



The Canadian Medical  
Hall of Fame

Le Temple de la renommée  
médicale canadienne



Hamilton  
Health  
Sciences



McMaster  
University  
HEALTH SCIENCES



St. Joseph's  
Healthcare Hamilton

# DISCOVERY DAY IN HEALTH SCIENCES

**May 23, 2019**

## EVALUATION SUMMARY REPORT

***229 Students***

***13 Teachers***

***Response Rate: 78%***

Career Panel Sponsors:



Stronger  
Communities  
Together™





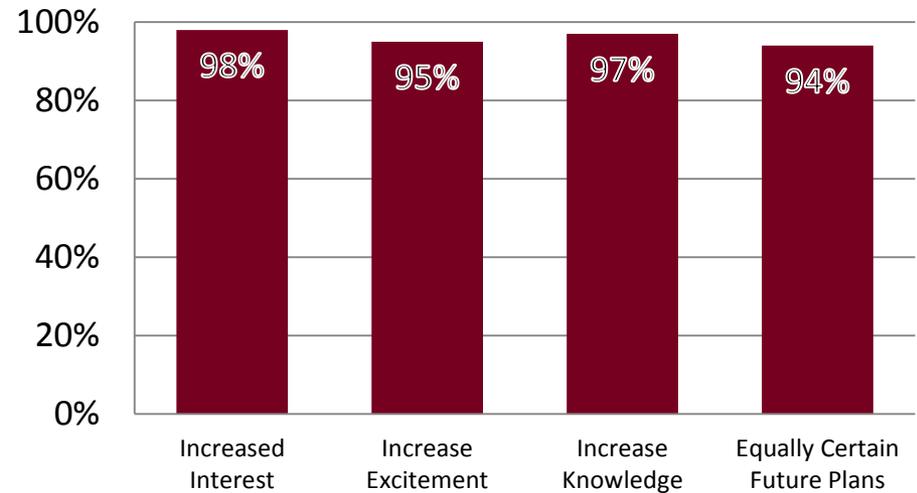
The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Results Indicate that Discovery Days Prime Youth for a Career in the Health Sciences



**Symposium Expectations**



**Symposium Impact**



The Canadian Medical  
Hall of Fame

Le Temple de la renommée  
médicale canadienne



## Participating Schools

Academy for Gifted Children - P.A.C.E.  
Aldershot School  
Alexander Mackenzie High School  
AN Myer Secondary School  
Ancaster High  
Assumption College School  
Aurora High School  
Barrie North Collegiate  
Bayview Secondary School  
Bill Crothers Secondary School  
Bill Hogarth SS  
Blessed Trinity Catholic Secondary School  
Bur Oak Secondary School  
Cardinal Newman CSS  
Collingwood Collegiate Institute  
David Suzuki Secondary School  
Dr. Frank J. Hayden Secondary School  
Dr. G. W. Williams Secondary School  
Dr. John M. Denison Secondary School  
DSBN Academy  
Dundas Valley Secondary

E. L. Crossley Secondary  
Elmira District Secondary School  
Elmvale District High School  
Emily Carr Secondary School  
ES Académie catholique Mère-Teresa  
ES catholique Jean-Vanier  
F. E. Madill  
Fletcher's Meadow Secondary School  
Glendale Secondary School  
Glenview Park Secondary School  
Greater Fort Erie Secondary School  
Hillfield Strathallan College  
Huron Heights SS - Newmarket  
Iroquois Ridge High School  
John F. Ross  
Keswick High School  
King City Secondary School  
Langstaff Secondary School  
Maple High  
Markham District High School  
Markville Secondary School

Middlefield Collegiate Institute  
Milliken Mills High School  
Nelson High School  
Newmarket High School  
Pierre Elliott Trudeau High School  
Rehoboth Christian School - Copetown  
Rehoboth Christian School - Norwich  
Richmond Green Secondary School  
Richmond Hill High School  
Robert Bateman High - SHSM  
Sacred Heart Catholic HS- Newmarket  
Saltfleet District High School  
Sir William Mulock Secondary School  
St. Aloysius Gonzaga Secondary School  
St. Francis Xavier Secondary School  
St. Ignatius of Loyola CSS  
St. Jean de Brebeuf CSS  
St. John's College  
St. Mary CSS - Hamilton  
St. Maximilian Kolbe Catholic HS  
St. Patrick's High School

St. Thomas Aquinas Secondary School  
St. Thomas More  
Stayner Collegiate Institute  
Stephen Lewis Secondary School  
Stouffville District Secondary School  
Sutton District High School  
Tecumseh Vista Academy  
Thornhill Secondary School  
Thornlea Secondary School  
Tommy Douglas Secondary School  
Unionville High School  
Vaughan Secondary School  
Virtual Learning Centre  
Waterdown District High School  
Wellington Heights Secondary School  
Westlane Secondary School  
Westmount Collegiate Institute  
White Oaks Secondary  
Woodbridge College

