Welcome to MACQUEST!

MacQuest gives you the opportunity to get to know other Marauders outside of your residence or Faculty, discover the McMaster campus and explore the services the University has to offer. MacQuest consists of free tours and activities on-campus. Regardless of your residence or faculty, you can register for any tour/activity that fits your interests!

When selecting your tours/activities, please make sure your timings do not overlap. You may select one tour in the morning and one tour in the afternoon. There will also be drop-in activities available throughout the day, which do not require registration!

*Please note, if you sign up for more than 2 activities, the event coordinators will revoke your registrations*

We list the time of the tour, energy level, and things-to-bring under the tour description. Please pay close attention to these details. Please e-mail sscevent@mcmaster.ca if you have questions about activity accessibility.

If you are a first-year student entering the Health Sciences program, please do not select any tours. You will be participating in other programming with your faculty.
GET TO KNOW YOUR CAMPUS ACTIVITIES:
Common Reading Program: Pebble Pad Sessions:

Read, lead, and succeed! Register for the Common Reading Program event to participate in a common reading experience with future classmates and friends. Not only will first-year students have a chance to pick up a free copy of this year’s Common Reading Program selection, *The Best Kind of People*, while supplies last, they will also learn about the McMaster library resources and services using Pebble Pad, the online learning portfolio. Snacks will be provided!

**Time:** 10:00 a.m.-12:00 p.m., 1:30 p.m.-4:00 p.m.

**Meeting Location:** CIBC Hall

**What to Bring:** N/A

**Energy Level:** Low

Driving School: Essential Skills for Success:

Learn skills essential to success in University, including time management skills, McMaster website navigation, and resource locations. Topics will also include academic accommodations, course timetables, the role of the Faculty Advisor, and financial resources specific to students registered with SAS services.

**Time:** 10 a.m. – 12: p.m.

**Meeting Location:** Mills Library, Wong Room L107

**What to bring:** N/A

**Energy Level:** Low
Finding Free Money on Campus: Your One Stop for Aid & Awards:

Free money!? Yes, please! We’re here to teach you the tips and tricks for applying for Bursaries, Work Programs and In-course Scholarships. We’ll help you navigate the mosaic system to make the most of available free money on campus!"

**Time:** 10 a.m. – 11:30 p.m., 1:30 p.m. – 3 p.m.

**Meeting Location:** CIBC Hall

**What to Bring:** N/A

**Energy Level:** Low

Find Your Classes:

Nervous of where you’re going on your first week of classes? We’ve got you covered! Come with your Timetable and we will show you where to go and the quickest way to get there. We’ll make sure to stop at some commonly used study spots, chill-out areas and where you can grab a quick cup of coffee before that 8:30 a.m. lecture!

**Time:** Varies, depending on your Faculty (check below)

**Arts and Science**

Time: 10:00 a.m. - 12:00 p.m., 1:30 p.m. - 3:30 p.m.

**Business**

Time: 10:00 a.m. - 12:00 p.m., 1:30 p.m. - 3:30 p.m., 3:30 p.m. - 5:30 p.m.

**Engineering**
Time: 10:00 a.m. - 12:00 p.m., 1:30 p.m. - 3:30 p.m., 3:30 p.m. - 5:30 p.m.

**Nursing**

Time: 10:00 a.m. - 12:00 p.m., 1:30 p.m. - 3:30 p.m., 3:30 p.m. - 5:30 p.m.

**Humanities**

Time: 10:00 a.m. - 12:00 p.m., 1:30 p.m. - 3:30 p.m., 3:30 p.m. - 5:30 p.m.

**Kinesiology**

Time: 10:00 a.m. - 12:00 p.m., 1:30 p.m. - 3:30 p.m., 3:30 p.m. - 5:30 p.m.

**Social Science**

Time: 10:00 a.m. - 12:00 p.m., 1:30 p.m. - 3:30 p.m., 3:30 p.m. - 5:30 p.m.

**Science**

Time: 10:00 a.m. - 12:00 p.m., 1:30 p.m. - 3:30 p.m., 3:30 p.m. - 5:30 p.m.

**Meeting Location:** Mills Plaza

**What to Bring:** Comfortable clothes, shoes, and water bottle

**Energy Level:** Moderate
Information Highway: Library Use in the Fast Lane:

Library skills are essential. Learn how to find and access required sources. The services available through Library Accessibility Services and assistive software within the libraries will be highlighted.

