Station 1 – Break Station

Location – Woodward Library

10 minutes – Please use your stop watch to time both Squads. Once 10 minutes has elapsed they must continue to the next station. If this is their last station please direct the Squad back to **Bio room 2000.**

**Max 1 granola bar and 1 juice box per station**

Station 2 – Minute to Win it part 1

Location – Abdul Ladha (Upstairs)

Have a different person from each Squad attempt each round. You can have the group decide who will attempt each of these contests. Each round must be completed within 1 minute exactly. Get through as many rounds as you can but make sure not to go over the stations 10 minute mark.

# Round 1: Back Flip

Catch increasingly larger sets of pencils, flipped off the back of your hand

1) Pencils are placed on playing surface in increments of 2, with all erasers facing the same direction.

2) When the clock starts, player picks up first set of 2 pencils and places them on the back of his/her hand.

3) Player must flip pencils into the air, then catch them together. Player adds two more pencils with each turn, building to a **final set of 12.**

4) Player cannot add the next set of 2 pencils until the previous set has been caught.

5) To complete the game, player must catch sets of 2, 4, 6, 8, 10, and finally 12 pencils in succession within the 60-second time limit.

# Round 3: Candy Elevator

Contestants must raise three M&Ms into their mouth using an elevator made of pencils and string wrapped around their ears. If the M&Ms fall it means automatic disqualification

1) Place pencils side by side and tie them together at each end with string so that there is several feet of string free.

2) Set the pencils down. Place 3 candies in the middle and place each loose string over an ear.

3) When the clock starts, player will raise the pencil elevator by pulling one string with the right hand, the other with the left hand.

4) Strings may not be held in the same hand, stepped on, crossed, or wrapped around any object other than the hand or fingers.

5) If candy falls at any time the player loses.

6) To complete the game, player must get all 3 candies into the mouth within the 60-second time limit.

# Round 5: Feather blow

Contestants must keep a feather in the air for 60 seconds by blowing on it. If the feather touches the ground contestant is disqualified.

# Round 6: Face the Cookie

Contestant must move 2 Oreo cookies from the forehead to the mouth using only facial muscles in 1 minute.

# Round 7: Don’t blow the joker

Contestant must blow 52 cards off the top of a glass bottle leaving only the joker.

1) Stack a deck of cards face down with a joker face up on the bottom.

2) Center this stack of cards on the mouth of a glass bottle.

3) When the clock starts, player begins blowing cards off the top of the stack.

4) Player may not touch the cards or bottle.

5) To complete the game, a player must blow all cards off the stack, leaving only the joker atop the bottle within the 60-second time limit and it must remain there for 3 seconds.

# Round 8: Office Tennis

Two contestants must work together to rally a paper ball back and forth into a waste basket using clip boards

1) Prior to game start, place the waste paper basket 15 feet away from a designated foul line. Place a second foul line from the basket perpendicular to the other line.

2) When the clock starts, using the clipboards as paddles, the players must volley the paper ball back and forth and land it in the basket.

3) The players may not cross the foul line before the paper ball is hit at least once.

4) The players may not cross the second foul line at any time.

5) The players may not double hit or carry the paper ball at any time.

6) To complete the game, 1 paper ball must remain in the basket within the 60-second time limit.

Station 3 – Resource Scramble

Location: Irving K Barber Room 156

Purpose: Work as a team to match up the questions with the correct answers.

Resource Review Activity - Template

|  |  |  |
| --- | --- | --- |
| **Resource** | **Location** | **Purpose** |
| Career Services |  |  |
| Student Health and Wellness |  |  |
| Center for Student Involvement |  |  |
| Science Student Information Center |  |  |
| Financial Information/Tuition Payments |  |  |
| Housing Services |  |  |
| Access and Diversity |  |  |
| Science Peer Academic Coaches |  |  |
| Chapman Learning Commons |  |  |
| Coaches Corner |  |  |
| Science Academic Advising |  |  |
| AMS Tutoring |  |  |
| The Distillation |  |  |
| Speakeasy |  |  |

