

DISCOVERY DAYS in HEALTH SCIENCES

June 2, 2023

EVALUATION REPORT

Registered = 159

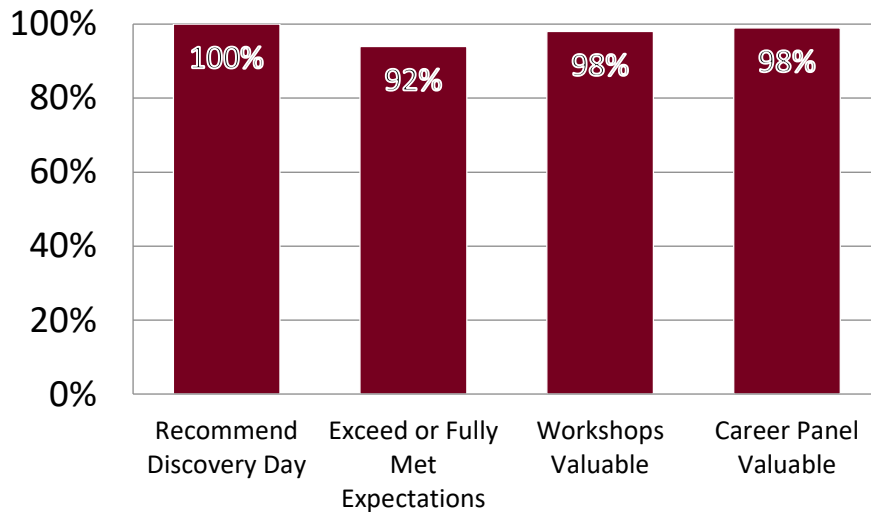
Attended = 135

Attendance Rate: 85%

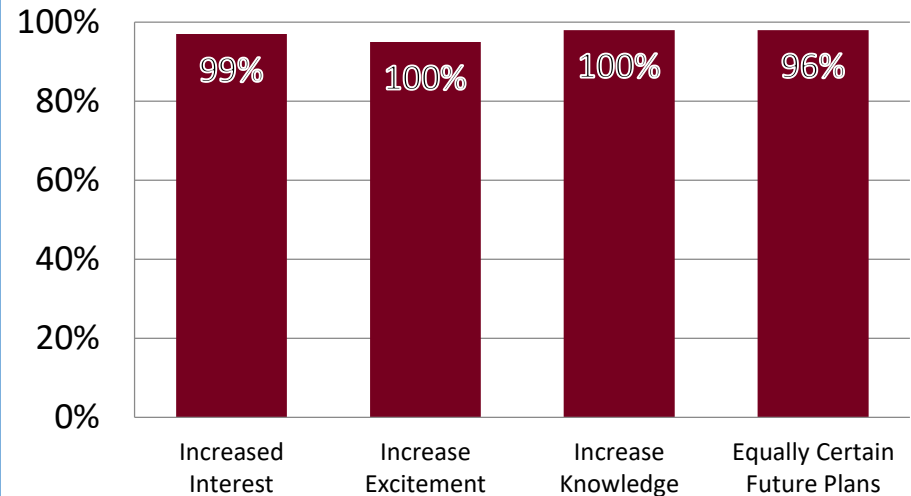
*"Hamilton feedback by far the best
received among Discovery Days
events held across Canada"
(CMHF)*



Pre/Post Impact Indicate that **Discovery Days** **Prime Youth** for a Career in the Health Sciences