**Time:** 1:00 p.m. – 3:00 p.m.

**Meeting Location:** Mills Library, Connection Centre L113

**What to bring:** Low

**Energy Level:** Low

International Student Services - Day Trip:

Come join International Student Services and Residence on our day trip to Ikea, the Nations grocery store, Downtown Hamilton, and Limeridge Mall. You will have a chance to buy small furniture, linens, cutlery, etc., check out the largest Asian supermarket in downtown Hamilton, explore the city, and set up your phone and bank account. Lunch will not be provided, but you will have an opportunity to buy food downtown.

**Time:** 9:30 a.m. – 6:00 p.m.

**Meeting Location:** MUSC Marketplace

**What to bring:** Comfortable clothes, shoes, and water bottle, packed lunch or lunch money. Optional money if you want to purchase anything

**Energy Level:** Moderate
MacAdemics 101: Coping with Stress for Academic Success:

As a new McMaster student, first year is a time of transition and change. It’s a time when you’re meeting new friends, adapting to academic demands, living in a new place or managing a commute, and learning strategies to balance being a university student with all the other demands. Join this session where we will be discussing the secret (or not so secret) ways of managing stress. We can figure out if our stress is positive or negative, get to know the signs, and learn healthy relaxation techniques. We’ll also introduce you to some of the resources we have on campus that can support you along the way!

**Time:** 2:30 p.m. - 3:30 p.m.

**Meeting Location:** CIBC Hall

**What to bring:** N/A

**Energy Level:** Low

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MacAdemics 101: Introduction to Diversity and Inclusion at McMaster:

Come to this workshop to learn more about issues related to diversity and building inclusion on Mac’s campus. We’ll talk about food and faith, human rights accommodations, sexual violence, racism and a whole bunch of other important topics. Looking forward to seeing you there!

**Time:** 11:30 a.m. – 12:30 p.m.

**Meeting Location:** CIBC Hall

**What to bring:** N/A
**Energy Level:** Low

**MacAdemics 101: Note-Taking for University:**

This workshop will prepare you for University lectures by introducing a variety of effective note-taking strategies. With real examples you will learn how to actively listen for key points and summarize main ideas, preparing more meaningful and effective study notes.

**Time:** 10:30 a.m. – 11:30 a.m.

**Meeting Location:** CIBC Hall

**What to bring:** N/A

**Energy Level:** Low

**MacAdemics 101: Procrastination & Time Management:**

How do procrastination and time management issues differ? What can you do to tackle both? In this session, we’ll talk about why you might struggle in these areas, and what you can do about it!

**Time:** 1:30 p.m. – 2:30 p.m.

**Meeting Location:** CIBC Hall

**What to Bring:** N/A

**Energy Level:** Low
MacAdemics 101: Setting Goals for Success:

Have a goal for first year? Great! Do you know how to reach it? This session will help you set focused and realistic goals and the action plans to complete them. Increase your motivation, overcome obstacles, and reach your goals!

**Time:** 4:30 p.m. - 5:30 p.m.

**Meeting Location:** CIBC Hall

**What to bring:** N/A

**Energy Level:** Low

MacAdemics 101: What I Wish I'd Known in First Year:

Even the most successful students look back on their first year and wish they’d had certain habits and/or picked up on key pieces of information. We’ll share these insights with you so that you make the most of your undergrad experience!

**Time:** 3:30pm - 4:30pm

**Meeting Location:** CIBC Hall

**What to bring:** N/A

**Energy Level:** Low
MacScavenger - Crack the C0d3:

Do you think you have what it takes to solve these McMaster mysteries? Venture around campus solving clues that lead you to your next destination. Learn about some of McMaster’s most valuable services and locations along the way.

**Time:** 10:00 a.m. – 12:00 p.m., 1:30 p.m. - 3:15 p.m., 3:30 p.m. - 5:15 p.m.

**Meeting Location:** CIBC Hall

**What to bring:** Smartphone to take and upload photos, comfortable clothes, shoes, water bottle, notepad and pen (optional)

**Energy:** Moderate

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Map Your Course:

This is your opportunity to connect with other students and reflect on your goals during your time here at Mac. Learn how to achieve your goals by checking out the resources and services on-campus.

