BONDS***  
***Wednesday, September 8th***



Join us around a (virtual) fireplace for reverse Q&A, an activity where we ask intriguing prompts and you indicate whether it's applicable to you! The purpose is to dig a little deeper and explore some of the feelings and experiences you may find arising with the start of your university journey! Homesickness, fear, excitement, uncertainty, we welcome it all. Upper years will share their past experiences and what they have learned. We hope you leave feeling like you are not alone in this journey, that others may have experienced or are currently experiencing something similar, and that we are all here to support each other!

# MSS EVENTS

*Apart from Welcome Week, the McMaster Science Society organizes a variety of events for science students throughout the year, such as...*

## I LOVE SCIENCE DAY

A community-building event featuring fun activities and experiments from all scientific disciplines!

## QUANTUM LEAP

A conference that allows science students to explore various career paths and network with graduate students, professors, and people working in various science-related fields.

## MACSCI MUSICAL

The MacSci Musical takes students on a journey filled with original music, an inspiring storyline, and plenty of comedy. The proceeds from this production will be donated to a charity in the Hamilton area. You won't want to miss out on the opportunities to participate through the cast, crew, and orchestra!

## WHAT TO DO IN LEVEL II

What to Do in Level II provides an opportunity for you to connect with upper-year students and get answers to questions about second-year specializations.

## FORMALDEHYDE

McMaster's biggest and best faculty formal, sweeping you away for a night of glamming up, dinner, and entertainment. Overall, it's a night of celebration for every science student!

*Stay tuned on the MSS social media throughout the school year for more information on events!*



# STAY CONNECTED

## MSS



BSB B108



[mcmastersciencesociety.com](http://mcmastersciencesociety.com)



McMaster Science Society



@macsci



@macsci

## SCICLONES



McMaster Science Welcome Week



@macsciwelcomeweek



@sciclones



# HOW TO GET INVOLVED IN FIRST YEAR AND BEYOND

## INVOLVEMENT HUB

Check out the Involvement Hub, which can be found on the MSS website, for a variety of involvement opportunities during the year such as roles in:

- Mentorship
- The MSS Formaldehyde planning team
- The MSS Arts Committee and planning team
- The McMaster Science Musical executive team
- Tutoring program

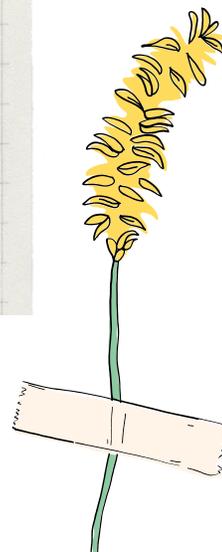
## MSS EXECUTIVE POSITIONS

The Elections for First Year Representatives run at the end of September while the elections for Core Executive positions run at the start of the winter term.

Applications for Peripheral Executive positions are released towards the second half of the winter term. If you are interested in these positions, you can find descriptions of the various roles on the MSS website.

## PROGRAM SOCIETIES

Get involved with your specific program society to help organize various academic and social events and initiatives that cater to different Science programs. Information regarding each program society can be found on the MSS website and their respective social media accounts.



# HOW TO GET INVOLVED IN FIRST YEAR AND BEYOND

## SCIENCE WELCOME WEEK REPS

Sciclone Welcome Week Representative applications will be promoted at the beginning of the winter term. Information regarding the application link & deadline will be shared with you through your student email, MSS social media accounts, & the MSS website.

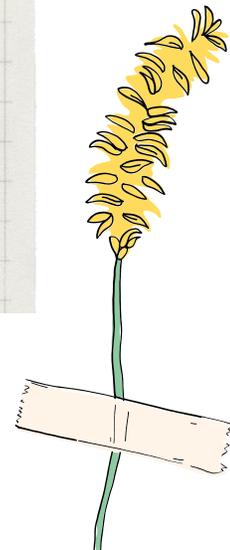
## OTHER WELCOME WEEK REPS

Applications for Residence Reps (RORs), Maroons Reps, and SOCS Reps will also be made public in the winter term. They will be available on Facebook, through your McMaster email & through their respective websites.