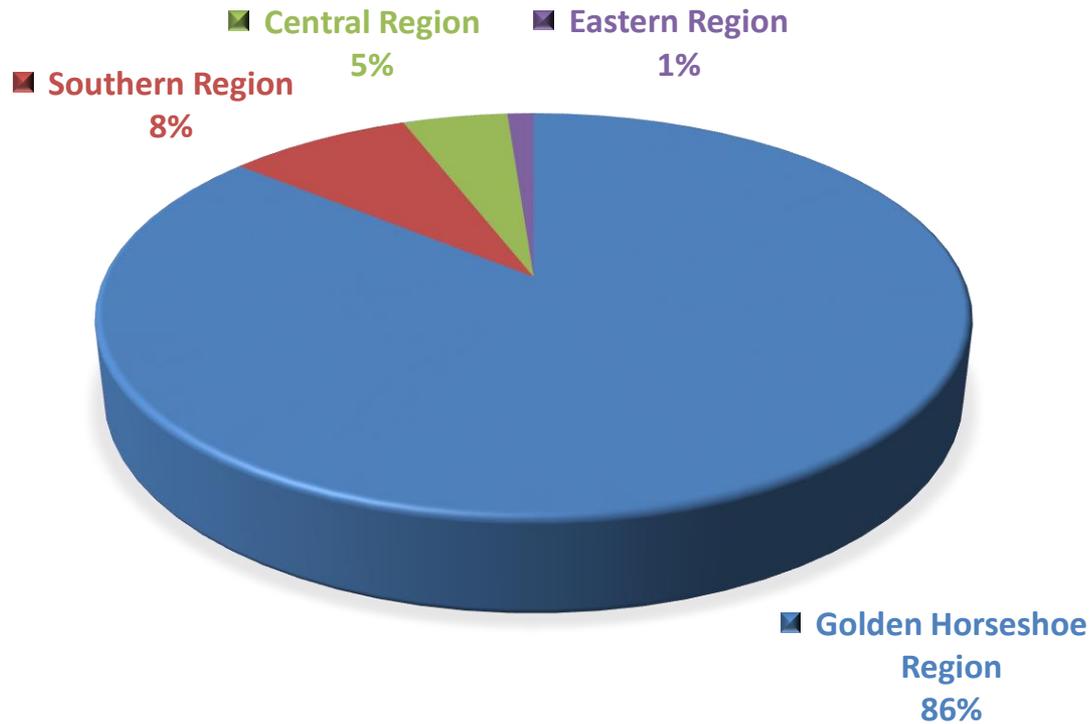


The Canadian Medical  
Hall of Fame

Le Temple de la renommée  
médicale canadienne



## DEMOGRAPHICS OF PARTICIPATING SCHOOLS BY ONTARIO REGIONS





The Canadian Medical  
Hall of Fame

Le Temple de la renommée  
médicale canadienne



## Keynote Speaker

Dr. Joel Hilchey

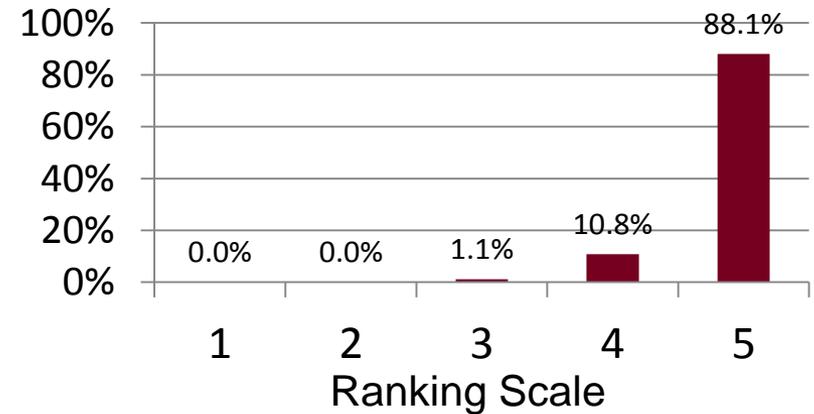
“Busting the Myths of Life After Graduation”

### Testimonials

*“Amazing! Best presentation I've ever seen in my life. Just wonderful!”*

*“He was very inspiring and relieved some of the stress I have about after graduation. I felt he connected well with us and still remained entertaining.”*

*“One of the very few lectures that left a lasting impact. He knew how to engage with his audience and I would give it the highest rating possible.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Professional Career Panel

### “Health Pros Tell All”

#### Testimonials

*“It was interesting to learn about different careers in health care. I felt empowered to study well and pursue different extra-curricular activities by their success stories and perseverance.”*

*“It was very inspiring to hear everyone's stories and how they got to where they are today, along with their struggles and how they overcame them. I enjoyed it a lot.”*

*“Very informative in terms of the wide range of career options available within the health science field.”*

*“The career panel was very rewarding and informative. Everyone in the panel was very successful and provided me with a lot of advice. The explored many healthcare options that I never considered. Everything was very inspirational and motivating”*