**Time:** 10:00 a.m. – 12:00 p.m., 1:30 p.m. - 3:15 p.m., 3:30 p.m. - 5:00 p.m.

**Meeting Location:** CIBC Hall

**What to bring:** N/A

**Energy Level:** Low
Marauder’s Den

Are you the next Mark Zuckerberg? Prove it! Student Success Centre is teaming up with The Forge @ Mac to host the first-ever Marauder’s Den. You and your aspiring peers will be given a mystery product, which you will then have to work together (in teams of 2-3) to sell your product to this panel of experienced judges.

**Time:** 10 a.m. - 12 p.m., 2 p.m. - 4 p.m.

**Meeting Location:** CIBC Hall

**What to bring:** Comfortable clothes, shoes, water bottle, pen and notepad (optional)

**Energy Level:** Moderate

McMaster Food Tour:

Where are the best places to eat on-campus? Which food-spots are closest to classes, residence, or the bus stop? Where do I go to get food that caters to dietary needs? Take part in this tour to learn of the food and choices that are available on-campus. Plus, who doesn’t love free samples?

**Time:** 10:00 a.m. – 12:00 p.m., 2:30 p.m. - 4 p.m.

**Meeting Location:** CIBC Hall

**What to Bring:** N/A

**Energy Level:** Moderate
McMaster's Hidden Gems:
Learn some of McMaster’s best-kept secrets while meeting your Marauder family. Participate in one of these great tours where we will meet notable Faculty and staff, share helpful information that each department/service has to offer, as well as useful websites and apps to use while navigating through University.

**Time:** 10:00 a.m. – 12:00 pm, 1:30 p.m. - 3:15 p.m., 3:30 p.m. - 5:15 p.m.

**Meeting Location:** CIBC Hall

**What to Bring:** Comfortable clothes, shoes, water bottle, notepad and pen (optional)

**Energy Level:** Moderate

Nathan Cooper: Positive Psychology/Flourishing
The presentation will provide an overview of positive psychology research with some specific focus on application. The concepts will be illustrated by experiential means of generating increased happiness and optimism.

**Time:** 2:00 p.m. – 3:00 p.m.

**Meeting Location:** CIBC Hall

**What to bring:** N/A

**Energy Level:** Low
Open Circle @ The Planetarium:

Ponder your place in it all. Are you wondering where you fit into this new university experience? Take time out to ponder your place in it all with a planetarium show and opportunity for reflection with Open Circle. The planetarium show will take you on a quick tour through the skies above Hamilton, exploring planets, galaxies, black holes, supernova remnants and other fascinating objects along the way. Come and ponder some of the big questions about the Universe! Find out how you can get involved in exploration of life, spiritual, and societal issues with other diverse students in Open Circle, through weekly reflection circles, events, individual spiritual companioning, or Community Volunteer Circles at www.OpenCircle.mcmaster.ca. Find out more about planetarium shows at: www.physics.mcmaster.ca/planetarium

**Time:** 11:00 a.m. – 12:00 p.m., 1:30 p.m. - 2:30 p.m., 4:15 p.m. - 5:15 p.m.

**Meeting Location:** CIBC Hall

**What to Bring:** N/A

**Energy Level:** Moderate

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The Hidden Curriculum:

Join us for a fun, interactive activity where you will identify your top skills, hear what skills others have and learn about ways you can develop them too! Leave with some job search tips from a career professional to help you get connected.

**Time:** 10:30 a.m. - 11:30 a.m., 1:30 p.m. - 2:30 p.m.

**Meeting Location:** CIBC Hall

**What to Bring:** N/A
**Energy Level:** Low

**The Money Game - Your Money Personality and You:**

Did you know that we all have a money personality? Come and find out if what your money strengths are and a plan for surprise financial situations. Be prepared for a fun, interactive and insightful session all about $$$.  

**Time:** 10:30 a.m. – 12 p.m., 1:30 p.m. – 3:30 p.m.

**Meeting Location:** CIBC Hall

**What to bring:** N/A

**Energy Level:** Low

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**The Rez & SOCS Relay Race**

Do you know daytime game shows better than anyone you know? Now is your time to shine! Residence and SOCS are hosting a gameshow mashup relay race. Don’t worry, you’ll be in teams so you won’t have to strategize alone. You’ll go head-to-head against three other teams. The winner will end up taking home a sweet prize.