Resource Review Activity – Answer Key

|  |  |  |
| --- | --- | --- |
| **Resource** | **Location** | **Purpose** |
| Career Services | Brock Hall | Helps students/employers to connect and also provides workshops, events, job postings etc |
| Wellness Centre | Student Union Building, lower level | Healthy lifestyle promotion, peer educators and referrals, workshops. |
| Center for Student Involvement | Brock Hall | Provides a hub for connecting students with resources, orientations programs, peer programs and CLASS. Also a source of information about volunteering, student driven projects and launching projects |
| Science Student Information Center | Chemistry/Physics Building A150 -6221 | To assist with Science undergraduate student issues. Issues such as domestic issues, health concerns, graduation and course concerns etc |
| Financial Information/Tuition Payments | Information Center – Brock Hall | A location for students to pay for their Tuition or ask questions regarding payments |
| Housing Services | 2205 Lower Mall, Building 6  Campus and Community Planning | Provides housing for over 8000 students, staff & Faculty |
| Access and Diversity | Brock Hall | provide leadership in examining policies, processes, and programs through a broad diversity lens. |
| Science Peer Academic Coaches | Contact online: my.science.ubc.ca/spac/ | students to connect with other students with coaching sessions, workshops on improving learning skills and science specific workshops |
| Chapman Learning Commons | Irving K. Barber Learning Centre | UBC-selected learning resources that guide students through a process of discovery. Provides numerous resources and tools for students to find success in their studies. |
| Coaches Corner | Irving K. Barber Learning Centre | A drop-in centre where students can receive one-on-one academic coaching with an SPAC coach, PAC coach or an Arts Coach. |
| Science Academic Advising | **Science Information Centre** A150 - 6221 University Blvd.  (Chemistry/Physics Building) | Advise students and provide general information regarding their required courses and their degree requirements |
| AMS Tutoring | Qualicum Room, Irving K. Barber Learning Centre | Provide a range of tutoring services - from drop-in tutoring to appointment tutoring along with other helpful resources. |
| The Distillation | In your science agenda!  Email | Provides first year Science students with important dates and upcoming events, workshops and exams while trying to promote the Learning Plan |
| Speakeasy | Student Union Building | A free, confidential student service offering peer crisis support, information, and referrals to the UBC community. |

\*\*\* Bonus points if you can name websites!!!!\*\*\*\*

Station 4 – Squad Feud

Location: Irving K Barber room 461

Object of the station: Accumulate points by answering a series of questions appropriately.

Maximum Amount of Points: 50

Bonus Points Maximum: 10

Maximum Total Possible: 60

Equipment:

* “Faceoff Questions”
* Feud Frenzy Questions
* Buzzers

Directions:

Line up two squads facing eachother. One member from each team will step forward to face off. Squad Manager will read a “Faceoff Question” allowed. “Faceoff Questions” are **not** for points. The first team to buzz in with a correct answer from the list will then have an opportunity to answer 3 more questions, called “Feud Frenzy”. The Feud Frenzy questions will be a combination of Multiple Choice and short answer questions.

IF the “Faceoff Question” is answered incorrectly, the opposing team will have a chance to steal. If they answer correctly, then the opposing team will have the opportunity to answer the 3 questions. If both members answer the “Faceoff Question” incorrectly, they are asked another “Faceoff Question.”

Feud Frenzy questions must be answered by everyone on the team, in order. **Minus Points if someone on the team answers two rounds in a row.**

One point for each Feud Frenzy Question answered correctly, unless otherwise stated.

Faceoff Questions:

1. Imagine Day started\_\_\_\_ years ago.
2. The Dean of Science is \_\_\_Simon Peacock\_\_\_\_\_. (Must know first and last)
3. Vancouver Canucks placed \_\_2nd\_\_ in the league last year.
4. AMS Stands for \_\_\_\_Alma Maters Society\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. The name of the Squad Manager reading you this question is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. The name of the Mascot for SUS is called \_\_\_\_\_Labrat\_\_\_\_\_.
7. What is the UBC Mascot? Thunderbird
8. Storm the Wall this year had a picture of a \_\_\_\_\_Totem Pole & Crow\_\_\_\_\_ on it.
9. You can get Teen Burgers at \_\_\_\_\_A&W\_\_\_\_\_\_\_.
10. Head and shoulders, knees and what? Toes
11. Where is the Harry Potter Room? Irving K, Learning Commons
12. What major world event was held at UBC in 2010? The Winter Olympics
13. Who are the two headliners for the Block Party this year? MSTRKRFT and Mother Mother

Questions:

