

FIRST YEAR SURVIVAL GUIDE



Letter from **THE MSS PRESIDENT**

Hello Fellow Marauders,

On behalf of the McMaster Science Society (MSS), it gives me great pleasure to welcome you all to the MacSci family. We're a faculty of over 7000 exceptionally diverse and driven students, and no matter what program you're in, I know that you'll find your place here at McMaster.

To me, university is much more than a degree or a stepping stone to further education. It's a chance to learn, grow, and show the world what you're made of. I encourage you to take advantage of the opportunities university provides, whether it be joining a club (or 10), spending time with friends, volunteering, or working. It won't be easy to balance all your commitments – in fact, it will be quite the challenge – but when you rise to it, you will be rewarded with one of the most fulfilling experiences of your life.

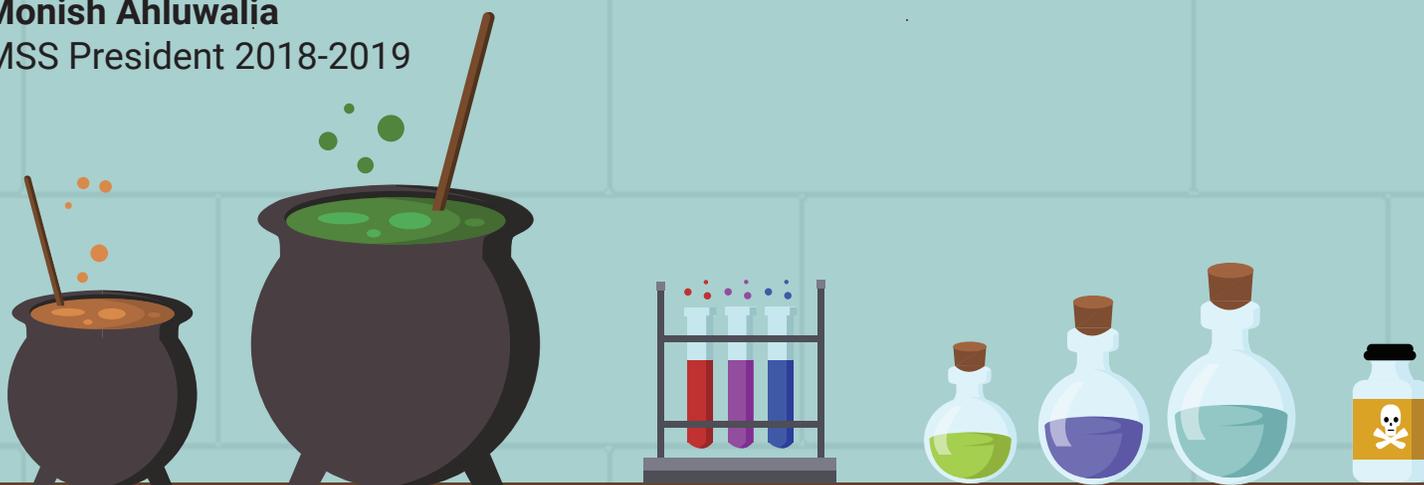
And the best part about this adventure is that you're not alone! We're a family, meaning that the people around you are here to help and foster your full potential. This guide, created by our amazing Science representatives (the Sciclones), is not only a great resource, but a symbol of all the support you have at McMaster. When you turn to the next few pages, you'll not only realize all the resources you have, but you might just find a few worth taking advantage of.

Congratulations on starting your journey here at McMaster. You're all entering incredible programs at an incredible institution. I'm happy to call McMaster my home and I hope you will too. If you're looking for a friend or want to learn more about the MSS, send me an email or drop by the MSS Office in the Burke Science Building (BSB) B108. I look forward to meeting you all!

Regards,

Monish Ahluwalia

MSS President 2018-2019





WELCOME WEEK EVENTS

Tuesday, August 28th

The Centre For Drug Research And Development Presents:

FACULTY FEST

Have you ever wanted to get involved but did not know where to start? Well, we've been there, and today is designed to help overcome that hurdle of finding your niche and exploring new options. Faculty Fest is a drop-in event happening all day on BSB field, with booths for program societies, science-related extracurriculars, academic opportunities, and more. There will be a reptile zoo and free snow cones distributed as well! Get the chance to meet program representatives, chat one-on-one with professors, ask questions, and talk to other members of the MacSci community.

Wednesday, August 29th

FACULTY DAY

This is a full day event where you will be able to meet other students in your program as you engage in fun-filled indoor and outdoor activities with other Science students! Activities include a mock lecture and tutorial, as well as an afternoon carnival on Ten Acre Field. You will also have the chance to engage with upper-year students and learn about the resources the McMaster Science community has to offer. The day will conclude with Faculty Fusion, where every single faculty comes together in Ron Joyce Stadium. Here, every faculty has the opportunity to declare their Marauder pride through their faculty's oath, all while you cheer for and rep your new MacSci family!

AIRBANDS

Time to put all that cheering to work! Try out for the Science Airbands team to get the chance to rep black and green onstage on JHE Field as you lip-sync and dance to a choreographed compilation of hits. Routines are scored on performance, creativity, and the use of McMaster's 5 ethical pillars (collaboration, diversity, freedom of choice, equity, and innovation).



WELCOME WEEK EVENTS

Thursday, August 30th

SOKINSCI EVENT

Come soak in the sun with BluCru (SocSci), Big Blues (Kinesiology), and the Sciclones (Science)! If you're looking for a place to just chill out with some friends, come to Edward's Field where we will be handing out popcorn and snocones! This is a great opportunity to learn about the other faculties and what electives they have to offer. There will also be a variety of fun field games set up including giant board games, kanjam, and huckle buckle!

FACULTY NIGHT

While we know science usually happens in a lab, sometimes the best chemistry is found off-campus. Tonight is your chance to leave McMaster and bond with your new Science family at Confederation Beach Park. The night includes pick-up sports, a heated "chill" zone, a bouncy castle, life-sized board games, live music by the Hot Karls, and more! Dinner will be provided by Pinks Burgers! The event will be moved to MDCL in case of rain. Please dress warmly and bring a sweater as it gets chilly by the water. Buses will be leaving McMaster every 10 minutes starting at 4:30pm until 8:30pm.

Saturday, September 1st

BED RACERS

Have you ever wanted to represent your faculty by running full speed down University Avenue while pushing a bed on wheels? Well, here's your chance. Compete for MacSci and help earn Faculty Cup Points by joining the Bed Racers team - we'd love to have you!

DJ PARADE / MACFEST

Closing ceremonies for Welcome Week just wouldn't be the same without vendors, live music, and a Faculty Cup ceremony. Come on out to BSB/JHE Field to celebrate the end of Welcome Week and the beginning of your first year as part of our amazing McMaster family, all the while rocking PJ's! It just wouldn't be the same without you.

MSS EVENTS

Apart from Welcome Week, there are a bunch of events that the McMaster Science Society organizes throughout the year for science students to look forward to such as...

I LOVE SCIENCE DAY

A science community-building event on BSB Field that showcases fun activities and experiments from every scientific discipline!

ONTARIO SCIENCE GAMES

An annual event started by McMaster that stands to bring together universities from across Ontario to compete in olympic- and amazing race-type events.