Symposium Expectations



Symposium Impact

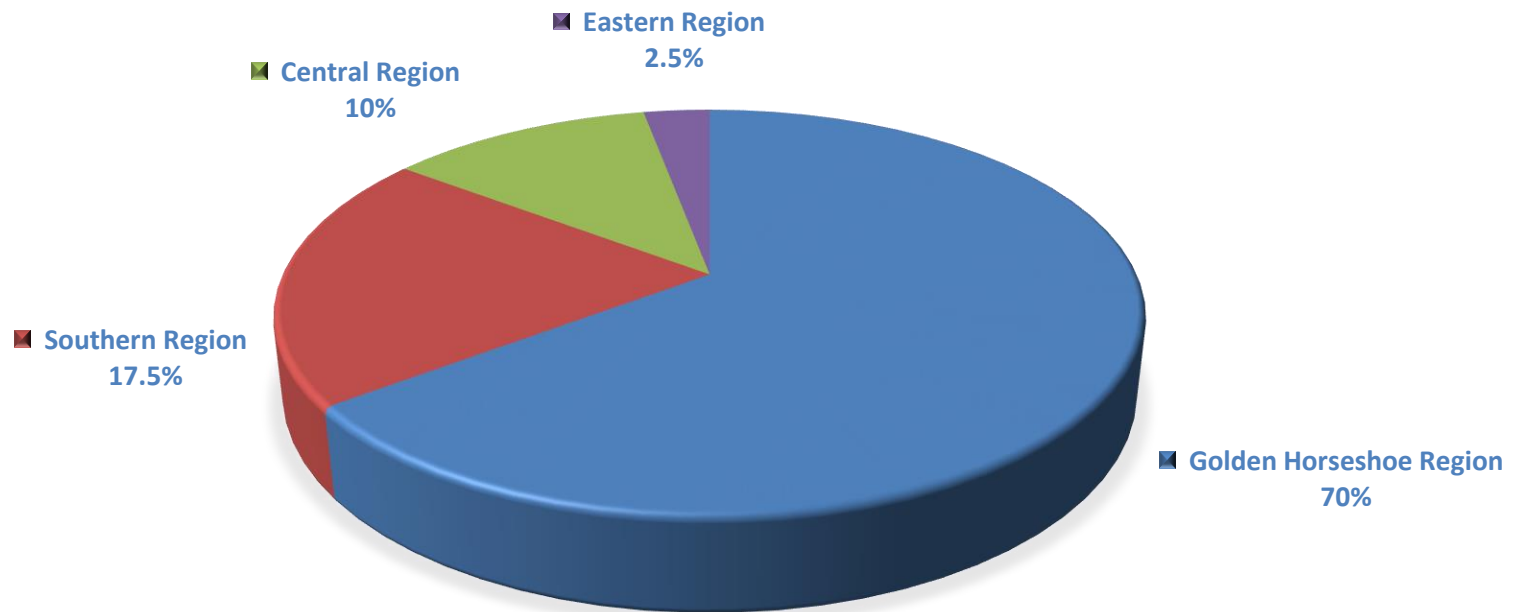
Participating Schools n=40

Academy for Gifted Children - P.A.C.E.
Ancaster High School
Assumption College School
Barrie North Collegiate
Bishop Ryan Catholic Secondary
Blessed Trinity Catholic Secondary School
Brantford Collegiate Institute
David Suzuki Secondary School
Dr. Frank J. Hayden Secondary School
Dundas Valley Secondary
E. L. Crossley Secondary
Elmira District Secondary School
ES Académie catholique Mère-Teresa

Fletcher's Meadow Secondary School
Garth Webb Secondary School
Grey Highlands Secondary School
Glendale Secondary School
Glenview Park Secondary School
Hillfield Strathallan College
Holy Trinity Catholic High School
Huron Park Secondary School
HWDSB Regional SHSM Healthcare Program
Iroquois Ridge High School
John F. Ross
Nelson High School
Philip Pocock C.S.S.
Rehoboth Christian School – Copetown

Rehoboth Christian School - Norwich
Richmond Green Secondary School
Saltfleet District High School
St. Ignatius of Loyola Catholic Secondary School
St. John Henry Newman CSS
St. Michael's College
St. Peters Catholic Secondary School
St. Theresa's Catholic High School
St. Thomas More
Stamford Collegiate
Stephen Lewis Secondary School
Virtual Learning Centre
Waterdown District High School
Westlane Secondary School

DEMOGRAPHICS OF PARTICIPATING SCHOOLS BY ONTARIO REGIONS





Keynote Speaker Finding Your Place

Surabhi Sivaratnam

MD Candidate, 2022 CMHF Award Recipient
McMaster University

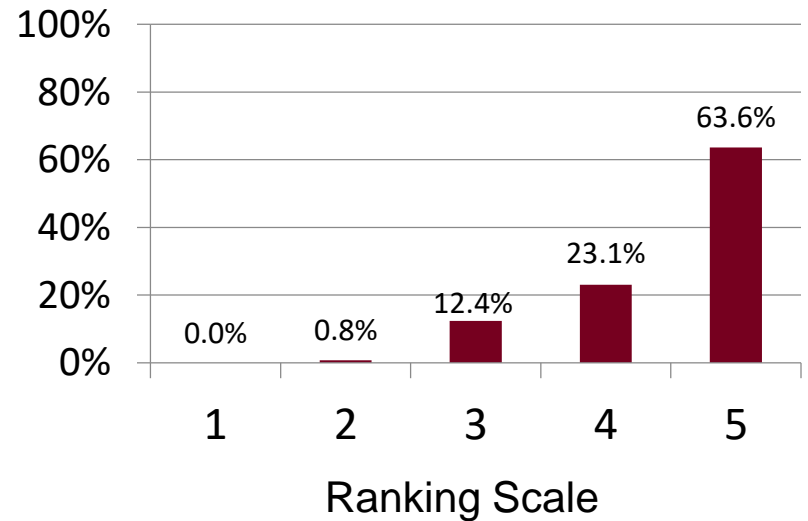
Testimonials

“The speaker was very nice, and she provided good advice for navigating our post-secondary journey. Her success was quite inspiring. She was also of South-Asian descent.”