The Canadian Medical  
Hall of Fame

Le Temple de la renommée  
médicale canadienne



Hamilton  
Health  
Sciences



McMaster  
University  
HEALTH SCIENCES



St. Joseph's  
Healthcare Hamilton

## ***Feedback From Concurrent Breakout Workshops***



The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



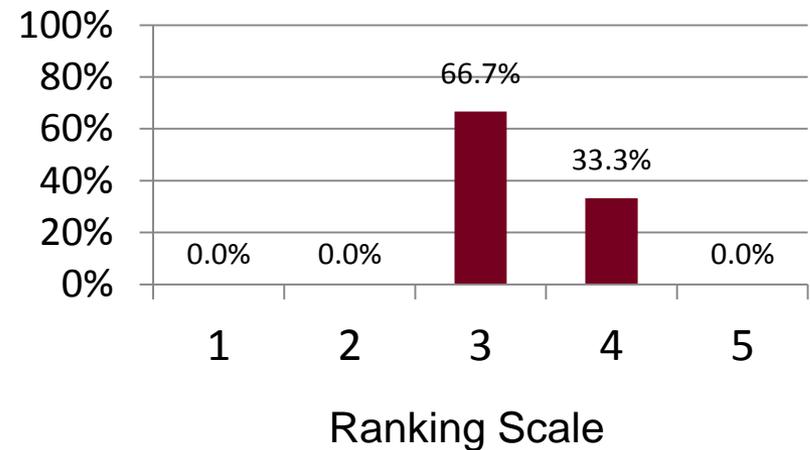
## Involving Youth and Families in Developing Mental Health Services: How Can Apps Help?

### Testimonials

*“Have learned a lot about how different people's perspectives on mental health can bring conflicts, and the ways people in society can help. This workshop has gotten me a better idea on creative thinking processes.”*

*“Learned more about my career field. How to combine health and business together.”*

*“The strategies for developing apps in helping youth w/ mental health were discussed and we built a prototype for an app for youth moving into adult services and how apps could help them I hoped there were more discussion about the professions involved \* how the apps actually help the youth but I think the activity did help me understand some of the process.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Pills, Vials And Inhalers: How To Become Knowledgeable About Them (And Make It a Career)

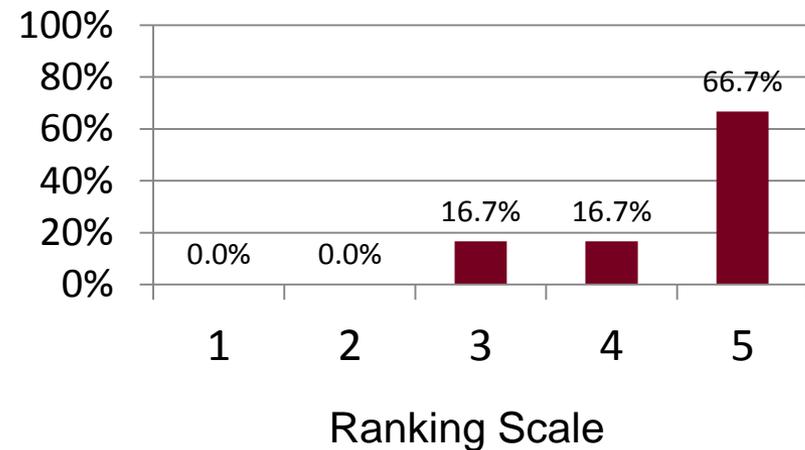
### Testimonials

*"I enjoyed making the anti-itch cream, trying to interpret the amount of pills from a prescription, and learning about the pharmacy career."*

*"Interactive activities helped me to learn more about pharmacy. Very informative presentation helped me to learn more about the importance of pharmacists."*

*"Liked learning about what it takes to be a pharmacist. Interesting to see the diverse types of inhalers. Slideshow was easy to follow and had tons of info. Liked the challenge at reading prescriptions."*

*"It was very hands-on and I got to count skittles and create an anti-itch cream."*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## From Food To Body: How Your Diet Impacts your Health

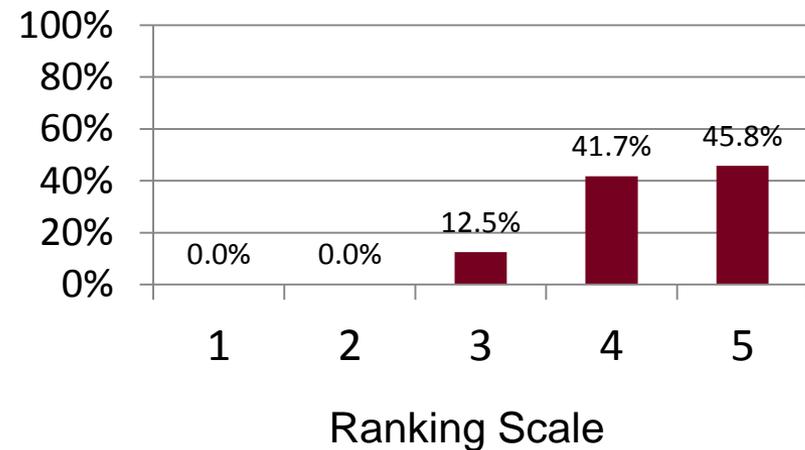
### Testimonials

*“I learned the different careers/ sectors that can be explored with a dietician degree. I wish it was more interactive in a way that I had some hands-on experience”*