FORMALDEHYDE

The annual Science formal hosted at Carmen's Banquet Hall. Tickets go on sale in January!

MACSCI SPORTS TOURNAMENT

One sport tournament is hosted by the MSS every semester. The type of activities for the tournaments vary from year to year.

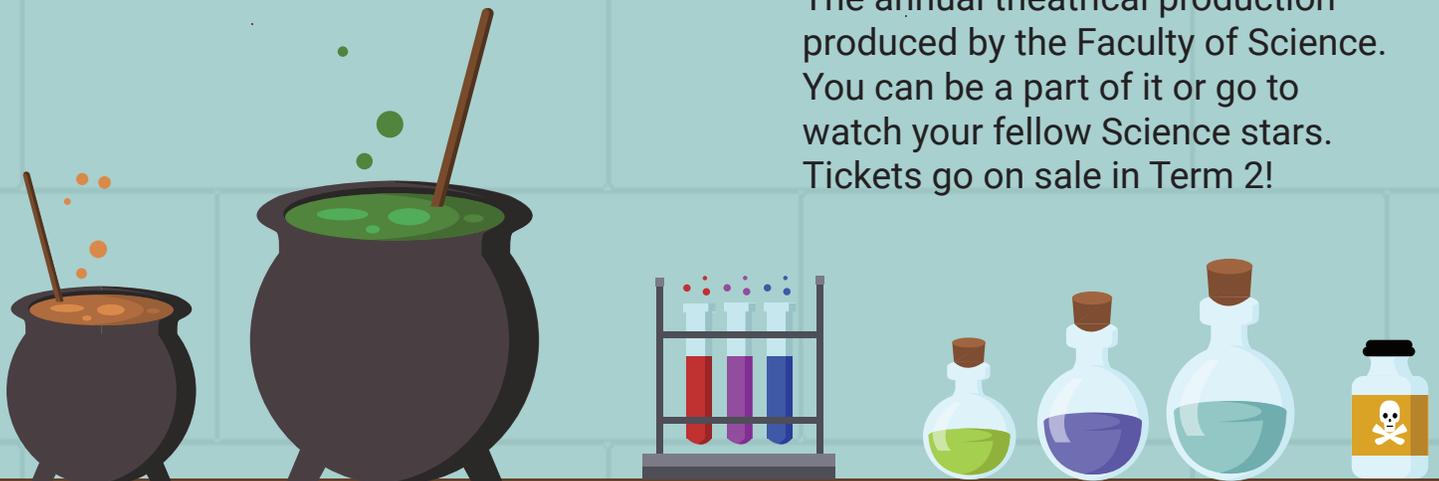
For more information on these events, visit the MSS Website and stay tuned on their Facebook page!

QUANTUM LEAP

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

SCIENCE MUSICAL

The annual theatrical production produced by the Faculty of Science. You can be a part of it or go to watch your fellow Science stars. Tickets go on sale in Term 2!



Staying connected WITH THE MSS



Office: BSB B108



mcmastersciencesociety.com



McMaster Science Society



@MacSci



@MacSci



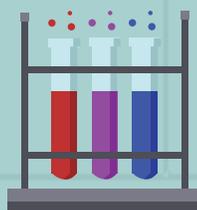
MacSci



Sciclones Instagram: @Sciclones



Welcome Week Schedule: bit.ly/MacSciWW2018



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** (applications to become a mentee open August 24th and close September 10th)
- **The Quantum Leap and Sponsorship & Fundraising Coordinators** (applications due September 15th)
- **The MSS Formaldehyde planning team** (applications due September 16th)
- **The MSS Arts Committee** (applications due September 28th)

SCIENCE TOUR GUIDES

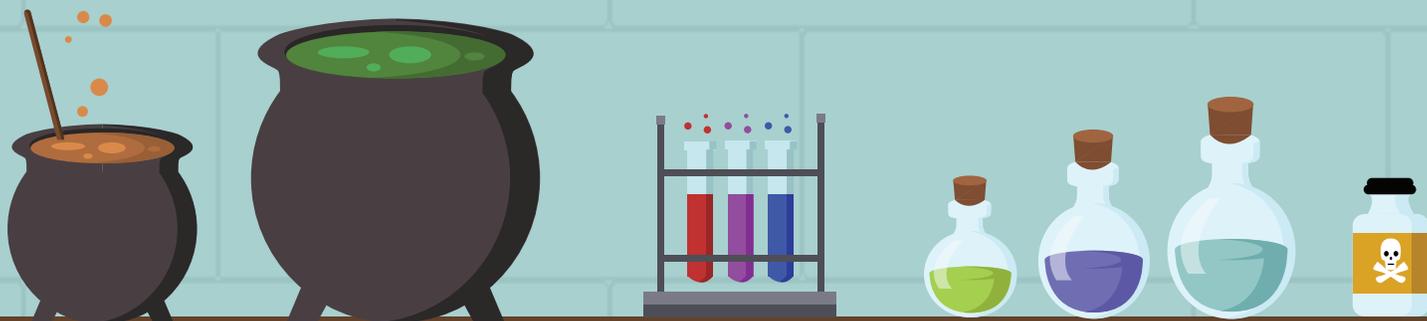
Interested in becoming a science tour guide? Keep an eye out on your McMaster email account for updates on volunteering as a tour guide at events such as Fall Preview Day & May at Mac.

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, SOCS Reps, and Shinerama 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

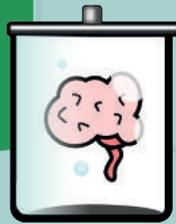
You can also get involved with other MSU-affiliated clubs including:

- **The Emergency First Response Team** (applications due September 12th)
- **The Student Walk Home Attendant Team** (applications open early September & January)
- **MSU Spark** (applications to join as a student open early September)
- **MSU Horizons** (applications are open from early May to late June)
- **MSU Women and Gender Equity Network** (applications open early September - stay tuned on their Facebook page)



Fun facts ABOUT MACSCI

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



We are the biggest faculty on campus with approximately 1700 students!

VSEPR was developed by Ronald Gillespie, who was a professor here at Mac

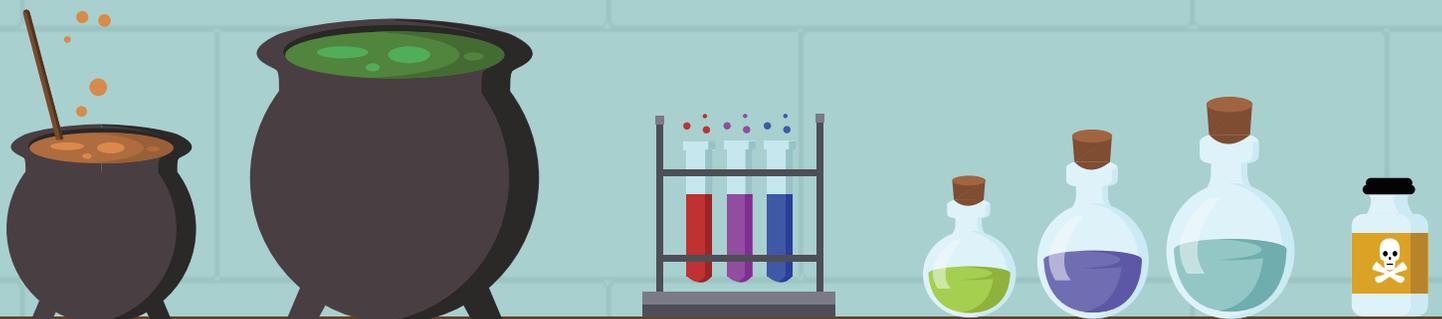


The standard university calculus textbook (with the violin on the cover) was written by James Stewart, a former McMaster professor

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



McMaster Hall in Toronto houses the Royal Conservatory of Music



Meet your **PROGRAM SOCIETIES**

McMaster Actuarial Society (MAS)

*Presidents: Tommy Nguyen and Keren Hui
Email: macactuaries@gmail.com*

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).