“It was a great lecture by the speaker, I learned a lot! Very inspirational!”

“Incredible story on how she got to the point she’s at while at such a young age. Nice to know that you don’t need to be perfect.”

“Loved Surabhi! Very appreciative of the ethnic diversity she promoted and found her story highly inspirational and motivating.”



Professional Career Panel

“Health Pros Tell All”

Testimonials

“It was interesting to get an insight on the thoughts and experiences of professionals and learning about their journey through life and health sciences. Learning about their influences and interest was insightful and it helped me become more open minded .”

“As someone who was unsure of their career path, this panel gave me more clarity and provided and idea of potential jobs.”

“Their experiences served as a great hint and steppingstone towards my approach to my future. They were all extremely open and detailed towards their approach on the questions asked”

“Hearing different journeys and perspectives was eye-opening. It was nice to gain insight on the different career paths based on science/medicine.”



Proudly
presented by



Feedback From Concurrent Breakout Workshops

Language and the Brain

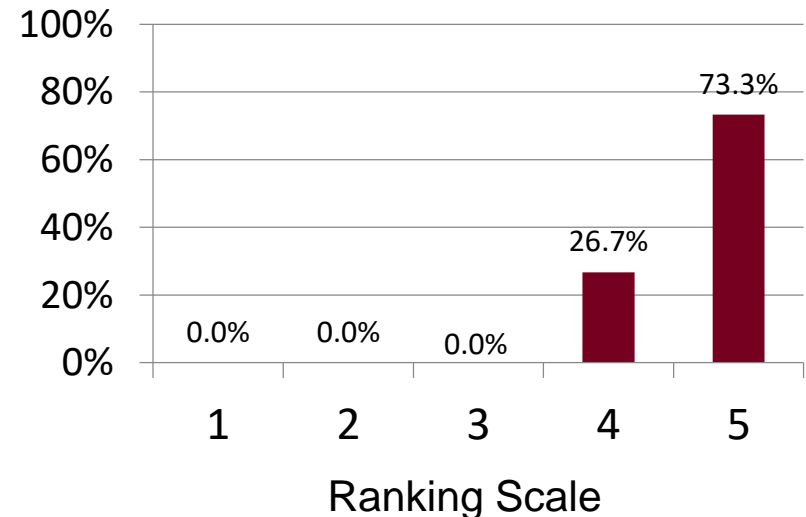
Testimonials

“Different brain impairment were interesting, as was analyzing patients.”

“I absolutely loved the workshop! We got to see different behaviours of different patients. We were able to discuss different factors of their illness.”

“Can not say enough great things about this workshop! It was great in exposing aspects of med science I haven't considered. Answered all questions asked!”

“I learned a lot from this workshop. There were so many things that I didn't know about that they helped me understand. I liked how interactive it was, how the speakers were really nice and explained the topic clearly.”



Nursing Journey: A World of Possibilities

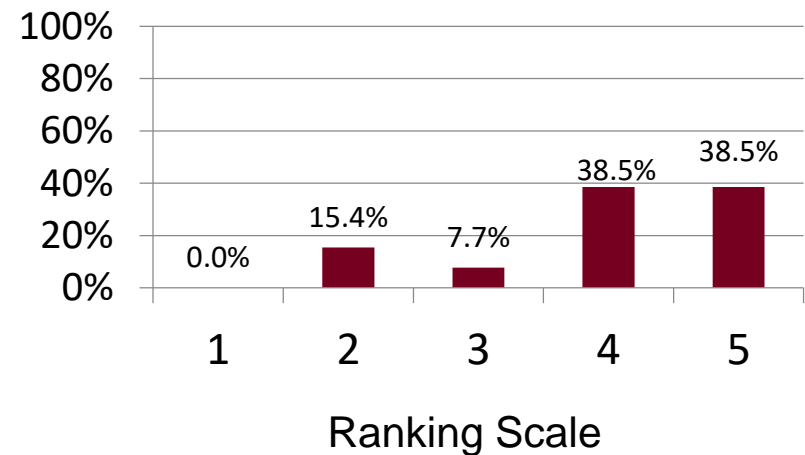
Testimonials

"I really enjoyed this workshop as I got to learn about a new perspective on nursing and a day-to day life in nursing. I got to learn about how rewarding the experience is and learn something new about health care and why it is so worth it to continue with health sciences. I gained an interest in nursing and am hoping to learn more about it."