*“Helpful people, very knowledgeable, great general overview to the range of activities in being a dietician.”*

*“Very informative. Learned a lot of new info about nutrition.”*

*“I learned so many things about substances in food that we don't realize is there and how harmful it can be. I enjoyed going to the different stations and talk to students about becoming a nutritionist/ dietician. I also learned about the clinical side of it and working in a hospital as a nutritionist/ dietician.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Unravelling Genes & Extracting DNA

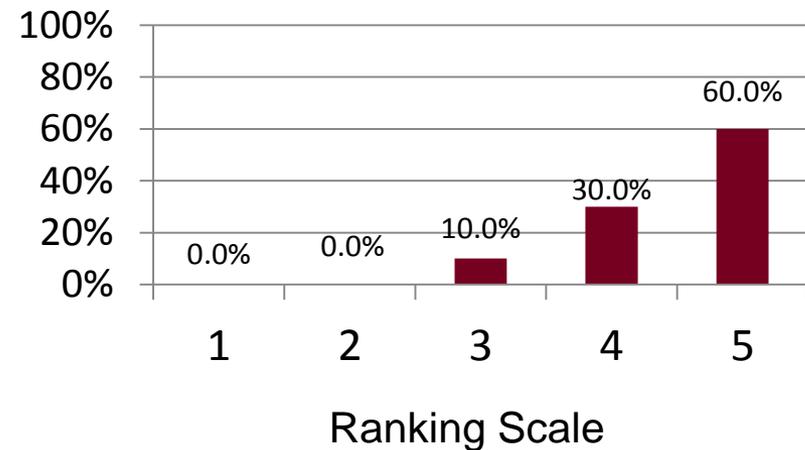
### Testimonials

*“The mentors were really helpful and answered my questions with detail. I liked the hands on experience.”*

*“So fun, really enjoyed it, learnt a lot about the DNA. They gave us some really great scenarios, definitely my favourite out of the two. The mentors were really informative and very helpful.”*

*“The mentors were really helpful and answered my questions with detail. I liked the hands on experience.”*

*“The mentors were also very nice and provided us with good tips for university. is workshop was so fun, as I was able to connect it to information I've learnt in bio class and apply it to a real example. The mentors were also very nice and provided us with good tips for university.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## What Is Orthopaedics And What Do Orthopaedic Surgeons Do?

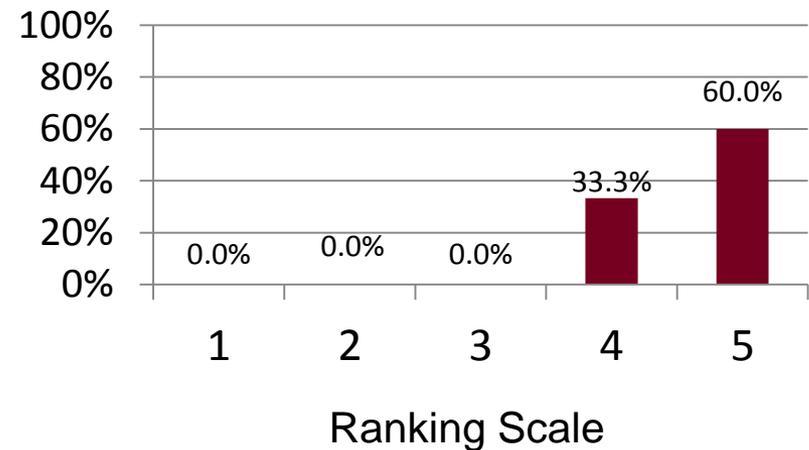
### Testimonials

*“Learning how to make casts was fun, and the surgeons were very knowledgeable.”*

*“It was very informative and answered everyone's questions. The cast activity was fun and allowed for new learning.”*

*“It was nice to sit down in a closed setting and just being able to ask questions and have them answered.”*

*“This workshop was fun, I gained an insight on how bones are typically fixed from various injuries. As well, I learned how to make a cast and remove it.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Real Lab Experiences: DNA Gel Electrophoresis And Analysis