1. Meet your Prof is so students can:
   1. Meet other Students in Science
   2. Be introduced to the Science Professors and ask questions
   3. Be informed about the courses they will be taking
   4. All of the above
2. The Health and Wellness Center is located where? The SUB
3. The bi-weekly email sent out to Science Students is called the \_\_\_The Distillation\_\_.
4. What is the name of the First Year agenda? The Distillation
5. The CSI and Information center can be found in what building? Brock Hall
6. What is the tutoring service found on the 2nd floor of Irving K Barber? AMS Tutoring
7. A tutor is to help students with:
   1. Their homework
   2. Their study habits
   3. Their personal problems
   4. Advice for their roommates
8. A coach from coaches corner is to help students with:
   1. Their homework
   2. Their study habits
   3. Their personal problems
   4. Advice for their roommates
9. Science Advising Office is located at the:
   1. CSI
   2. Brock Hall
   3. Chemistry and Physics Building
   4. SUB
10. The Center for Student Involvement is for students to:
    1. Find information about events, workshops and volunteer information
    2. Get career advice
    3. Find out what courses to take
    4. Track down individuals who only provide free candy and hugs
11. The Writing Center, Coaches corner, The Dobson Room and the Lillouette Room are all found in what resource center? Chapman Learning Commons
12. Career Services is located in what building? Brock Hall
13. SPAC stands for: Science Peer Academic Coaches
14. What is **not** a resource for students provided by SPAC
    1. Deal with April Now
    2. Individual Coaching
    3. Beyond the BSc
    4. Time Management Workshops
15. AMS tutoring is located in what building? Qualicum Room (bonus), Irving K
16. Name 3 service available at Brock Hall (bonus 10 points if you can name all of them). Omsbudpersons office, CSI, Access and Diversity, Financial Advising, Information centre, Counselling services, enrolment services and career services.
17. How many Peer Programs are there? 11
18. What does IPP stand for? International Peer Program
19. How many Science specific clubs at there at UBC? 26
20. Who is the Current SUS president? Mona Maleki
21. Who was last years SUS president? Kiran Mahal
22. Name the 3 Science Student Development Staff. Tannis, Kali and Brendan (1 point each name)
23. What are the Coaches Corner hours? 12-5pm, Monday to Friday
24. What is the Speakeasy? A free, confidential student service offering peer crisis support, information and referrals
25. Please give 3 **common** issues a first year has. Relationship problems, failing exams, stressed, anxious, lonelieness etc (use your judgment on this one!)
26. How much is it to stay at the Commuter hostel? 30 dollars a night including taxes
27. Name 3 resources are available to book at the CSI? Painting materials, laptop, digital cameras, video cameras, pancake griddles, projection screen, PA system, craft supplies etc 1 point for all three correctly identified.
28. Enrollment services has changed for incoming first year students. How has it changed? A first year student will now have one enrollment services professional that they talk to throughout their degree.
29. Please name a club that could help assist pre-pharmacy students. Pre-Pharmacy Society
30. What is the last word of the Science cheer? SCIENCE!

Station 5 – Fling Bob

Location: Brock Hall

Object of the station: Be the first team to accumulate 20 points by running one person at a time around their team.

Maximum Amount of Points: 40

Bonus Points Maximum: 5

Maximum Total Possible: 45

Equipment:

* “Bob” to fling
* Camera for team photo

Directions:

Two teams will compete to accumulate points. Each time a team member runs one full circle around their team, they get one point. **Teams will lose a point if more than one person runs at a time!**

The competing team must pass Bob over and under in a line to attempt to stop the other team from accumulating too many points. Once BOB reaches the end of the team’s line up, the person at the end will then throw BOB. As soon as BOB is thrown, the team collecting points then runs **immediately** to BOB to begin the passing over and under in a line. Any points attempted after BOB has been thrown are not counted.

Rules:

* Only one player may run at a time to accumulate one point per rotation
* A player may only run ONCE in a rotation
* BOB must be flung onto the ground on the same level as the players
* Once BOB has been flung, the other team must stop running to collect points immediately
* The Squad Manager has control over who gets points. If they say you have gained/lost a point there will be NO ARGUING!!!

Warning:

**WATCH OUT FOR SHARP OBJECTS! Please do not injure yourself or others!**

\*\* I recommend you play this twice in your station. If you have time, please have the team make their squad number using all of their bodies and take a photograph! If not, just take a team photo at the end!