"I enjoyed learning more about nursing and everything that was taught. The speakers were highly informative about nursing. Learned different nurse pathways."

"Learned about protecting both yourself and patients from harmful bacteria, sickness etc.."

"Learned a lot of useful and valuable information of my desired career and what I can do to make it better and fun."



Designing Health Care: Using patient Experiences to Improve Health Care

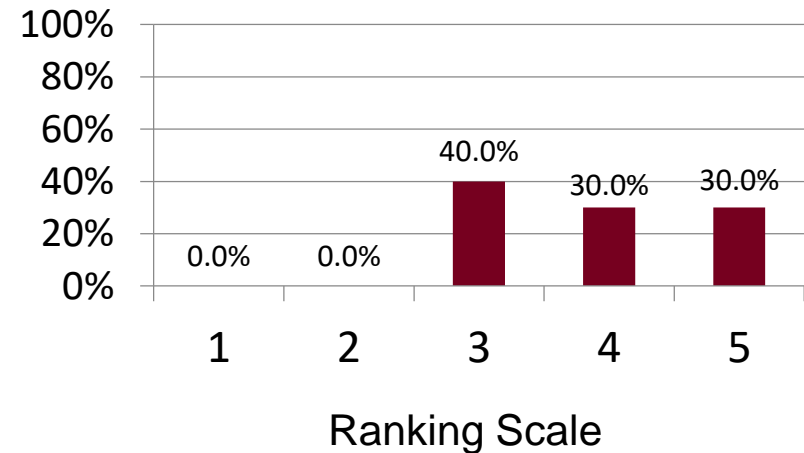
Testimonials

“Learning about key events we are proud, happy, and excited about was a great experience because I learned so many things about myself.”

“This workshop helped me in getting a better understanding of the factors that come from picking a career. It also gave me an understanding on how patients affect operations.”

“The speakers were extremely helpful and used hands-on activities to facilitate the understanding of patients.”

“This workshop provided participants with lots of interesting information about designing health care through the use of two unique cases. The interactive activity allowed us to explore our different feelings regarding our current educational journey to highlight the importance of understanding one’s emotions to ensure proper care.”



Autism: Collaborations for Meaningful Impact

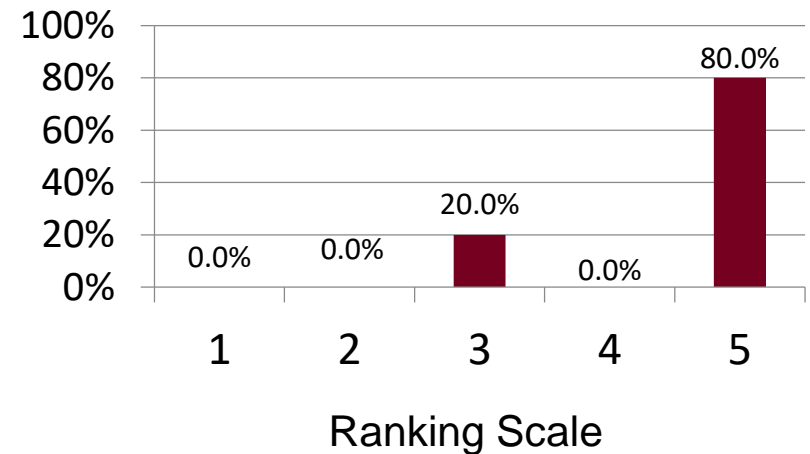
Testimonials

“Highly enjoyed the smaller group size. As someone with an autistic brother, seeing a bit of how autism policy is formed is very revealing and interesting, and the information was very accurate. This workshop went above and beyond. Than you to the autism team!”

“Speaker was very entertaining and gave a lot of interesting facts about autism. It was really cool to hear his story and experiences.”

“Completely life changing (perspective- wise). Very simple yet informative.”

“Very charismatic and funny speaker. Less hands-on, but I enjoyed the important lessons of working together.”