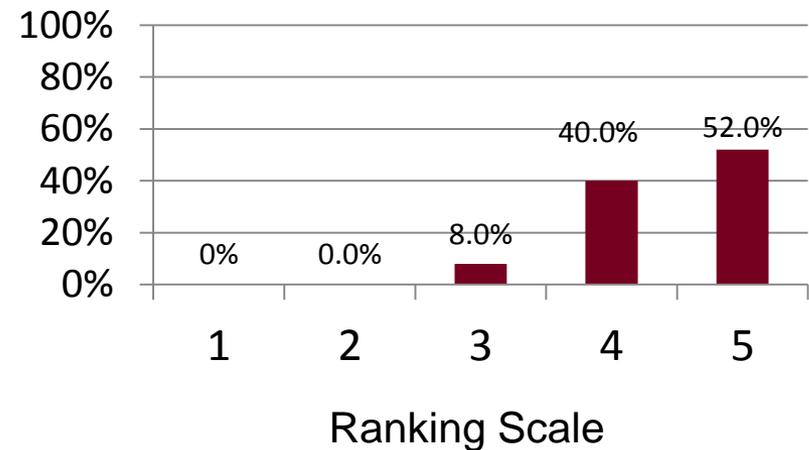
### Testimonials

*“Really enjoyed the lab experience. Satisfied with learning a lot about DNA gel electrophoresis works and what is used.”*

*“Really enjoyed learning how to analyze DNA.”*

*“All the leaders were really nice & knowledgeable, told us a lot. The experiment was fun to do and had interesting story with the forensics.”*

*“Very interesting to learn new concepts. The leaders were very nice and knowledgeable. Wish there was more time to see the end result in person.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Synthetic Biology: How to Stain and Design Cells

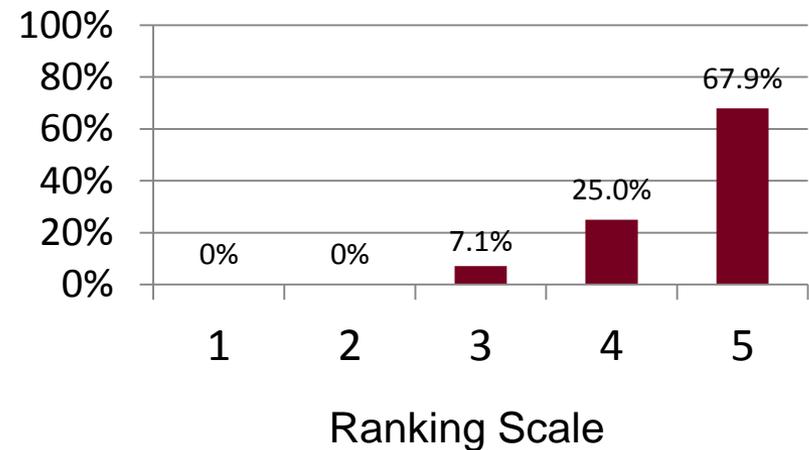
### Testimonials

*“Easy to follow instructions, leaders were helpful and answered questions.”*

*“I never knew that there was positive and negative germs in bacteria!! I LOVED IT”*

*“It was cool how we stained the cells and looked at it through the microscope. Learning why we used a different substance for each stain and how it affected a grow-positive bacteria vs, grow-negative bacteria was interesting.”*

*“Very interesting and fun. Leaders were great. It was a very unique experience.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Skin and Suturing 101

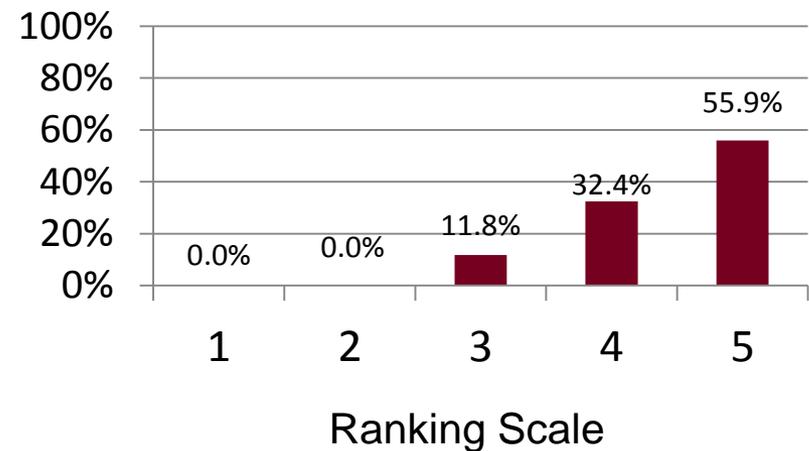
### Testimonials

*“Hands-on experience was fun, really enjoyed it. Students were very helpful and answered questions, bananas were pretty mushy though.”*

*“Very fun to learn how to suture. It was concise, and the students were extremely kind and helpful!”*

*“The workshop was really interesting. I got to suture a banana & experience with the same utensils health care professionals use.”*

*“Very interesting workshop. Loved the hand-on experience and what we learned about the different layers of skin and their functions.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Our Brains When Things Don't Go Right- A Peak into the World of Dementia