## OTHER MSU CLUBS

You can also get involved with other MSU-affiliated clubs including:

- The Emergency First Response Team
- MSU Spark (applications to join as a student open early September)
- MSU Women and Gender Equity Network



# FUN FACTS ABOUT MACSCI

1/5th of Einstein's brain is floating in a jar of alcohol in the Psychology complex.



The standard university calculus textbook (with the violin in the cover), was written by James Steward, a past McMaster professor.



VSEPR was developed by Ronald Gillespie, who was a professor at McMaster.



Notable alumni include Canada's first female astronaut and first neurologist in space, Croatia's 11th prime minister, and the ROM's architect.



# PROGRAM SOCIETIES



**McMaster Actuarial Society (MAS)**  
**actuary@mcmaster.ca**

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The goal of the Actuarial Society is to provide McMaster University students with resources and guidance to fulfill the career path of an Actuary. This includes working closely with students to best prepare for the preliminary exams (Exams P, FM, IFM, and LTAM) by organizing tutor sessions in addition to career mentorship services. Working with professors, we also provide advice for students considering a switch into the Actuarial Program or are choosing their specific track in the field (pensions, life, health, or property/casualty insurance).



**Biochemistry and Biomedical  
Science Society (BBSS)**  
**macbiochem@gmail.com**

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The Biochemistry and Biomedical Sciences programs at McMaster introduce students to fundamental concepts such as nucleic acids and proteins found within the body, which are the framework of modern biomedical research and innovation. Co-op specializations and thesis positions give students the opportunity to apply their knowledge and have hands-on experience in the field. The BBSS aims to further enrich the student experience by providing academic, mentorship, social and career events and resources to assist students in succeeding within these programs and beyond.

# PROGRAM SOCIETIES



## **Biology Society** **mcmasterbiology@gmail.com**

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The Biology Programs allow students the flexibility to select the core Biology program, specialize in a specific area of biology (e.g. Molecular Biology and Genetics, Biology & Physiology), or specialize in an interdisciplinary program (e.g. Biology & Environmental Science, Mathematics, or Psychology, etc.). All programs in biology allow for the opportunity to gain hands-on field and/or lab experience through research and practicum-based courses. Students also have the ability to complete independent research projects alongside a professor, gaining relevant lab and scientific writing skills.



## **Biology and Pharmacology Society** **macbiopharm@gmail.com**

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The Biology and Pharmacology program is a unique third-year entry specializations at McMaster. With only 20 students enrolled each year, it combines intensive lab courses with the constructive PBL learning style for inquiry courses. In addition to completing a thesis, this program offers three four-month co-op terms, where students may have opportunities in industry, government, or academia research.



# PROGRAM SOCIETIES



## McMaster Undergraduate Society for the Chemical Sciences (MUSCS)

[macmuscs@gmail.com](mailto:macmuscs@gmail.com)

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Honours Chemistry and Chemical Biology are two very engaging programs, each with their respective strong suits. The Chemistry and Chemical Biology programs allow for hands-on experience in the lab and classes that feature inquiry projects. As well, our department is proud to have access to modern instrumentation, making it one of the best research departments in Canada. Both programs offer the option for Co-op, with job positions available throughout the country.



## Biology and Psychology, Neuroscience & Behaviour (BioPsych) Society

[macbiopsych@gmail.com](mailto:macbiopsych@gmail.com)

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Honours Biology & PNB is a double major program that allows students to take courses in both departments. Students can complete a final thesis in either department, which allows for a wide range of potential supervisors. As early as second year, students can apply for Research Practicum courses, which allow students to work alongside a professor and graduate students to conduct research in a lab or in a clinical field placement. These courses provide opportunities to run experiments, interact with participants and clients, collect and analyze data, and develop scientific writing skills.