Our Brains When Things Don't Go Right: A Peak Into the World of Dementia

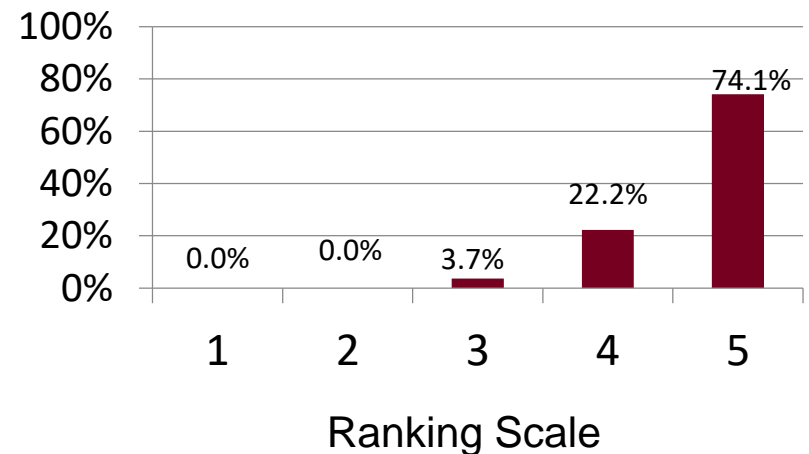
Testimonials

"Amazing speaker. Debbie was also a great example."

"It's a lot of valuable and new information and its very cool to know other's experience on dementia. The interactive part was very fun, and the knowledge easy to understand. We got to experience what symptoms of dementia feels like: writing with your left hand, etc. ."

" What a fascinating lesson! Debbie was a great speaker and example of Alzheimer's. The games were very informative of what dementia is like for people."

" I learned about the reality of dementia and the real hardships and symptoms of the disease, Also, how to approach and help people with dementia. Overall, a great learning experience that taught us to live every day to the fullest."



Walk In the Shoes of a Pharmacist

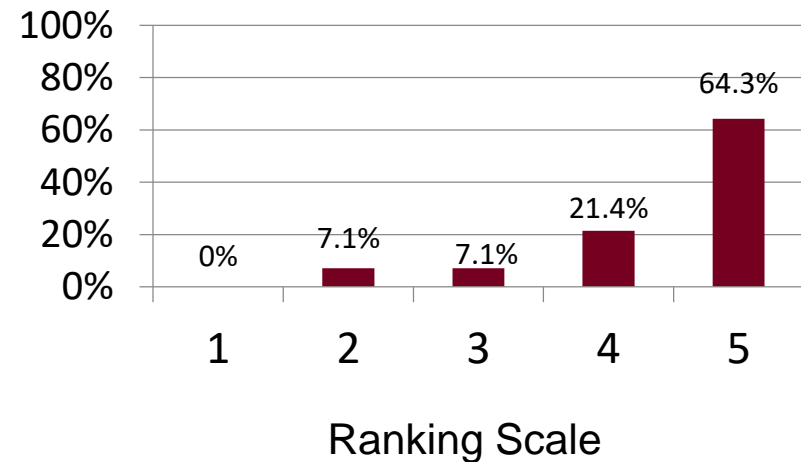
Testimonials

"I enjoyed the activities and learnt a lot."

"I learnt a lot about what pharmacists do and what their job consists of. I also learnt which courses/programs they'd have to take."

"A lot of definitions and lots of examples for students to understand what pharmacist do, and the different branches/types of pharmacist. The workshop also had a hand-on activity, which was very fun. We got to try pill dissolving and cream mixing. It was a very fun experience."

"Informative, Interactive, great lab, interesting. Learned a lot I didn't know. Leaders were very professional yet made the lab enjoyable."



Fitness and Physical Activity: Good For You, Good For All!

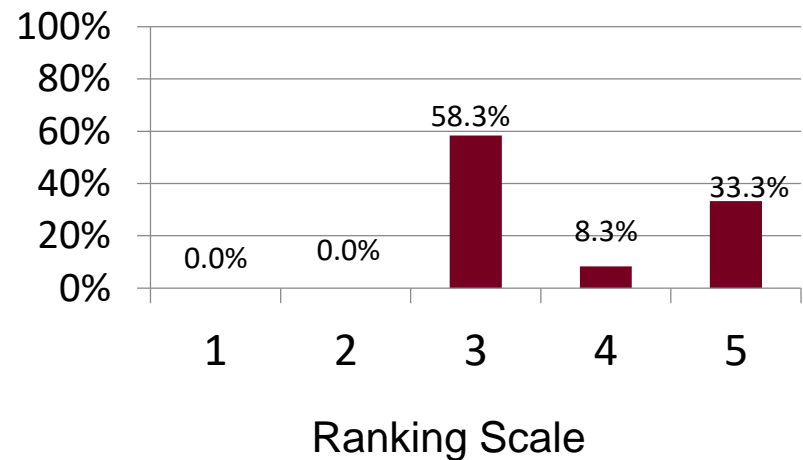
Testimonials

“Learned a lot in the field of research and study composition. Interesting methods of application leading to high retention rate of information.”