McMaster Undergraduate Physics Society

*President: Ben Dyer
Email: mups@mcmaster.ca*

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 hosted in BSB B119 during the week.



Meet your **PROGRAM SOCIETIES**

Biochemistry & Biomedical Sciences Society (BBSS)

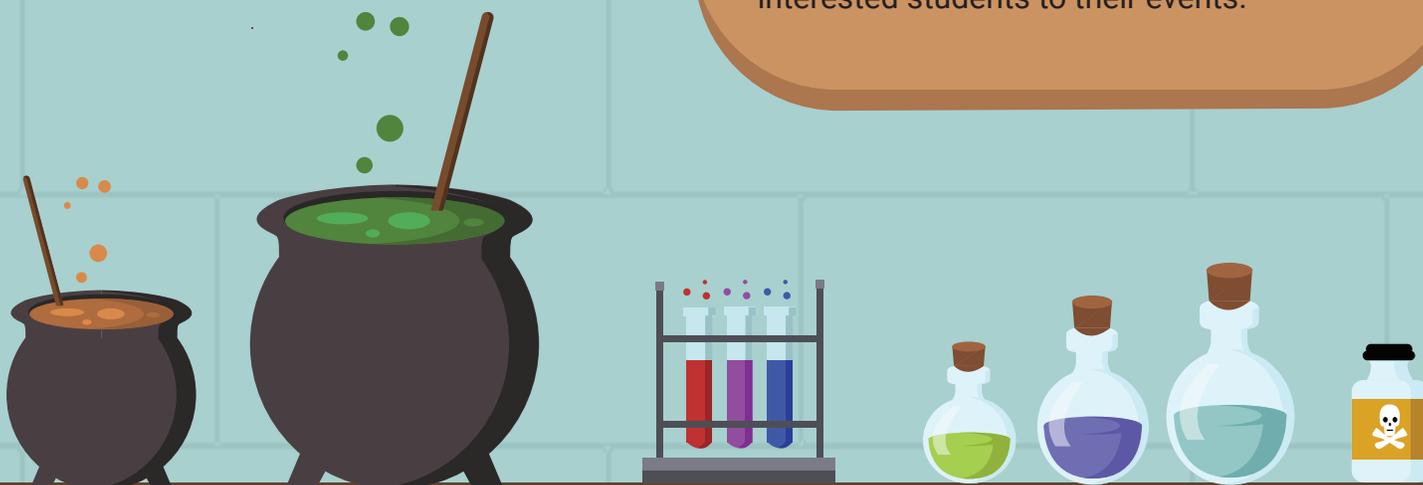
Presidents: Sierra Barnes and Emma Yu
Email: macbiochem@gmail.com

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.

Math & Stats Society

President: Emma Holmes
Email: mathandstatsociety@gmail.com

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.



Meet your **PROGRAM SOCIETIES**

Psychology, Neuroscience & Behaviour (PNB) Society

President: Sarah Yellan and Abeer Arif
Email: pnb_society@gmail.com

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!

Biology Society

President: Gabby Noble
Email: mcmasterbiology@gmail.com

The Biology Programs offered at McMaster 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.



Meet your **PROGRAM SOCIETIES**

iSci Society

President: Aileen Liu

Email: iscisociety@gmail.com

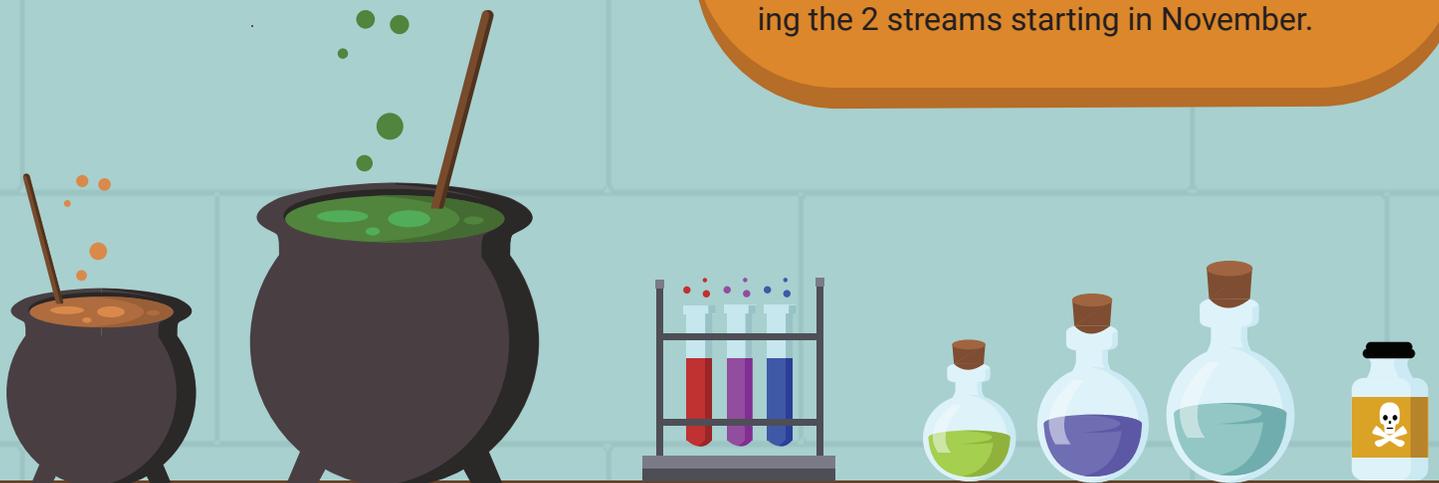
In the Integrated Science (iSci) Program, students take a course load that encompasses all scientific disciplines. Additionally, iSci students apply their knowledge and gain practical research skills in conducting research projects regarding current issues in modern science. After first year, iSci students 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 career related resources, in addition to offering a variety of social events for students across all levels.

Medical Radiation Sciences Student Society (MRSSS)

Presidents: Selena DeSousa and Kyle Edmonds

Email: mrsss@mcmaster.ca

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. MedRad has 2 streams Ultrasonography and Radiography. The Medical Radiation Sciences Student Society (MRSSS) will facilitate information/Q&A sessions and lab tours regarding the 2 streams starting in November.