# PROGRAM SOCIETIES



## Geography & Earth Sciences Society (GESS)

[gessociety@gmail.com](mailto:gessociety@gmail.com)

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The School of Geography & Earth Sciences is committed to providing an innovative and rewarding learning experience for all undergraduates. We offer an educational experience that will prepare students for future professions by integrating practical experiences and personal skills development into our courses, while also being composed of many award-winning professors. Our upper-level courses are quite small, with less than 30 students in most fourth-year courses.



## Human Behaviour Society

[humanbehavioursociety@gmail.com](mailto:humanbehavioursociety@gmail.com)

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The purpose of the Human Behaviour Society is to enhance the university experience for all human behaviour students across all three streams. This includes the generalist stream, autism and behavioural sciences stream, and the early childhood education stream. We host both academic and social events to help students succeed and foster a sense of community within the program. Students in second year looking to get involved can apply to our peripheral executive team, and students of any level can join our mentorship program as either a mentor or mentee.



# PROGRAM SOCIETIES



**iSci Society**  
**iscisociety@gmail.com**

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In the Integrated Science (iSci) Program, students take a course load that encompasses all scientific disciplines. iSci students apply their knowledge and gain practical research skills in conducting research projects regarding current issues in modern science. After first year, iSci students have the option of selecting a concentration to pursue. The iSci Society organizes a “Concentration Carnival” which serves to help first year students choose a concentration. The iSci Society organizes a number of events throughout the year to provide students with academic and care related resources, in addition to offering a variety of social events for students across all levels.



**Kinesiology Society**  
**mackinvpexternal@gmail.com**

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The Kinesiology program provides students with the opportunity to study the human body from mainly a tissue level. Students have the opportunity to select their courses after second year, allowing them to pursue their specific interests and mix and match between courses that focus on: Physiology, Psychology, Sociology, Neural, Rehabilitation, etc. This allows Kinesiology students to shape their own journeys at McMaster. Many volunteer opportunities are offered in Kinesiology labs, with the Sports Medicine Clinic, PACE, etc. These reinforce lecture content and provide students with hands-on experience so that they are ready to partake in McMaster’s goal of Creating a Brighter World.



# PROGRAM SOCIETIES



**Life Science Society**  
**lifescienceinfo@gmail.com**

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The Honours Life Sciences program is one that combines Interdisciplinary learning with a modern approach to all aspects of science. This program has been placed under the new "School of Interdisciplinary Sciences" under the Faculty of Science. Students in this program are given a lot of academic freedom in catering their degree to what they want to pursue as a career. The Life Sciences program also introduces many experimental learning opportunities so students can interact and develop connections within their cohort and their community.



**Math & Stats Society**  
**math.and.stats.society@gmail.com**

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McMaster's Math and Stats program is home to a diverse group of students studying both pure and applied math in all its forms. After first year, students can choose among Math, Stats, Actuarial Math, Math Biology, and many more majors. Students also have a co-op option where they can see how quantitative skills can be applied successfully to many career paths. The Math and Stats Society (MaSS) organizes social, academic, and career-oriented events for all students in the department, and happily welcomes all interested students to their events.

# PROGRAM SOCIETIES



## Medical Radiation Science Student Society (MRSSS)

[mrsss@mcmaster.ca](mailto:mrsss@mcmaster.ca)

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Medical Radiation Sciences is a very hands-on program where students get first-hand experience in the field they will be working. It is a four-year program designed to head straight into the work field post-graduation. First-year students will select a specialization for second year at the end of first year. Med Rad has 2 streams: Ultrasonography and Radiography. The MRSSS will facilitate information/Q&A sessions and lab tours regarding the two streams during the school year.