“Interesting and super cool to see results at the end!”

“I thoroughly enjoyed how interactive the workshop was as well, learned new concepts and words.”

“I thought that the demonstration on how to decide what to research and how to research was very insightful. I thought the example of their research was very self explanatory. The pulse goes up when you exercise.”



What Even is a PA?

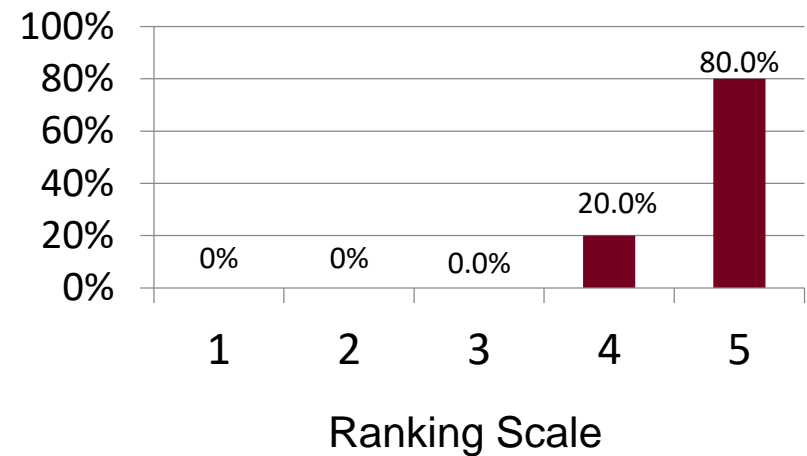
Testimonials

"The presenters were very knowledgeable, and I learned a lot about the job of an actual PA. The hands-on segment of the workshop was also very informative.."

"It was awesome. The activities were awesome, and I learned many new things."

"I really enjoyed how the workshop was informative as well as hands-on, diagnosing the patient and learning new things. The speakers were also very friendly and kind."

"This workshop really taught me about what it was, and it was amazing. The people running it were amazing, they did a great job explaining what a PA was and then running through activities that were good."



The Story of Cannabis: The Science of Understanding Its effects on Mind, Body and Cells

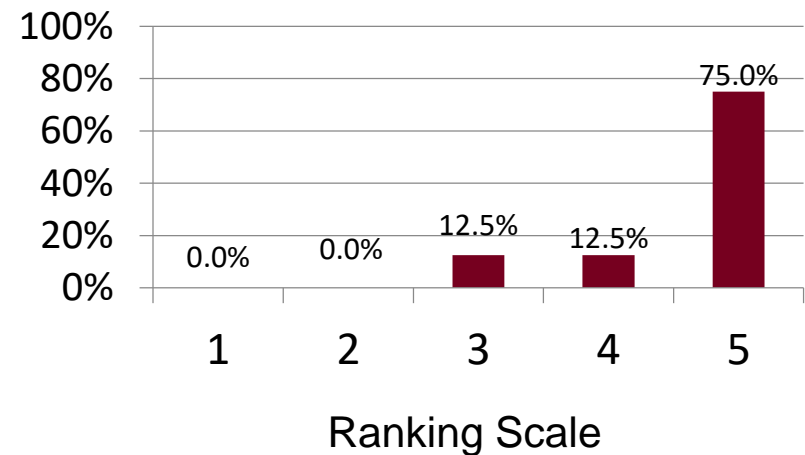
Testimonials

“Very informative. Fascinating information about cannabis and its impact on genetics and gestation.”

“Very interactive and engaging. Loved the games and activities. Learned lots of fun facts and important information about cannabis and its effects through generations.”

“Was very engaging, especially with the game show and buzzers.”

“ I learned so much about cannabis, something I initially had little knowledge about. I learned that it’s not as highly addictive as the general public thinks and that its effect can span generations.”