Meet your **PROGRAM SOCIETIES**

McMaster Undergraduate Society for the Chemical Sciences (MUSCS)

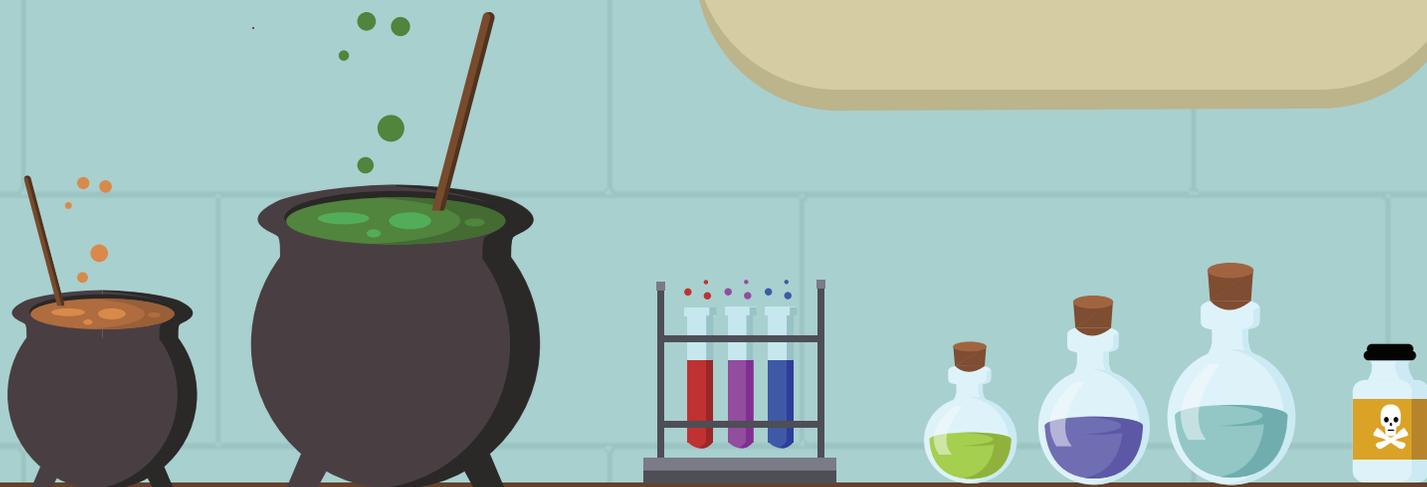
*Presidents: Matt Jokel and Lilian Diaz
Email: macmuscs@gmail.com*

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.

McMaster University Biology & Pharmacology Society

*Presidents: Jacob Curtis and Sarah Cash
Email: macbiopharm@gmail.com*

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.



Meet your **PROGRAM SOCIETIES**

Life Science Society

Presidents: Sai Garlapati and Ashley Dhaliwal

Email: lifescienceinfo@gmail.com

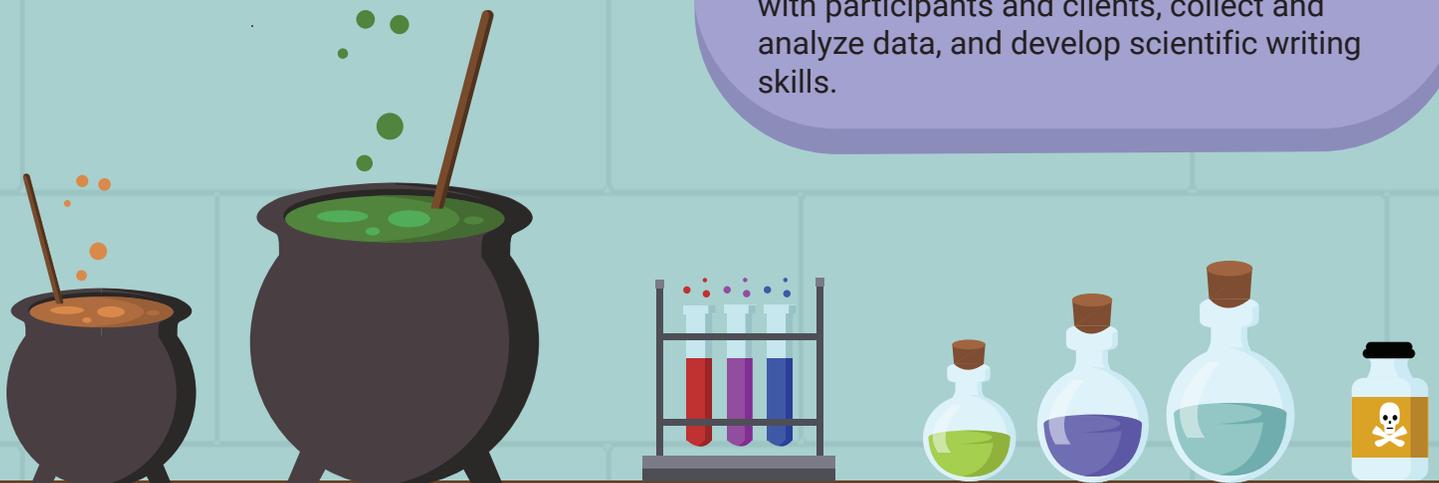
The Honours Life Sciences program is one that combines Interdisciplinary learning with a modern approach to all aspects of science. This program has been placed under the new "School of Interdisciplinary Sciences" under the Faculty of Science. Students in his program are given a lot of academic freedom 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.

Biology and Psychology, Neuroscience & Behaviour (Biopsych) Society

Presidents: Robert Lava and Janaany Paramasivam

Email: macbiopsych@gmail.com

Honours Biology & PNB, or what students like to call BioPsych, is a double major program that allows students who have equal interests in biology and psychology to take courses in both departments. Additionally, 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.



Meet your **PROGRAM SOCIETIES**

Kinesiology Society

President: Sherif El Meniawy

Email: mackinvpexternal@gmail.com

The Kinesiology program provides students with the opportunity to study the human body from mainly a tissue level. Student 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. Furthermore, 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.

Geography & Earth Sciences Society (GESS)

President: Elizabeth Longley

Email: gessociety@gmail.com

The School of Geography & Earth Sciences is committed to providing an innovative, stimulating and rewarding learning experience for all undergraduates. We offer students an educational experience that will prepare them for future professions by integrating practical experiences and personal skills development into our courses, while also being composed of a multitude of award winning professors. Our upper level courses are quite small, with fewer than 30 students in most fourth year courses. To find out more about GESS we recommend coming to one of our many social, academic or networking events throughout the year.



First year SCIENCE COURSE TIPS

BIO 1A03

The blended learning modules take a while to get through. It's important to plan out when you will sit down and go through each of them during the week, I highly recommend completing them prior to lecture because it makes following along in lecture much easier. The textbook isn't very helpful because the in lecture/module content is very in depth as it is.