## Neuroscience Society

[mcmasterneurosciencesociety@gmail.com](mailto:mcmasterneurosciencesociety@gmail.com)

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The McMaster Neuroscience Society (MNS) represents students within the Honours Neuroscience Undergraduate program and hosts events to foster our students' academic and social success. We have a tight-knit cohort that we cultivate through Synapse (the MNS' mentorship program), social events, and our weekly study nights. The McMaster Neuroscience Society facilitates networking opportunities between undergraduates, graduate students, and professors through graduate school information nights and various neuroscience conferences throughout the year.

# PROGRAM SOCIETIES



**McMaster Undergraduate Physics  
Society (MUPS)**  
**mups@mcmaster.ca**

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The Physics program provides specialization in pure physics, astrophysics, medical and biological physics, and math and physics. From second year on, Physics provides the opportunity of co-op with a 100% hiring rate. The Undergraduate Physics Society provides a free physics tutoring program, PHI, for first-year physics courses during the week.



**PNB Society**  
**mpnbsociety@gmail.com**

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Psychology, Neuroscience, and Behaviour (PNB) is an interdisciplinary program that focuses on the integration of three disciplines that are both unique and interdependent. Students are presented a wide variety of topics during their years of study including: Cognition, Animal Behaviour, and Neuroscience. Beginning in second year, students may dive into the world of research through project-based courses. These courses allow students to work in conjunction with professors on a mutual topic of interest! Additionally, the PNB program provides students with the opportunity to specialize in topics such as: Mental Health, Musical Cognition, Applied Human Behaviour, as well as Neuroscience!

# FIRST-YEAR SCIENCE COURSE TIPS

## BIO 1A03

Keep up with the modules as they contain a lot of information! Print the module scripts and highlight the important points as you watch the module to help save time. You can also summarize the content by writing on the side of the printed script. The lectures mostly review the module content and then apply the concepts to real-life examples. Study the applications and examples for midterms too! Read the lab manual instructions carefully when working on your post-lab assignments.

## BIO 1M03

This course can be a bit content-heavy so try to review the major concepts after each lecture to help you retain the information. Do active recall with practice questions and spaced repetition of the content rather than just passive reading & memorization. Actively testing yourself on the content is a great way to gauge your understanding. The tutorial assignments are interesting and fairly light in workload aside from the final project. If you are unsure of a tutorial assignment, make sure to ask your TA, they are there to help you!

## CHEM 1A03 & 1AA3

Do lots of practice problems! Also do past tests and time yourself like a real test to get used to working under pressure. The midterms will be similar to previous year's tests. If you don't understand a concept, seek clarification as soon as possible! Don't push it until right before exams - it can get very stressful! If there is a concept you were unsure of in 1A03, clarify your understanding before starting 1AA3, as it is typically an extension of the basic concepts. The Chem Help Centre is a great resource. Do your best in labs and the supplemental work, such as Mastering Chemistry.

*The information in this section may vary depending on the mode of course delivery (i.e., in-person or online).*

# FIRST-YEAR SCIENCE COURSE TIPS

## PHYSICS 1A03

Use the practice tests and LONCAPA questions to study because the actual tests tend to have similar questions! The labs in this course are beneficial in deepening your understanding of the material and are relatively low-stress. If you have any questions, don't be afraid to ask the professors – they are all very approachable and helpful! The Physics Help Initiative (PHI) drop-in help centre is also a great resource for clarifying course material.

## PHYSICS 1C03 & 1CC3

Read the textbook before lectures because there may be quizzes during the lectures. If you've read the material, you'll be prepared! One study tip for this course is to go through the class example problems, cover the solutions, and try them yourself. Don't be afraid to ask for help; the professor is very approachable and can assist you with any problems. The Physics Help Initiative (PHI) drop-in help centre is also a great resource for clarifying course material.

## PSYCH 1X03/1F03 & 1XX3/1FF3

Keep up with the modules and take thorough notes. Taking good notes will be beneficial for the weekly quizzes. It is a good idea to take your weekly quizzes in a small group to improve learning efficiency and grades! Attend tutorials because they are very engaging and the TAs are excellent at clarifying any information. Do the textbook readings, paying special attention to the concepts that were not covered in class. The quizzes and final exam will include a few questions about the readings. Do SONA and Peerwise; they are very simple and reduce the value of your final exam!