Be a Nurse, Save a Life

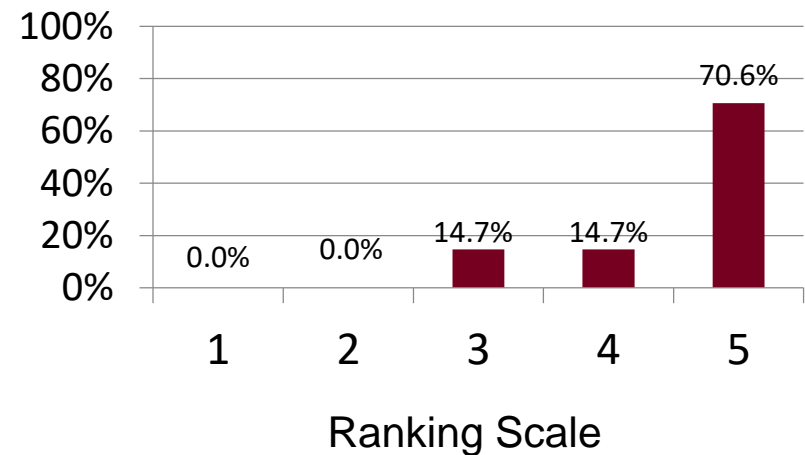
Testimonials

"The workshop was very informative and I learnt a lot about the path to nursing, heart beat, rhythms, and personal CPR."

"I loved how in-depth the career and nursing program's information was. It was great hearing about work-life balance, salaries and the various pathways to become a nurse."

"Very educational information on what nurses do and how you can help save someone's life."

"This workshop made me realize how much I wanted to be a nurse. It made me realize that going into nursing would be the right choice for me. It also made me realize the amount of work that a nurse really does behind the scenes."



Mini Med School

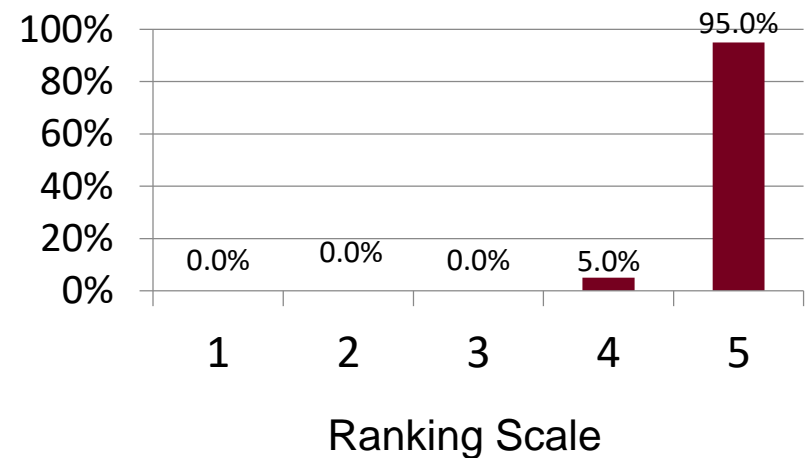
Testimonials

"This was really interactive and exciting. The instructors were all very nice, welcoming, and helpful."

"I loved this workshop! It was amazing to see how doctors work through cases. I am glad that we got to present our ideas and see where we went instead of simply being told. The Q&A panel there was helpful as I found the students gave passionate, down to earth advice."

"I loved the process of figuring out a medical problem. Speakers were kind and helpful. Loved working on the case and was very informative."

"It was very cool to see how students worked together in order to put together a medical case. I also loved being able to be in a room with so many people who have the same interest as me."



Get a Grip

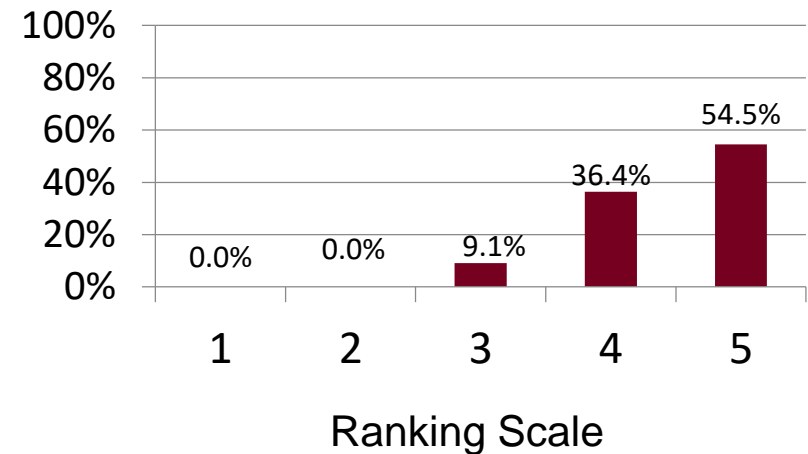
Testimonials

“Extremely interesting. Showcases the importance of regaining mobility in the hands but also coping with that loss of mobility and how therapy can help with that.”