BIO 1M03

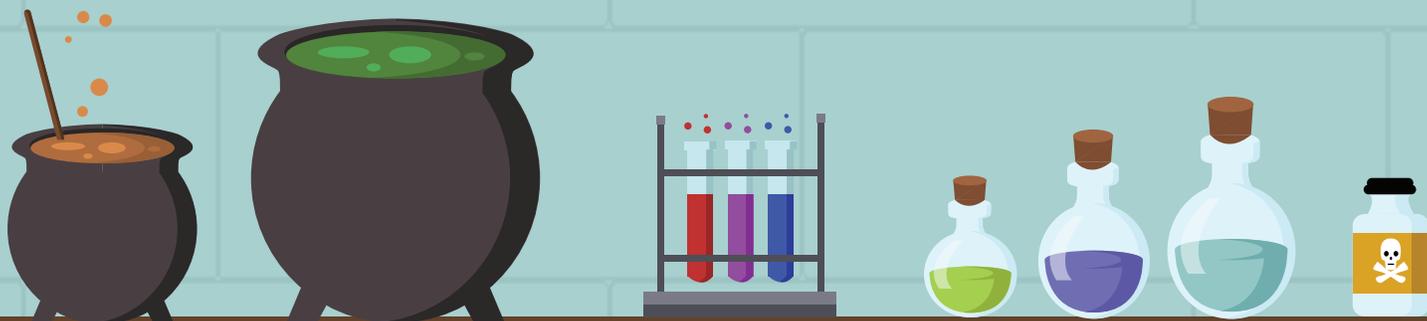
This course has a fair amount of memorization. For this reason it's important to learn how various concepts connect with one another rather than memorizing each and every term verbatim. Quizlet is a really good resource to use when attempting to learn terms. The course textbook is incredibly helpful because it follows course materials very well and has helpful diagrams and explanations in it!

CHEM 1A03/1AA3

Both of these courses begin by touching upon concepts that have already been covered in highschool. The course coordinators are itching to just give out free marks in these courses! By simply participating in class, completing recommended homework problems, and completing weekly quizzes, you receive bonus marks! Try and complete all available practice midterms before any test and you'll do amazing!!

EARTH SCI 1G03/1C03

The School of Geography & Earth Science offers 2 first year courses, neither of which are extremely difficult so long as you attend lectures and labs. Both Professors teaching are very approachable and willing to help out their students.



First year SCIENCE COURSE TIPS

MEDRADSCI 1F03

This course covers basic medical terminology and gives an introduction pertaining to the different streams of med rad to help guide you on which stream you might want to choose! It is a pretty straight forward course and I used Quizlet to create study sets for the different medical terminology (Quizlet is just a free online tool you can use to create flashcards). The course is actually more concentrated on the different streams and governing bodies of medical radiation technologists compared to the medical terminology, so I wouldn't stress too much on memorizing all the terms!

MEDRADSCI 1E03

This course is an introduction to writing research papers. It is also another straightforward course, and there is a lot of group work involved! At the end of the course, you write a final research paper with your group members regarding a topic that you and your group pick.

MEDRADSCI 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 (because that was me!), you can still do well! The problem sets will help cement the information you learned in class and the textbook helps cover some of the basic problems. For additional help, I found that Youtube had lots of helpful videos when I could not understand some of the concepts.

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!



First year SCIENCE COURSE TIPS

PHYSICS 1A03

Use LONCAPA assignments to prepare for midterms and exams. Labs in this course are incredibly helpful and also easy to do well in. If there are any difficult concepts, the Physics Help Initiative (PHI) drop-in help centre is a great resource to clarify course material.

PSYCH 1X03/1F03 & 1XX3

These courses are structured in a way that optimizes your content retention and your ability to do well on assessments. Quizlets are a great way to quiz yourself and enhance your knowledge of terms are highly recommended for these courses (Quizlet is just a free online tool you can use to create flashcards)! Mind maps are also a great way to visualize neurological pathways. Do your weekly quizzes with a group in order to increase learning efficiency and also to get better grades! The course TA's are amazing resources for any questions or concerns.

PHYSICS 1C03/1CC3

Ask for help as soon as you start struggling. The professor for the courses, Karen Hughes, is amazing, very approachable, and can help you with whatever problems you're having. The Physics Help Initiative (PHI) is right across the hall from the first year physics labs for students to get help with homework questions, concept clarification, and advice from upper years.

KIN 1E03

Use the textbook because there are always a few questions on assessments that are strictly from content in the textbook and are not found anywhere in your notes (the question says "according ____ theory in your textbook..."), Also use textbook to clarify up any content that you find unclear because the textbook explains content very well and more in depth than lectures, Pay attention to the examples/demonstrations/videos that Dr. Jim Lyons or Dr. Mike Carter use in class because they're a helpful tool!



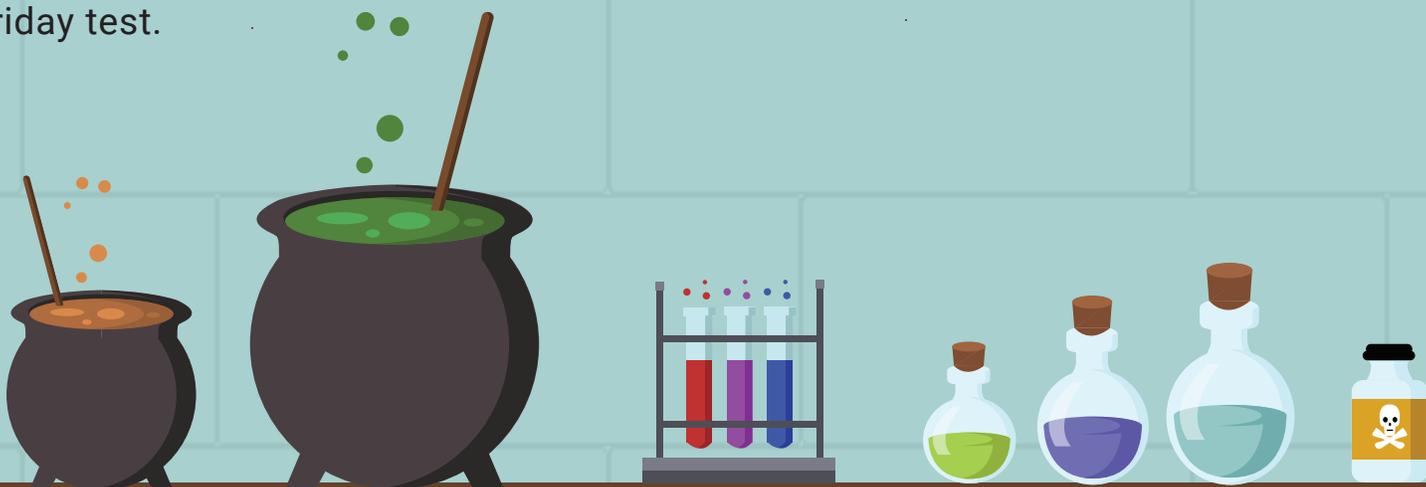
First year SCIENCE COURSE TIPS

KIN 1F03

Definitely review the iClicker questions the professor provides because they're super helpful and are sometimes on the assessments. Make sure you hit every part of the question that's asked in assignments and express your answer clearly and concisely (no filler needed)! The textbook is an amazing resource to use if you're looking for a more full explanation of concepts, stated in different terms.

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

These courses are very content heavy, but it is still very possible to do well without being overwhelmed! It is very important to take notes during the lectures in addition to the powerpoint slides that are given because the professors provide a lot of extra information that are testable. The labs for these courses are really fun and expand on the information that is taught in lecture through demonstrations. They do not have a marked component and allow for more effective learning without any pressure. The tests (either biweekly/weekly) are all multiple choice and the most helpful way I found studying for it was by creating my own tests with a friend and then testing one another. The best way to determine if you really know your information is by testing yourself - you rehearse relevant information when you're creating your test, and you also recall information by doing the test. Plan your week to study for each quiz as they are heavy and can vary in content. The online textbook is an excellent resource as it has very helpful practice questions. The online lectures come out on Friday afternoon so it's best to get them out of the way on the weekend and going over it a bit during the week. This is so you don't have to learn it during the week along with the other two in class lectures and possible lab content before the upcoming weekly Friday test.