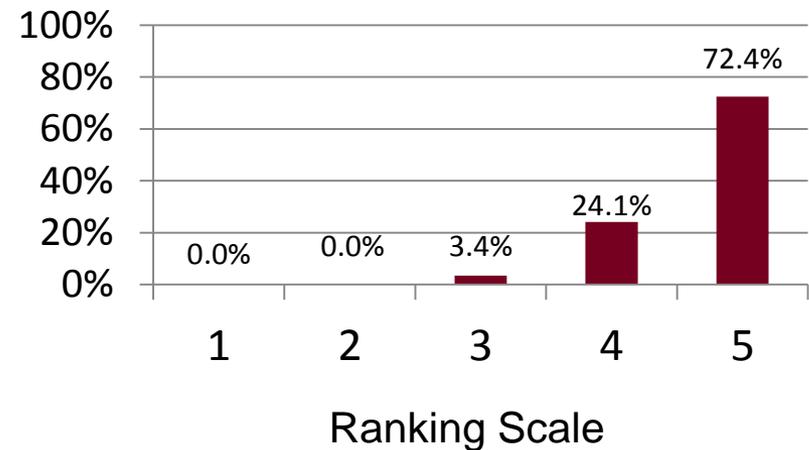
### Testimonials

*“An eye-opening experience, very informative, the mode of educating individuals about dementia.”*

*“Enjoyed the presentation and the taste of what living with dementia is like. Very interesting topic and knowledgeable staff”*

*“Interactive. Made me understand what it could be like to not be able to use all your senses. Insightful to the world of dementia. Opened my eyes to the things people have to deal with and realizing that there are many small things we take advantage of”*

*“Really eye opening, nice to have interactive activities.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## GridlockED: Play a Serious Game about Healthcare

### Testimonials

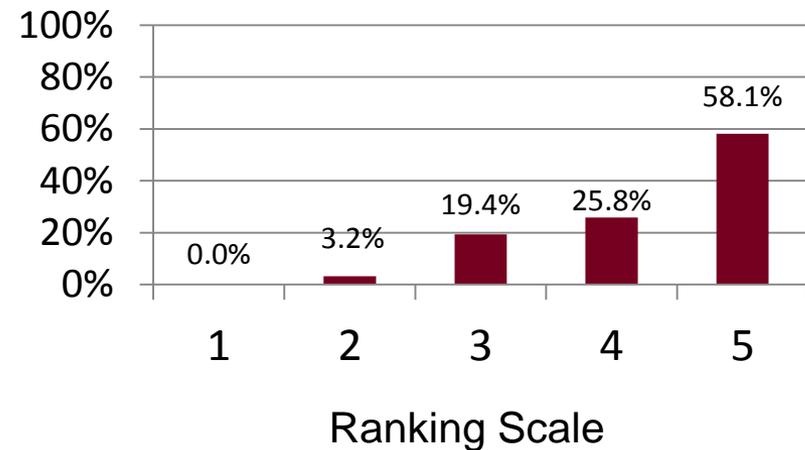
*“Builds teamwork and collaboration. Very fun. Different from other workshops.”*

*“Exposed/simulated what a day is like in hospital. Very fun to play. Learned that nurses are one of the most important people in the hospital and they work so much behind the scenes.”*

*“Fun and exciting game! Great explanation and allowed us to learn and collaborate”*

*“A fun and life-like game that gives students perspective on how hospitals run. Having less people at each board game may help keep everyone engaged and participating.”*

*“So much fun, very stressful! Got everyone involved. Makes you realize how crazy ER is”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Introduction to Behavioural Economics in Health using Public Policy and Virtual Reality

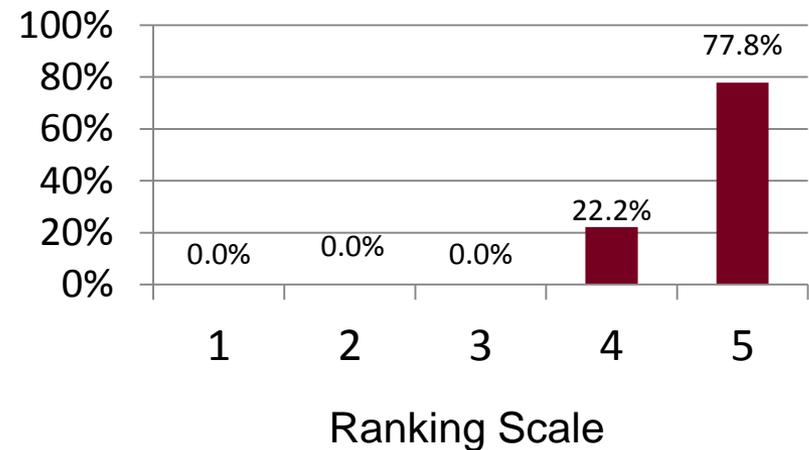
### Testimonials

*“This was one of my favourite experience throughout the day. The VR simulation was incredible and then act that the game was programmed by students makes me more excited for my future.”*