“The presenters were great. Tara and her team were knowledgeable, relatable, and very engaging. Promoted aspects I can bring back to my school.”

“This workshop made me take a look at my hands, think about how my brain processes pain and how I can attempt to change my perception on the effect of pain.”

“The presenters were very patient with our questions and provided a lot of hands-on activities to make the workshop very engaging! I learned a lot about the characteristics of the musculoskeletal, nervous, and endocrine systems, and how they interact.”



How Can I Help You

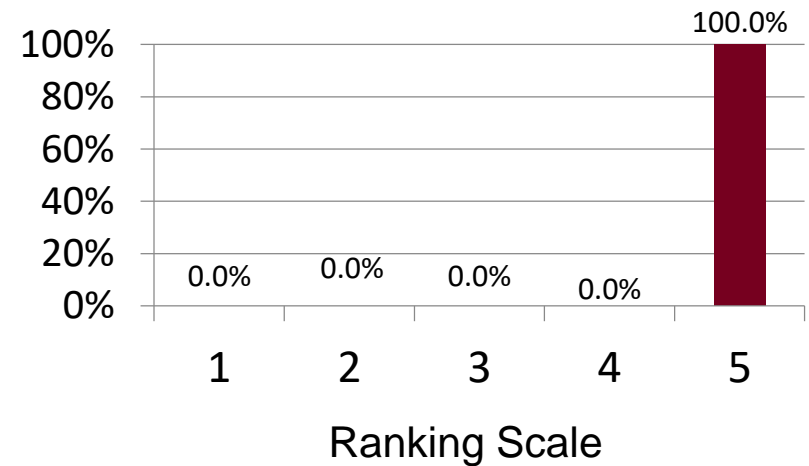
Testimonials

“Absolutely phenomenal! Very informative, aiding in my understanding of physiotherapy and occupational therapy and how they can be used in tandem for the optimal outcome of patient rehabilitation.”

“Interested me in a job I hadn't thought about before. Hands - on.”

“Presenters were knowledgeable and great speakers. They brought devices to make the session interactive. They displayed a passion for their professions and for educating future PTA and OTA students. Really enjoyed this session as well.”

“ Super informative and interactive.”



The World of Medical Research : From Lab to Clinic

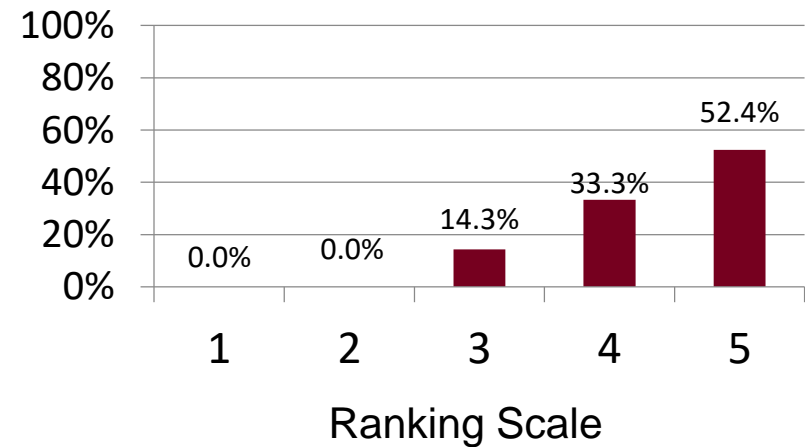
Testimonials

"It was interesting and fun to hear about the various things our speakers studied and I was able to ask questions about their masters and studies. Our DNA experiment was fun as well."

"I will begin a research position in the summer this year. Learning skills and valuable knowledge in DNA separation, as well as other pathways in research was extremely helpful."

"Loved the experiment! Was awesome and loved the DNA extraction."

"Gained a lot of information on research pathways. Able to ask questions and gained insights for some opportunities. Labs informative and interesting."



Biofabrication and Regenerative Medicine Approaches for Future Burn Treatment

Testimonials

"It was so interesting learning about how cells can be used to treat burns. I didn't previously know that this was possible and I am so excited that I had the opportunity to learn about a new branch in the health sciences field"

"Very well explained by all teachers. Enjoyed the technology used. Important/valuable information shared about burns and printing 3D."

"Learned surgical techniques. 3D printing techniques, and how studies get conducted."

"Gained a lot of information regarding burns and burn treatments, 3D modelling, pathway advice, and research labs. Informative and interesting."