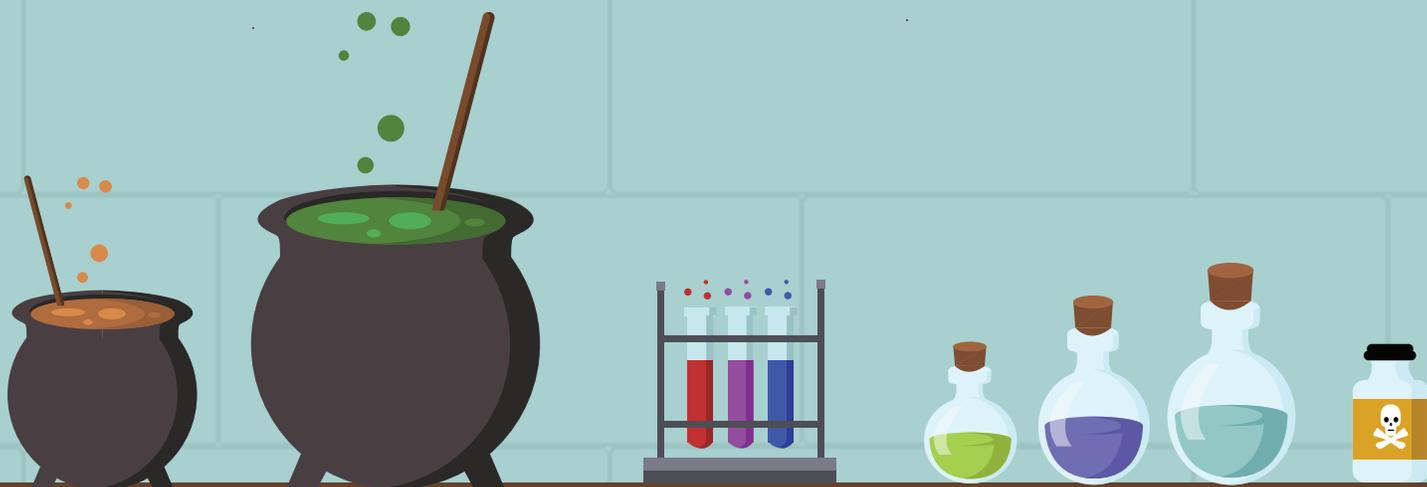
First year SCIENCE COURSE TIPS

MATH 1A03

Make sure to complete as many practice problems as you can - to do well in Math & Stats requires you to test your understanding of new concepts and stay on top of your work! If you have Dr. Childs, he'll tell you to do a thousand integrals all the time – he means it! Learning the theory is one thing, being able to carry out the steps to solve problems is another, so take the time to develop the necessary skills using practice questions.

MATH 1LS3

The math help centre is your best friend! It's a great place to sit down and complete the homework assignments because you're surrounded by peers that are working on the same material AND also have TA's floating around to help. Do all the required assignments and practice tests before the test and you'll be thoroughly prepared to ace the midterms and exams.



ON-CAMPUS RESOURCES

EFRT (EMERGENCY FIRST RESPONSE TEAM)

EFRT is a group of ~30 student volunteers who respond to medical and mental health emergencies 24/7 during the academic year. All responders are certified Emergency Medical Responders, and you can contact them:

- By dialing "88" from any campus phone
- Calling 905-522-4135 on any cellphone
- 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 on your smartphone

Visiting the EFRT office located in the student centre (MUSC) room 103, to the right of the Compass

SWELL (STUDENT WELLNESS CENTER)

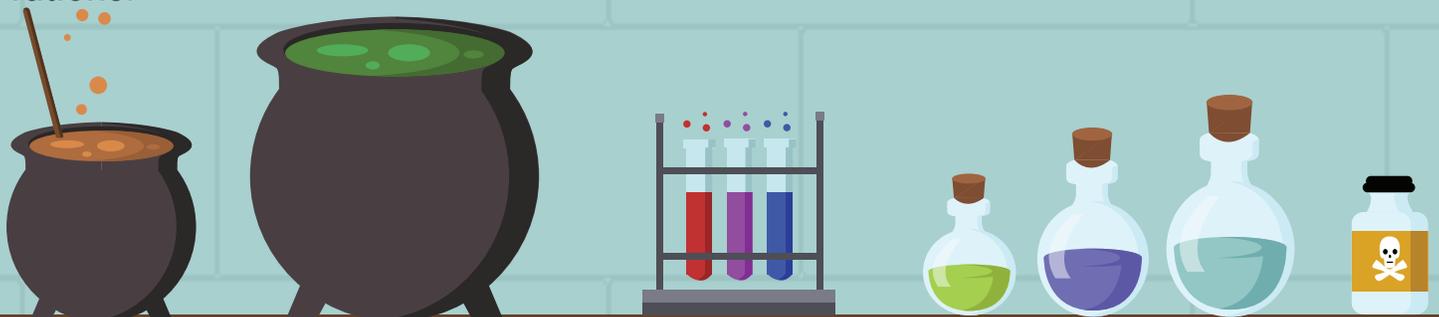
IN MUSC B118

The Student Wellness and Education Lower Lounge (SWELL) is open for students to relax, enjoy a tea, pick up wellness resources, access counselling, and set up medical appointments. SWELL provides a range of counselling options, medical services, and wellness programs so all students can feel supported at McMaster.

SSC (STUDENT SUCCESS CENTER)

IN GILMOUR HALL 110

Through the SSC, students are connected with a variety of resources including academic help, personal growth and career planning. The SSC engages McMaster students with diverse learning opportunities to support your immediate and future aspirations.



ON-CAMPUS RESOURCES

SWHAT (STUDENT WALK HOME ATTENDANT TEAM) IN MUSC 234

SWHAT is a volunteer service within the McMaster Students Union that will walk or bus with students from 7pm-1am 7 days a week. No matter the weather, our walkers can walk with you to your destination while providing safety and company. To contact them...

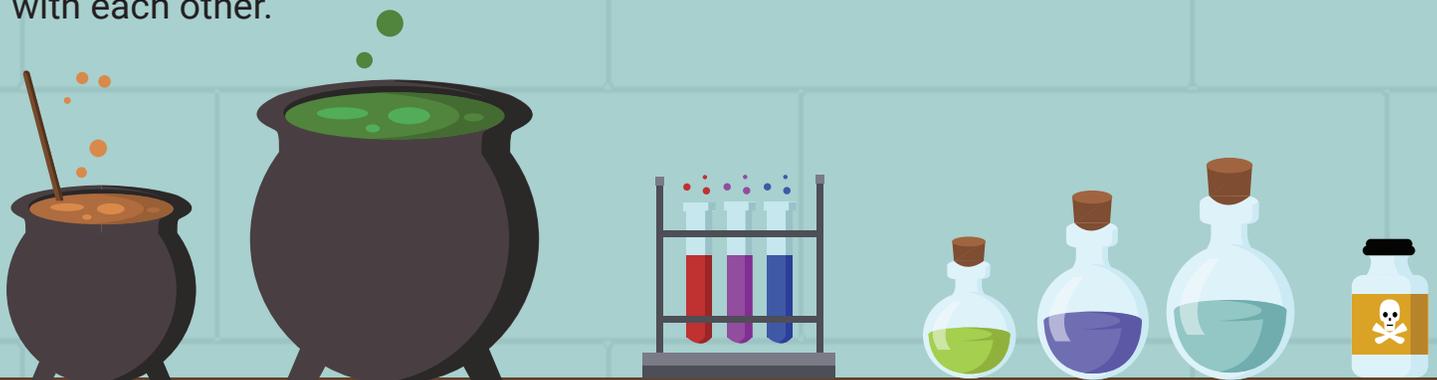
- Drop by the SWHAT office located in the Student Centre (MUSC 234)
- Call them with the office extension x27500
- Contact them with the MUSST App, which you can download on your smartphone

WGEN (WOMEN & GENDER EQUITY NETWORK) IN MUSC 204 IN MUSC 204

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 acts as a place for people to go and feel safe, talk about articles and issues in the media, make friends, and bond through common experiences.