*“I liked the VR experience the most, but I also learned new things about the design of cigarette packs and the dangers. The effect of the different prices on consumers and how some companies don't follow the health regulations.”*

*“VR was very interesting, allowed me to feel what being disabled would do to my daily life. Seminar about economics and health care allowed me to see my privilege coming from a middle class family”*

*“Very entertaining and creative workshop.”*





The Canadian Medical  
Hall of Fame

Le Temple de la renommée  
médicale canadienne



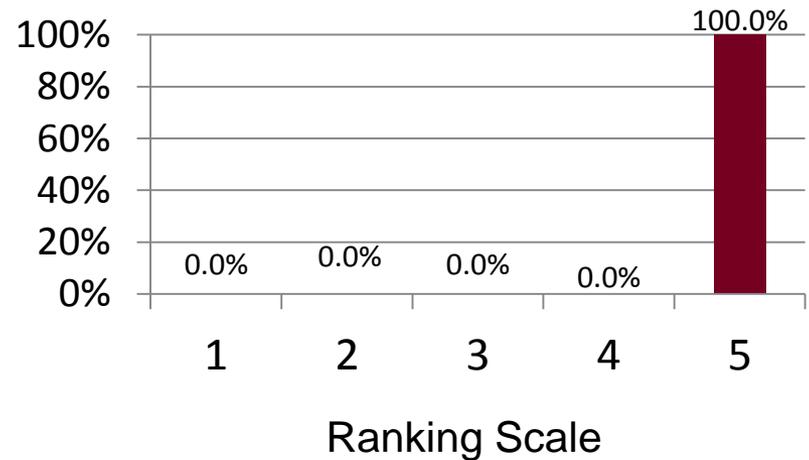
## The Role of RT within an Interdisciplinary Team- How Patients Benefit from Meaningful Leisure

### Testimonials

*“Very interactive and engaging, better knowledge of what TR's do and how people benefit from them.”*

*“Great interactive parts to the presentation, knowledgeable, enthusiastic presenters. Interesting and informative.”*

*“Dogs - pet therapy. Broadened my knowledge for RT's. Interactive with games and pet therapy.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Mini Med School

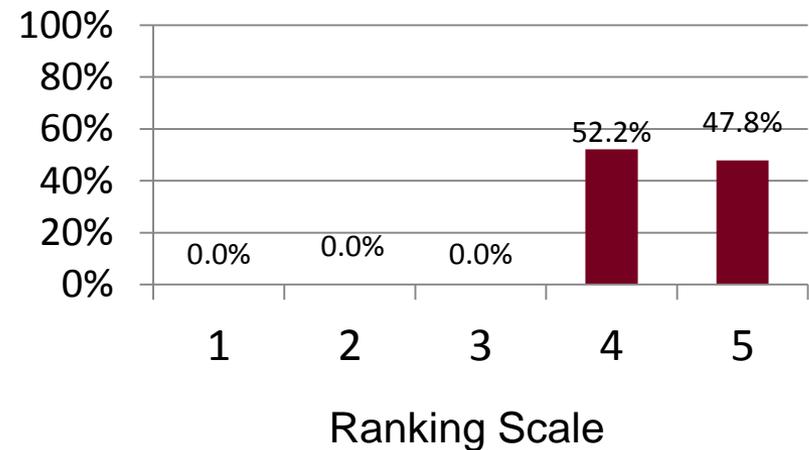
### Testimonials

*"I really enjoyed this workshop as I am greatly interested in med school after undergrad. The students were really friendly and informative about med school, their daily life, what they learn, and what it takes to get into med school. It was always interesting with workshops and activities to get to know medicine."*

*"It was very informative in regards to exploring various careers within the medical field. Improve the timing of interactive activities."*

*"Very helpful and informative. Answered all my questions and gave me a better understanding of what med school is"*

*"It was an educational and interesting experience. The med school students helped me with my questions. Explained their experiences and advice thoroughly."*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Language and the Brain

### Testimonials

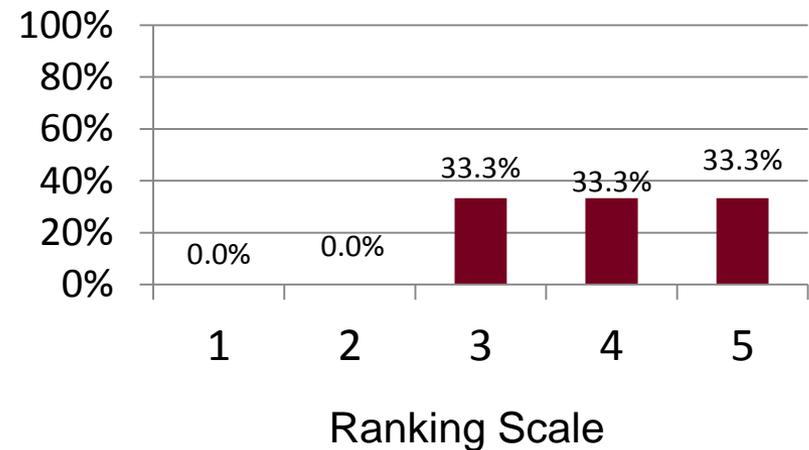
*"I learned a lot and was able to ask a lot of questions. It was nice to have a bit of guidance but still be able to get to the answer myself for the case studies."*