*The information in this section may vary depending on the mode of course delivery (i.e., in-person or online).*

# FIRST-YEAR SCIENCE COURSE TIPS

## MATH 1A03 & 1AA3

Do the practice tests and assignments yourself – the questions are often similar to the midterm/exam questions. There will also be a list of recommended practice problems on the course website! Make a habit of practicing a little bit every week so that when it is time for a midterm, you are prepared. ChildsMath gives you three tries to get homework questions right, so don't be worried if a problem doesn't work out for you on the first try. Keep your high school notes, and don't be afraid to refer to them if you need to.

## MATH 1LS3

Do practice questions, especially from the past tests and workbook! Always make a note of any questions you do not understand so you can go over them before the test. Stay up to date with the material because it can be difficult to follow along in class if you are behind. If you have any questions, ask the professor or go to the Math Help Centre! The TAs at the Math Help Centre are very helpful and knowledgeable. The textbook is also helpful in explaining concepts in greater detail. Complete the optional coding labs, as they can help boost your mark.

## ISCI 1A24

This 24 unit “course” is one wild ride! From studying nuclear fission with ping pong balls and mouse traps to biodiversity hikes in Cootes Paradise, you will be exposed to everything science. Get ready to be WOWED by all the disciplines of science! Pro tips: Study groups are key for iSci! Find some friends to get you through the late night problem sets. Also, do not be afraid to ask questions. Professors, guest lecturers and teaching assistants beat Google any day!

*The information in this section may vary depending on the mode of course delivery (i.e., in-person or online).*

# FIRST-YEAR SCIENCE COURSE TIPS

## EARTHSCI 1G03

The professors are very approachable and willing to help their students. Review the lectures often, look at examples outside of the class, and practice rock identification (especially in preparation for the labs). There are subtle differences amongst common rocks that may confuse students.

## MEDRADSC 1C03

First-year Med Rad Physics is broken down into several units that are specific to Med Rad, so don't fret if you've never taken Physics before in high school, you can still do well! The tests tend to be more conceptual than calculation-based. There are weekly tutorials that you can attend to receive better explanations of concepts not learned in class. The midterm and exam are fair and whatever is talked about in class is usually on the midterm.

## MEDRADSC 1F03

This course covers basic medical terminology and introduces you to the different streams in Med Rad to help guide which stream you might choose. Keep up with due dates, assignments, and studying. Quizlet is your best friend when it comes to learning medical terminology. There are tons of Quizlets pre-made for this course or you can make your own with the textbook too!

## MEDRADSC 1E03

This course is an introduction to writing research papers. It has a couple of assignments that are not too difficult as long as you read and follow all directions very carefully!

*The information in this section may vary depending on the mode of course delivery (i.e., in-person or online).*

# FIRST-YEAR SCIENCE COURSE TIPS

## KIN 1A03/1Y03 & 1AA3/1YY3

Take notes on what the professor says throughout the lecture, in addition to the powerpoint slides, because all material is testable. The labs help to enhance your understanding of the lecture content without additional pressure because there is no graded component. The tests are usually administered weekly and consist of multiple choice questions, fill in the blanks, or labelling lab images. Making your own tests with a peer and then testing one another is a good way to study for the tests. Plan your week to study for each test because they are time-consuming and vary in content. Because the online lectures are often released on Friday afternoons, it is helpful to complete them over the weekend and review them during the week.

## KIN 1E03

Use the textbook and assigned readings to clarify any lecture content that seems unclear; the content is explained much more thoroughly and in-depth than lectures. Take note of the examples, videos, and demonstrations that the professor uses in class because they are a helpful resource!