PRIDE COMMUNITY CENTER IN MUSC 221

The PCC is a service of the McMaster Students Union. They provide 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 our community. They offer educational programming and access to resources of interest, as well as peer support and a physical safe and welcoming space for students to meet and socialize with each other.



ON-CAMPUS RESOURCES

OMBUDS OFFICE *IN MUSC 210*

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 systemic changes as appropriate.

MCMASTER EQUITY AND INCLUSION OFFICE *IN MUSC 220*

The EIO works closely with staff, students 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.

STUDENT ACCESSIBILITY SERVICES (SAS) *IN MUSC B107*

Student Accessibility Services (SAS) provides academic accommodation assistance and related supports to students with disabilities at McMaster. SAS offer programs and services to assist students transitioning from high school, other post secondary institutions, undergraduate, continuing and graduate students.



ONLINE RESOURCES:

Academic

MOSAIC

Mosaic is the portal to where students can access all of their academic information, including course selection, tuition information, exam schedules, final grades and transcripts. This database can also be used to sign up for employment or course trainings, such as WHMIS

AVENUE TO LEARN

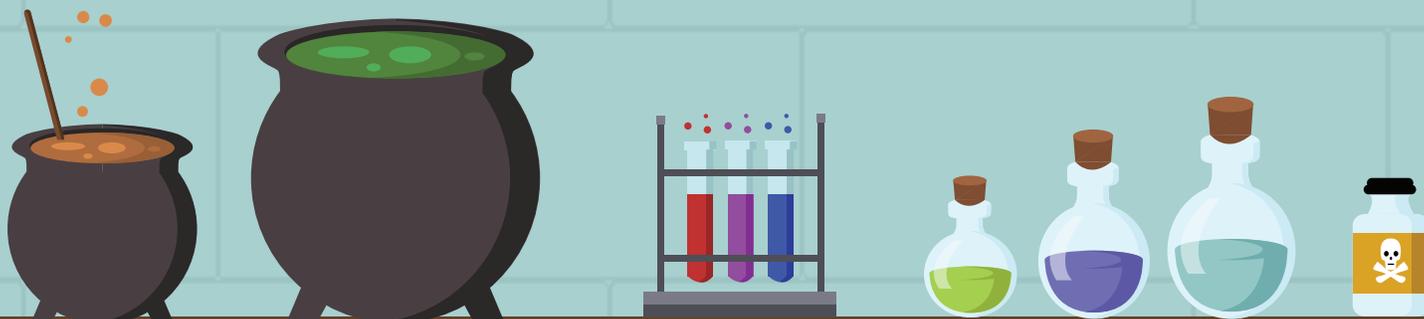
Avenue to Learn is the central hub for course material. Professors and teaching assistants will post course outlines, assignments, notes, test dates and grades on this online database. Any online courses will also be run through this website.

OSCAR PLUS

OscarPlus connects students with job and volunteer opportunities. Co-op and Work-Study job listings are posted here. Alongside that, OscarPlus features special events such as workshops run through the Student Success Centre.

M.A.P FACULTY OF SCIENCE

The McMaster Academic Planner (M.A.P.) for the Faculty of Science is an interactive database that allows students to plan out and navigate their academic plan throughout their undergraduate career



ONLINE RESOURCES:

Mental Health Wellness

SACHA

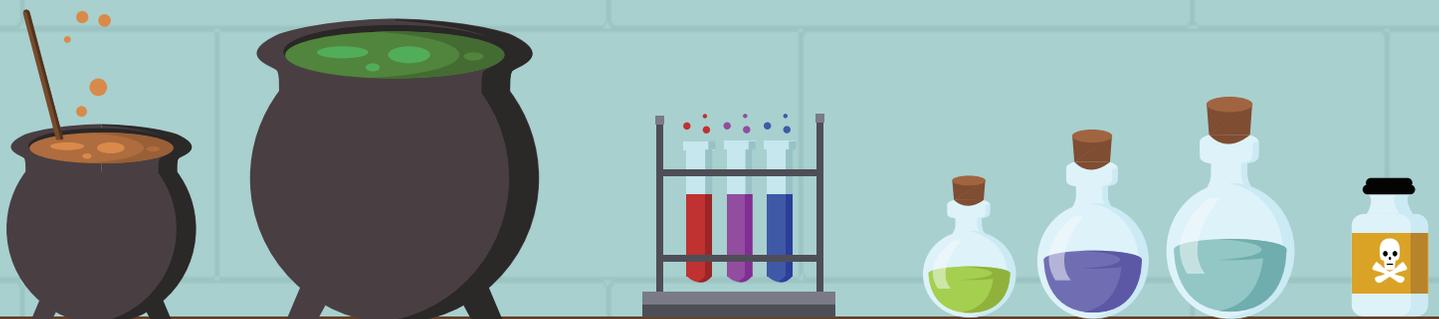
SACHA is a non-profit, community-based organization that provides supports to people who have experienced sexualized violence at any point in their lives. They work to end violence and oppression through education, advocacy, outreach, coalition building, community partnerships, and activism.

SWELL CRISIS RESOURCE PAGE

The Student Wellness and Education Lower Lounge (SWELL) located in the McMaster University Student Centre basement, Room B118 is open for students. With its funky blue sign and its calm and resourceful interior, students will find the SWELL a place to relax, enjoy a tea, read, pick up wellness resources, study and chat with friends. Come by to ask staff and our Wellness Outreach team about our 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/





SCI-VENGER HUNT

COMMUNITY

- Cootes Paradise selfie
- Take a photo in front of the iconic Westdale sign
- Walk or bus to Westdale and back

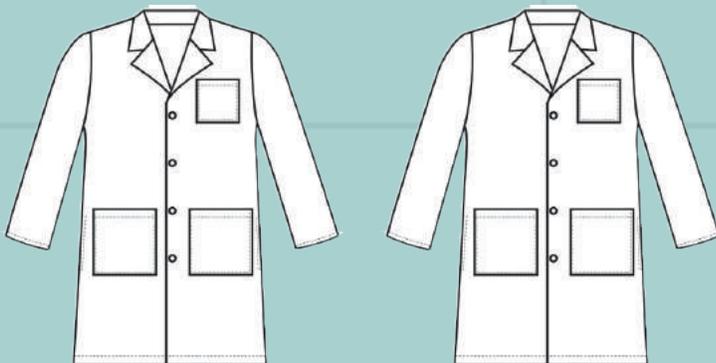
ACADEMIC

- Pose in front of the MSS office door (BSB B108)
- Grab a nap pic on one of the Science Lounge couches (BSB 339)
- Take a selfie with the Thode Library sign
- Walk in and check out the Academic Advisor's office (BSB 129)

