



McMASTER CHILDREN & YOUTH UNIVERSITY

Saturday Morning Lectures

11:00 am - 12:00 pm

Admission is FREE.

Pre-registration is suggested.

Get in Touch

mcyu@mcmaster.ca
905.521.2100 ext.73790

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The McMaster Children & Youth University offers free, family-oriented Saturday morning lectures geared to students from ages 7-14. The lectures are located on McMaster University's campus, giving children and youth the ability to experience higher education.

Genome in Your Home: What's Your Story? September 26, 2015

Dr. Kim Dej

Your personal genome is all of the information cells use to make you. Trillions of cells make up your body, each with that same "book" of information. Now you can read that book and know everything about yourself! Well, maybe not everything... Together we will explore what personal genome testing means and, importantly, what might be the powers and limitations of having this information.

Health & Business: Square Peg, Round Hole October 24, 2015

Dr. Gillian Mulvale

What do you get when you cross business with healthcare? Exciting new career opportunities! Dr. Mulvale will explain how the combination of studies in business and health care are creating innovative teaching and research opportunities to improve the health care system, and the health of Canadians as well. Come learn how health leaders, health care providers, patients and their families all have a role to play in making health care better!

Movie Monsters: Real or Imaginary? November 28, 2015

Dr. Chad Harvey

Are those fantastic creatures we see in the movies the creation of someone's imagination or their worst fears? Or are they creative innovations of things living on Earth? The natural world is filled with a variety of amazing and wonderful creatures, most of which are insects. Letting our creative minds wander, come take a tour into the biology and reality of Earth's movie monsters!

hitchBOT: the Hitchhiking Robot January 23, 2016

Dr. David Harris Smith

Come learn about the adventures of hitchBOT! Dr. Smith will speak about all hitchBOT's development and amazing adventures around the world. Though we often we ask "can we trust robots?" the hitchBOT team instead wondered "can robots trust humans?" Let's find out...



**“Healthy Active Living”: Behind the Slogan
An Extra Lecture!
February 6, 2016**

Dr. Katherine Morrison

Do you know that we have a kind of fat in our body that burns calories? Or that how much you sleep can impact your appetite? Scientists are learning lots about how our bodies respond to sleep, food, and exercise. Come discover what’s NEW in the science behind our health!

**The Power of Singing: It’s Good for the Soul
February 27, 2016**

Dr. Rachel Rensink-Hoff

Do you sing along to your favourite songs? How does it make you feel? Singing is fun and, better yet, it’s good for you too!

When we sing, our bodies are happier and our minds are clearer. When we sing with others, our spirits are lifted and our hearts feel connected. Join us to find out why!

**Sweatshop to Your Shop: Geography, Globalization
March 26, 2016**

Dr. Mike Mercier

Ever wondered where stuff is made and how it gets to you? Globalization is the process that links distant peoples, cities, and countries much more closely than ever before. And it is globalization that influences the foods we eat, the clothes we wear, and the devices we use. Together, we will explore the sudden geographical changes resulting from globalization.

**Sprinting Toward Health: the Power of Exercise
April 23, 2016**

Dr. Martin Gibala

Doctors often refer to exercise as “medicine”, but what is the best “prescription” of exercise to improve your health?

Dr. Gibala will explain the amazing ways in which our bodies respond to different “doses” of exercise. Is Exercise Medicine best taken fast or slow? Come find out!

**Animals at the Extremes: Mountain Mice and More
May 28, 2016**

Dr. Grant McClelland

Ever wonder how animals survive on the tops of mountains, in frozen lakes, or in places with extreme heat? What is it about these animals that allow them to survive when we can't?

Together we will explore some amazing animals that live in extreme places and the biological mechanisms that allow them to be successful at the extremes.