## KIN 1F03

If you have any questions, do not hesitate to ask Dr. King for clarification. Dr. King is approachable and genuinely cares about his students' success in his classes. The lecture slides contain the majority of the testable content, so do not worry about writing down everything the professor says. Instead, concentrate on listening during lectures so that you can ask questions right away.

*The information in this section may vary depending on the mode of course delivery (i.e., in-person or online).*

# ON-CAMPUS RESOURCES

## *Emergency First Response Team (EFRT)*

EFRT is a group of student volunteers who respond to medical and mental health emergencies 24/7 during the academic year. All responders are certified Emergency Medical Responders and they should be contacted first if there is an emergency on campus. You can contact them by:

- Dialing “88” from any campus phone
- Calling 905-522-4135 on any cell phone
- Contacting Security Services through the red emergency poles located around campus
- Using the McMaster University Security Service and Transportation (MUSST) app which is available to download from the app store on your smart phone
- Visiting the EFRT office which is located in the Student Centre (MUSC) room 103 (to the right of the Compass)

## *Student Wellness Centre (SWC)*

The SWC is where you can go to address your wellness needs on campus! From mental health services such as counselling, to medical care and wellness education, the SWC has got you covered! For more information, you can check out their website <https://wellness.mcmaster.ca/>

They can be contacted by:

- Phone: 905-525-9140 ext. 27700
- Email: [wellness@mcmaster.ca](mailto:wellness@mcmaster.ca)
- Visiting them in Peter George Centre for Living and Learning (PGCLL) room 210/201

# ON-CAMPUS RESOURCES

## ***Student Health Education Centre (SHEC)***

SHEC is a peer-run health advocacy, information, and resource connection service. They offer free health supplies, referrals, and educational materials. SHEC's four strategic priorities are sexual reproduction and wellbeing, empowered bodies, substance use, and mental wellbeing. They focus on engaging with students about health-related issues through peer support, events, and campaigns. To find out more about SHEC, check out their website at <https://msumcmaster.ca/service/shec/>

They can be contacted by:

- Phone: 905-525-9140 ext. 22041
- Email: [shec@msu.mcmaster.ca](mailto:shec@msu.mcmaster.ca)
- Visiting the SHEC office in the Student Centre (MUSC) room 202

## ***Student Accessibility Services (SAS)***

SAS provides academic accommodation assistance and related supports to students with disabilities at McMaster. SAS also offers programs and services to assist students transitioning from high school, other post-secondary institutions, undergraduate, continuing, and graduate students. To find out more about the services that are available through SAS, check out their website <https://sas.mcmaster.ca/>

They can be contacted by:

- Phone: 905-525-9140 ext. 28652
- Email: [sas@mcmaster.ca](mailto:sas@mcmaster.ca)
- Visiting the SAS office in the Student Centre (MUSC) room B107

# ON-CAMPUS RESOURCES

## *Student Success Centre (SSC)*

Students can be connected with a variety of resources including academic help, personal growth, and career planning, through the SSC. The SSC engages McMaster students with diverse learning opportunities to support your immediate and future aspirations. They offer academic skills programs and workshops, academic coaching, as well as online learning support and peer tutoring as part of their services! You can find more information on their website <https://studentsuccess.mcmaster.ca/>

They can be contacted by:

- Phone: 905-525-9140 ext. 24254
- Email: [studentsuccess@mcmaster.ca](mailto:studentsuccess@mcmaster.ca)
- Visiting the SSC office in Gilmour Hall room 110

## *Student Walk Home Attendant Team (SWHAT)*

SWHAT is a volunteer service that will walk or bus with students 7 days a week from 7pm-1am during the academic year. No matter the weather, SWHAT can walk with you to your destination while providing you with safety and company. You can find more information on the areas they service and how to request a walk on their website <https://msumcmaster.ca/service/swhat/>

They can be contacted by:

- Phone: 905-525-9140 ext. 27500
- Email: [swhat@msu.mcmaster.ca](mailto:swhat@msu.mcmaster.ca)
- Visiting the SWHAT office in the Student Centre (MUSC) room 234
- Using the McMaster University Security Service and Transportation (MUSST) app which is available to download from the app store on your smartphone

# ON-CAMPUS RESOURCES

## *Women and Gender Equity Network (WGEN)*

WGEN is a service that caters to women, transfolk, people who identify outside the gender binary, and all survivors of sexual assault. WGEN provides a safe(r) space on campus. It's a place where people can go to feel safe, talk about articles and issues in the media, make friends, and bond through common experiences. For more information, visit their website <https://msumcmaster.ca/service/wgen/>  
They can be contacted by:

- Phone: 905-525-9140 ext. 20265
- Email: [wgen@msu.mcmaster.ca](mailto:wgen@msu.mcmaster.ca)
- Visiting the WGEN office in the Student Centre (MUSC) room 204

## *Pride Community Centre (PCC)*

The PCC provides a contact point for McMaster students that may identify as gay, lesbian, bisexual, transgender, queer and/or any of the other diverse identities that make up the community. They aim to challenge oppressive social attitudes and norms at the systemic level. They offer educational programming and access to resources of interest, as well as peer support, community engagement groups, and a physical space for students to meet and socialize. For more information on the PCC, check out <https://msumcmaster.ca/service/pcc/>

They can be contacted by:

- Phone: 905-525-9140 ext. 27397
- Email: [pride@msu.mcmaster.ca](mailto:pride@msu.mcmaster.ca)
- Visiting the PCC office in the Student Centre (MUSC) room 221

# ON-CAMPUS RESOURCES

## *Equity and Inclusion Office (EIO)*

The EIO works closely with students, staff, and faculty members to advance equity and inclusion by promoting an environment of respect, safety, collegiality, and openness. They provide consultations, programs, and host special events during the academic year. For more information on the EIO, visit <https://equity.mcmaster.ca/>  
They can be contacted by:

- Phone: 905-525-9140 ext. 27581
- Email: [equity@mcmaster.ca](mailto:equity@mcmaster.ca)
- Visiting the EIO in University Hall room 104

## *Ombuds Office*

The Ombuds Office works to ensure that all students, staff, and faculty are treated in a fair and equitable manner within the institution. They provide independent, impartial and confidential dispute-resolution advice and assistance on University-related issues to all members of the McMaster community, promote discussion of institution-wide concerns, and make recommendations for system changes as appropriate. Learn more about the Ombuds Office at <https://www.mcmaster.ca/ombuds/>

They can be contacted by:

- Phone: 905-525-9140 ext. 24151
- Email: [ombuds@mcmaster.ca](mailto:ombuds@mcmaster.ca)
- Visiting the Ombuds Office in the Student Centre (MUSC) room 210

# ONLINE RESOURCES:

## ACADEMIC

### *Avenue*

This will be the main platform used this year! This has most, if not all, of your course homepages and will be the primary place your professor will communicate with you. You will have quizzes, midterms, exams; find notes, slides, handouts; read announcements from professors, complete discussions and much more!

### *Mosaic*

This is the main administrative platform at McMaster. This is where you can register for classes, look at your transcript or advisement report, update your personal information, look at your grades, pay for school, find your exam schedule, and more!

### *OscarPlus*

This is the site used mainly for co-op, Student Success Centre workshops, Science Career and Cooperative Education services! If you want to improve your writing, learn how to build a resume, practice your interview skills, this is the place to go!

### *M.A.P Faculty of Science (mapsci.ca)*

This is a Faculty of Science specific website that helps you plan out your academic plan for Level 2. You can plug in courses you're taking and see what requirements you need for a specific program or just see where you already qualify for!



# ONLINE RESOURCES:

## *MENTAL HEALTH & WELLNESS*

### *The Student Wellness Center (SWC)*

The Student Wellness Centre is the place on campus to address any of your wellness needs. They provide a range of counselling options, medical services and wellness programs so that you can get the most out of your McMaster experience, academically and personally!