MCMASTER

- Get a selfie with Senator William McMaster (the statue outside University Hall)
- Visit the Student Wellness Center (MUSC B101/B118)
- Get a free coffee card from Union Market (MUSC)
- Prove that you have the Emergency First Response Team (EFRT) and Student Walk Home Attendant Team (SWHAT)'s numbers in your phone

PRIZE: Customized Lab Coat (max 2)



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 by, we
can the campus by storm!
(x2)

SCICLONE TIME

3...
3.1...
3.14159, watch out now it's Sciclone
time!
(get louder each time)

SINE-SINE

Sine! Sine! Cosine! Sine!
3.14159!
(x2)

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 AH-OO go Mac Science
AH-OO go Mac Science

SHOW ME HOW YOU GET DOWN

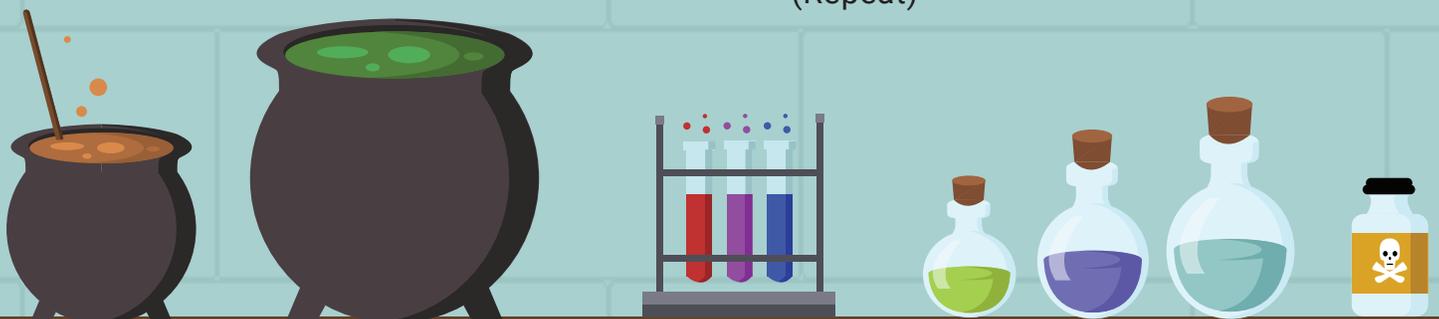
Hey Science?
Hey what?
Hey Science?
Hey what?
Show me how you get down!
No way.
Show me how you get down!
Okay! H-2-S-O-4, that's the way we drop
acid!
N-A-O-H, that's the way we drop base!

MO-SCI-WE

A bit of Mo
A bit of Sci
A 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
Gooooooooo Science!
(get louder each time)

LAB COATS

Lab coats, they never get dirty
The longer you wear them the stronger
they'll be.
Sometimes I think I should wash them,
But something keeps telling me
no no not yet, not yet, not yet!
(Repeat)



SCIENCE CHEERS

WHAT DOES THAT SPELL?

Give me an S!
S!
Give me a C!
C!
Give me an I!
I!
Give me an E!
E!
Give me an N!
N!
Give me a C!
C!
Give me an E!
E!
What does that spell?
AMAZING!
What does that spell??
AMAZING!
Hey, we're in Science for a reason,
Awoo!

LONG SCIENCE

Can I get a long science?
SCIIIIIIIIIIIIIIIIIIIIIENCE
Short science!
Science!
En Francais!
Science!
En Americano!
Do do do-do-do do do do do do-do-do
En gangnam style!
Op op op op, opa gangnam style
En Beyonce!
Surfboard, surfboard
En Deutsch!
Naturwissenschaften!
En Waka Flocka!
Bow Bow Bow Bow
For Harambe!
*bang on chest and make gorilla
noises*
For Bill
Bill Bill Bill Bill



THE 2018 OATH

Since the days of Helga Hufflepuff, Rowena Ravenclaw, Salazar Slytherin and Godric Gryffindor, first years have waited eagerly for owls to deliver their acceptance letters to McMaster University.

Each September, new students come to McMaster Science to study arithmetics, biological charms, environmental herbology, radiological spells, chemical potions, physics transfiguration, defence against global warming, and the afterlife sciences.

Will the Scirry Potter class of 2022 please stand, place your wand-wielding hand over your heart and repeat after me:

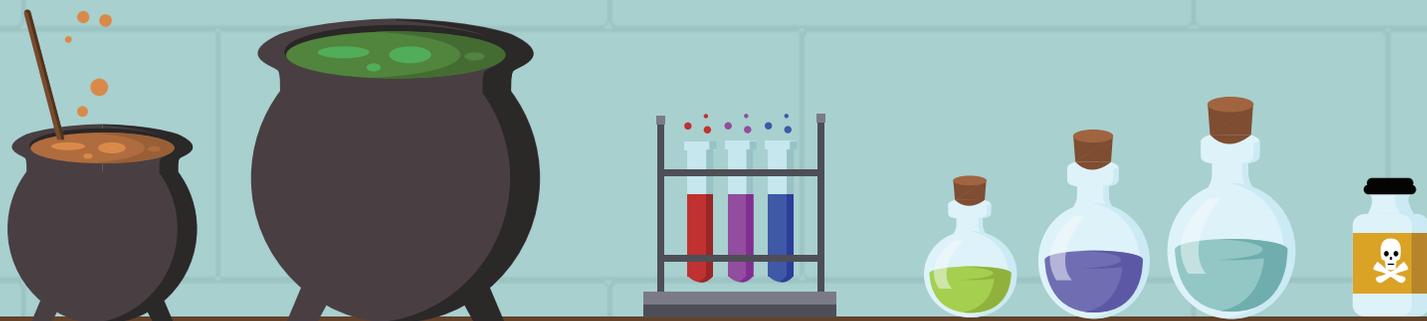
As Sci-wizards and Sci-witches, we enter McMaster seeking endless magical knowledge and everlasting friendships.

We attend potions class in ABB and ALWAYS titrate to pale pink perfection.
BSB 147 is our chamber of secrets where we SLAY clicker questions on the daily.
Thode Library is our Azkaban because it's where all the SIRIUS studying happens.
To us, midterms are just Horcruxes waiting to be DESTROYED

But as members of the Science house, we know that McMaster isn't really home without ALL students from ALL houses

I will turn to Art Scis to teach me defence against the Dark Arts
I will turn to Commies when my Gringotts vault is running low on galleons
I will turn to Kin when I want to Bludger my midterms
I will turn to Nursing when Madame Pomfrey isn't available
I will turn to Humanities to remind me that page 394 isn't as long as it gets
I will turn to Soc Sci to help me protect every Muggle
I will turn to Engineers when I have potion left over
I will turn to Health Sci when I need access to the library's restricted section

And now, as we enter the 2018/19 magical year, say it with me:
"I solemnly swear I'm up to ONLY good."



Sponsors