**Time:** 1:30 p.m. – 2:30 p.m., 2:30 p.m. – 3:30 p.m.

**Meeting Location:** CIBC Hall

**What to bring:** Comfy shoes and bottle of water.

**Energy Level:** Moderate
ATHLETICS AND RECREATION:
Alpine Tower Climb + Group Challenges

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m. (First come, first serve basis)

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** High

Art in Nature

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m. (First come, first serve basis)

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** High

Badminton

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m. (First come, first serve basis)

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle
**Energy level:** High

**Campus Scavenger Hunt- McMaster History**

Did you know McMaster University was originally founded in Toronto? Or, that we have more than 20 sculptures on-campus? Take part in this scavenger hunt to learn the best McMaster trivia and on-campus spots in a fun way.

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** Moderate

**Cootes Paradise Hike**

From waterfalls and valleys to meadows and forests, Hamilton is home to so much natural beauty and landscape. At McMaster, we’re lucky enough to have these trails running through McMaster’s backyard. Take part in a Cootes Paradise Hike, where you’ll explore trails, learn of hiking paths to explore on-campus, and uncover just how far these trails span.

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall
What to bring: Comfortable clothing, running shoes, water bottle

Energy level: Moderate

Dance Sampler

Time: 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

Meeting Location: DBAC Sports Hall

What to bring: Comfortable clothing, running shoes, water bottle

Energy level: High

Do it Yourself Home Workout Ideas

We’ve all heard of the demand that University can have on our health and wellness; but, sometimes getting outside or to the gym can be difficult to balance with school, work, and life. Join this session to learn of workouts you can try at home so that you can plan your workout time based on your own schedule and needs.

Time: 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

Meeting Location: DBAC Sports Hall

What to bring: Comfortable clothing, running shoes, water bottle

Energy level: High
Feather Family climbing wall + Belay School

Did you know that the Pulse (McMaster’s fitness centre) has its own climbing wall? Try it out for yourself at this activity, where you will get the chance to sample Belay School, a climbing wall orientation to help you prepare, as well as a chance to try out the wall with our trained staff. The best part? This session is for everyone! No experience is required.

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** High

Fitness Class Sampler – Bootcamp

You want to sweat? Come sample this military themed class and you won’t have a choice! Join us for a non-stop session full of dynamic drills that will keep your mind focused and your muscles firing. This is a challenge class, suitable for all fitness levels, incorporating traditional military exercises such as push-ups, jacks and walking planks.

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m.,

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** Moderate
**Fitness Class Sampler – Zumba and Core Blast**

**Time:** 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** High

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**Fitness Class Sampler – Mac Cycle**

**Time:** 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** High

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**Flag Football**

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** High
Fun Run

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** High

Group Team Building Challenges:

One of the best ways to make new friends is to take on a challenge together. Participate in a series of team-building challenges. Lace up your runners, hydrate, and get ready to sweat, because these challenges will be hosted by Athletics and Recreation.

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** Moderate

McMaster Forest Hike:

**Time:** 10:00 a.m. – 12:00 p.m., 1:00 p.m. – 3:00 p.m., 3:00 p.m. – 5:00 p.m.
**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** Moderate

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**Pulse Fitness Centre Orientation:**

Join us for your first introduction to The Pulse, McMaster University's fitness centre. Learn all about the different facilities and equipment offered, as well as programming that runs throughout the year. No matter what your current fitness level may be or what your interests are, The Pulse has something for everyone. Meet with certified staff members who have the skills and enthusiasm to help you reach your goals.

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** High

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**SOBI bike ride to Westdale**

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle
Energy level: High

**Soccer-Baseball**

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

Energy level: High

**Squash:**

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

Energy level: High

**Tchoukball:**

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle
Energy level: High

**Ultimate (Frisbee)**

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** High

**Volleyball**

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall

**What to bring:** Comfortable clothing, running shoes, water bottle

**Energy level:** High

**Yoga**

**Time:** 10:00 a.m. – 11:00 a.m., 11:00 a.m. -12:00 p.m., 1:00 p.m. – 2:00 p.m., 2:00 p.m. – 3:00 p.m., 3:00 p.m. – 4:00 p.m., 4:00 p.m. – 5:00 p.m.

**Meeting Location:** DBAC Sports Hall
What to bring: Comfortable clothing, running shoes, water bottle

Energy level: High