*"The content regarding brain diseases and their effect on the brain was very interesting to learn about."*

*"The prof was very knowledgeable and clearly passionate about her work. The topic was interesting and provided me with a better perspective on how degeneration or injury of the brain can affect language."*

*"I really liked this workshop as it incorporated problem-solving and thinking-skills into the learning concept."*

*"It was very interesting. Learned a lot of new things and found the course very interesting. Very informed instructor, she answered all questions and explained clearly."*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Nursing: The Most Trusted Profession in the World

### Testimonials

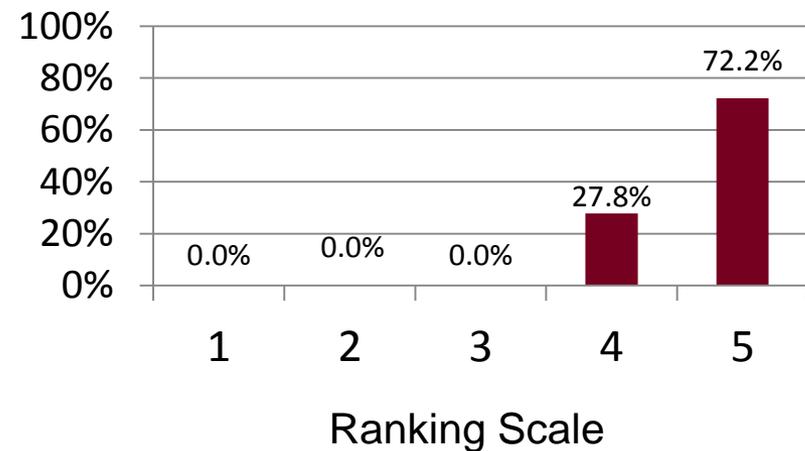
*“Informative and gained a lot of knowledge on the program. Stations were interesting but very similar to the mini med school.”*

*“Super fun!! I loved the setting and hands on features of this workshop. Will be considering this program.”*

*“Really great stations! Love how hands-on it was. The nursing student were very kind and approachable and they were knowledgeable about the program.”*

*“3 different stations were a great way to try a variety of nursing skills.”*

*“Amazing simulation. Great people presenting. Very friendly.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Rehabilitation - A stroke of genius

### Testimonials

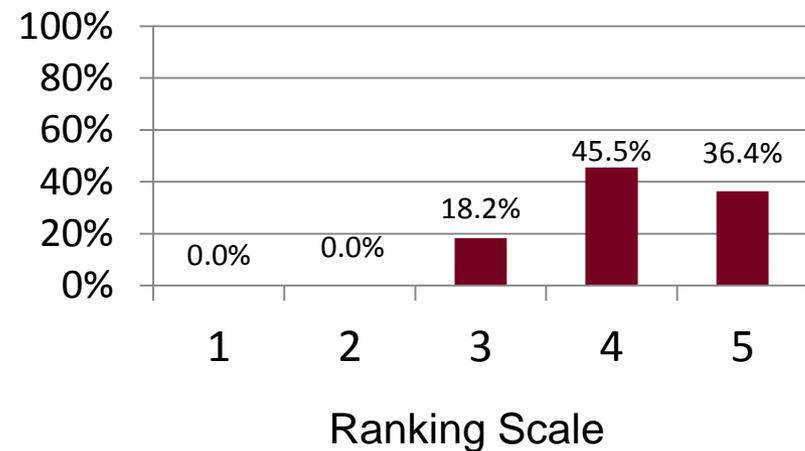
*“Learning about what a huge role rehab plays in stroke recovery is absolutely amazing, especially learning about how to dress, transfer, and help people walk. I had a lot of fun.”*

*“Learned what a stroke actually is! And how to help someone if they have a stroke.”*

*“Very informative, activities were hand-on. Definitely interested me & I may look into this career, was quite informative so were the students.”*

*“It gave me different career options, as I did not know a lot about OT.”*

*“Nice stuff to learn, extremely hands-on.”*





The Canadian Medical  
Hall of Fame  
Le Temple de la renommée  
médicale canadienne



## Sepsis: Infections Gone Bad

### Testimonials

*"I enjoyed learning more in-depth about sepsis. Our speaker was very knowledgeable and took time to answer our questions. In addition, the workshop grasped my attention and taught me major concepts."*

*"Really informative and concise. It was interesting to learn about what causes sepsis and how to deal with it."*

*"Very informative, activities were hand-on. Definitely interested me & I may look into this career, was quite informative so were the students."*

*"Very interesting and eye opening. There needs to be more awareness about this topic!"*

