

In partnership with



Thursday, October 15, 2026

WORKSHOP CATALOGUE

CODE	TITLE	DESCRIPTION	AM	PM	PRESENTER
A01	Mini Medical School	Join McMaster medical students as you work through a medical case, including diagnosis and treatment. No prior expertise is necessary! After the case, there will be a Q+A session where you can ask the presenters about their paths to medicine, and what a typical day looks like for them.	25	25	Morning: Margret Lo & Leo Ologundudu Afternoon: Christina Yu
A02	Color Me Molecular: Gel Electrophoresis and Serial Dilution Using Biosafe Colour Agents Hands-On Wet Lab Workshop	Science gets vibrant in Color Me Molecular! In this colorful, hands-on workshop, you'll uncover the hidden world of the small things in life. You will be able to watch molecules move, separate and dilute right before your eyes. Using gel electrophoresis, we'll explore how molecule size affects movement, starting a race a molecular race across the "gel track"! Then, dive into a serial dilution experiment using bright, colored water to visualize how concentration changes step by step. Perfect for curious minds who love science and splashes of color, this workshop blends biology, chemistry, and a little bit of artistic flair. Let's get molecular!	9	9	Reem Majjani
A03	Co-Designing Health Care: Using lived experiences to improve care	This interactive workshop will invite students to learn how health care can be designed with patients and not just for patients through experience-based co-design. Students will learn how community members can partner with researchers to improve health care delivery by sharing their lived experiences and priorities to improve health, the quality of care, and patient experiences.	25	0	Rebecca Ganaan
A04	Inside Out: Exploring the Wonders of Human Anatomy	Step into the fascinating world of the human body with our engaging and hands-on anatomy session! This interactive experience brings science to life, allowing students to explore the inner workings of their own amazing machines. From bones to muscles, organs to systems, participants will uncover how the parts fit and function together through hands-on experience & demonstrations. Get ready to explore with a deep dive into anatomy and leave with a newfound appreciation for the wonders beneath your skin!	20	20	Irena Rebalka, Andrew Palombella & Isabella Damjanovic

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A06	<i>Our brains when things don't go right - a peek into the world of dementia</i>	In this workshop, participants will learn more about what dementia is, understand the different types of dementias, as well hear from an individual who has lived experience.	15	15	Kayla Johnston
A06	<i>From Nursing to Influencing and Everything Inbetween</i>	This interactive session takes high school students behind the scenes of the nursing profession and explores the many directions a nursing career can take. From emergency nursing and bedside care to education, leadership, research, entrepreneurship, advocacy, content creation, speaking, writing, and social media influencing, students will discover that nursing is not just one career path. Using real stories and experiences from more than 18 years in emergency nursing, Nurse Jenn will share what it is really like to become a nurse, what happens after nursing school, and how nurses can build careers that combine healthcare with the things they are passionate about. Students will explore the education and skills required to become a nurse, the realities of the profession, the importance of communication and critical thinking, and the unexpected opportunities available once they have those letters behind their name.	30	25	Jenn Johnson
A07	<i>Orthopedic Surgery Casting Session</i>	In this workshop you will learn how to apply a cast to an arm or a leg to immobilize a fracture	0	12	Nathalee Ewers & Zackariyah Hassan
A08	<i>Anesthesia: The Dream Team</i>	Ever wondered how a person can have their body cut open for surgery, not feel a thing and have no recollection of it? Join us for a simulated general anesthetic to learn about the medications and equipment we use. Then, get hands-on experience on some of the essential skills an anesthesiologist must have. You will get to practice on mannequins how to support a person's breathing using a face mask and how to place a breathing tube in the windpipe.	10	10	Amanda Whippey
A09	<i>Physio: There's more to know from head to toe</i>	Discover the world of physiotherapy in this interactive workshop led by an experienced physiotherapist (PT). Learn what physiotherapists do, the many settings they can work in, and the educational pathway to becoming a PT. You'll explore basic human body systems, try out assessment tools used by physiotherapists, and learn how PTs help people recover from injuries, improve movement, and stay active. You'll also get hands-on experience with sports taping techniques used to help prevent injuries and support movement. Come ready to learn, ask questions, and experience some of the practical skills used in physiotherapy!	10	0	Vince Pacifici
A10	<i>Transforming Healthcare</i>	Step into the world of a HealthTech student entrepreneur. This workshop will explore how to identify and tackle unmet healthcare needs by	24	24	Mann Parikh & Hiya Shah

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	through Innovation	applying the Stanford Biodesign Process. Students will learn and apply firsthand how healthcare technologies are developed from concept to real-world solutions.			
A11	Gel Electrophoresis: Exploring DNA in the Lab	This interactive workshop will introduce students to the basic principles of gel electrophoresis and how it is used to separate and analyze DNA. Students will have the opportunity to participate in a hands-on activity and learn how this technique is applied in biological and health sciences research.	0	25	Anthony Zhao & Sabrina Lin
A12	Let's Get Moving: Exploring Physiotherapy as a Career Pathway	This presentation/ interactive workshop will offer participants the opportunity to learn more about Physiotherapy as a profession and potential career pathway. Participants will have time to ask questions to program faculty and a registered physiotherapist.	12	0	Jasdeep Dhir & Sarah Wojkowski
A13	Medical Detectives: Solving the Case from Clues to Care	Students work in small teams through a fictional internal medicine case. They begin with a person who feels short of breath and receive information in stages: a brief history, vital signs, an examination clue, then a chest X-ray or simple lab results. At each stage, they decide what they think is happening, what question they would ask next, and what information would change their mind. This shows students how an internist puts the clues together and works with the care team on a plan.	25	25	Arul Kuhad
A14	The ABCDEs of Trauma: Inside the Trauma Bay	What happens when a seriously injured patient arrives at the hospital? In this interactive workshop, students will step into the role of a trauma team and learn how physicians assess and stabilize injured patients using the ABCDE approach to trauma. Students will then put their skills to the test in an evolving simulated trauma case, interpreting vital signs and investigations and deciding what to do as their patient's condition changes. Along the way, they'll get a glimpse into the fast-paced world of trauma surgery and the teamwork and decision-making involved in caring for critically injured patients.	0	15	Tania Kazi