You can visit their website at [wellness.mcmaster.ca](http://wellness.mcmaster.ca) to access their services, which include various online options for those not on campus as well.

### *SWC Lounge*

The Student Wellness Centre Lounge (SWC Lounge) is located in PGCLL 201 and is open for students. With its funky blue sign and its calm and resourceful interior, you will find the lounge as a place to relax, enjoy a tea, read, pick up wellness resources, study and chat with friends. Come by to ask staff and their Wellness Outreach team about their wellness resources, programs and services.

Their resource page provides many helpful links and numbers for various emergencies that one may encounter:

[wellness.mcmaster.ca/resources/crisis-resources/](http://wellness.mcmaster.ca/resources/crisis-resources/)

### *Good2Talk*

Good2Talk is a free, confidential service for post-secondary students in Ontario, available 24/7/365. By calling **1-866-925-5454**, post-secondary students in Ontario can receive professional counselling and information and referrals for mental health, addictions and well-being.

### *SACHA*

SACHA is a non-profit, community-based organization that provides support to people who have experienced sexualized violence at any point in their lives. They work to end violence and oppression through education, advocacy, outreach, coalition building, community partnerships, and activism.

# SCIENCE CHEERS

## SCICLONE CHEER

S-C...I-C...L-O...N-E-S  
S-C...I-C, L-O...N-E-S  
Sciclones, we take the campus  
by -  
Sciclones, we take the campus  
by -  
Sciclones, we take the campus  
We take the campus by storm!  
X2

## SCICLONE TIME

3...3.1...3.14159  
Watch out now it's  
Sciclone time  
3...3.1...3.14159  
Watch out now it's  
Sciclone time

## SINE SINE

Sine, sine, cosine,  
sine  
3.14159  
Sine, sine, cosine,  
sine  
3.14159

## GO MACSCI

S-C-I \*clap clap clap\*  
E-N-C-E  
You can never stop us when  
we're repping black and  
green  
I said a WHOOP, go Mac  
science!  
A-WHOOP, go Mac science!

# SCIENCE CHEERS

## WE'RE IN SCIENCE FOR A REASON

Caller: Give me an S!

Response: S!

Caller: Give me a C!

\*Proceed to spell out SCIENCE together\*

Caller: What's that spell?

Response: Amazing!

Caller: What's that spell?

Response: Amazing!

Everyone: We're in science for a reason

A-woo! \*Thrust arms towards hip\*



## MO-SCI-WE

Bit of mo, bit of sci, bit of  
mo-sci-we

Bit of mo, mo, mo

Bit of sci, sci, sci

Bit of mo, bit of sci, bit of  
mo-sci-we

Gooooo science!

X3



## LAB COATS

Lab coats, they never get  
dirty

The longer you wear them, the  
stronger they get

Sometimes, I think I should  
wash it

But something keeps telling me

No, no, not yet

Not yet

Not yet



# SCIENCE CHEERS



## LONG SCIENCE



Caller: Give me a loooong science!

Response: Sciiiiiiiiiiiiieencee!

Caller: Short science!

Response: Science!

Caller: Short science!

Response: "Science!

Caller: Give me a loooong science!

Response: Sciiiiiiiiiiiiieencee!

Caller: En Francais!

Response: \*in French\* Science!

Caller: En Americano!

Response: \*turning in circles and singing the 'Americano' song while pointing both pointer fingers up\* Do, do, do-do-do...do-do-do-do, do, do do!

Caller: En Gangnam Style!

Response: \*doing the Gangnam style move with the galloping horse-thing\* Op, op, op op...oppa Gangnam Style!

Caller: En Beyonce!

Response: \*pretending like your balancing on a surfboard\*

Surfboard, surfboard!

Caller: En Deutsch!

Response: Naturwissenschaften



**CASE CLOSED**

**WELCOME  
CLASS OF 2025**