Station 6 – Headbandz

Location: Brock Hall presentation room

Easy peasy… We used Science specific and important first year locations for the pictures. Eg. Picture of the CSI, Brock Hall, Science advising, Access and Diversity etc

Everyone puts on one of the headbandz and walks around asking other people questions about their campus location to try and. Winning Squad is the first to guess all of their headbandz right and give 2 facts about 5 of the locations wins the points.



Station 7 – Team Relay

Location: Buchanan D (Outside Arts Advising office)

A relay was created by Squad Managers using rope, hula hoops, cones etc.

Station 8 – Mathletes

Math Building room 103

Object of the station: Accumulate points by answering a question appropriately.

Maximum Amount of Points: 41

Bonus Points Maximum: 19 = 1 for listing a website **WITHOUT** being asked to

Maximum Total Possible: 60

Equipment:

* Questions for the teams
* Buzzers

Directions:

Line up two squads facing each other. One member from each team will step forward to face off. Squad Manager will read a Mathlete Question allowed. The first team member to buzz in with a correct answer will receive a point for their team.

IF the “Mathlete Question” is answered incorrectly, the opposing team will have a chance to steal. The team will have 5 seconds to discuss the correct answer. If they answer correctly, then the opposing team will receive one point. If both members answer the “Mathlete Question” incorrectly, they are asked another “Mathlete Question.”

The questions must be answered by everyone on the team, in order. **Minus Points if someone on the team answers before everyone else has answered.**

One point for each Question answered correctly, unless otherwise stated. Bonus points if additional information, such as websites, location etc are given to better the answer.

Questions:

1. The Health and Wellness Center is located where? The SUB
2. The bi-weekly email sent out to Science Students is called the \_\_\_The Distillation\_\_.
3. What is the name of the First Year agenda? The Distillation
4. The CSI and Information center can be found in what building? Brock Hall
5. What is the tutoring service found on the 2nd floor of Irving K Barber? AMS Tutoring
6. The Writing Center, Coaches corner, The Dobson Room and the Lillouette Room are all found in what resource center? Chapman Learning Commons
7. Career Services is located in what building? Brock Hall
8. SPAC stands for: Science Peer Academic Coaches
9. Name 2 workshops that SPAC provides for students. Deal with April/December Now, Exam Preparation Workshop, Time Management Workshop, FYISCI, Degree Planning, Note-taking Workshop, Textbook Literacy, Presentation Skills, Critical Thinking, Catching up Workshop. 2 points
10. AMS tutoring is a resource for students to\_\_\_\_\_\_\_\_\_\_\_\_\_\_? To improve on their knowledge and understanding of a subject through one on one tutoring in a specific course. 2 points
11. Science Advising is a resource for students to\_\_\_\_\_\_\_\_\_\_\_\_\_\_? Advise students and provide general information regarding their required courses and their degree requirements. 2 points
12. A Mug Leader is different from an advisor because a Mug Leader does not \_\_\_\_\_\_\_\_\_\_\_\_\_. Mug Leaders do not give advice on what courses to take for different degrees. A Mug leader is a referral person. 2 points
13. The events website is a source to find out \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The activities and events happening around UBC. Events.ubc.ca
14. Meet your Prof, Beyond the BSc, Women in Science and Engineering, Get into Research and Get into Volunteering are all workshops and events put on by what Peer Program Group? SCI Team
15. AMS tutoring is located in what building? Qualicum Room (bonus), Irving K
16. Name 3 service available at Brock Hall (bonus 10 points if you can name all of them). Omsbudpersons office, CSI, Access and Diversity, Financial Advising, Information centre, Counselling services, enrolment services and career services.
17. How many Peer Programs are there? 11
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23. What are the Coaches Corner hours? 12-5pm, Monday to Friday
24. What is the Speakeasy? A free, confidential student service offering peer crisis support, information and referrals
25. Please give 3 **common** issues a first year has. Relationship problems, failing exams, stressed, anxious, lonelieness etc (use your judgment on this one!)
26. How much is it to stay at the Commuter hostel? 30 dollars a night including taxes
27. Name 3 resources are available to book at the CSI? Painting materials, laptop, digital cameras, video cameras, pancake griddles, projection screen, PA system, craft supplies etc 1 point for all three correctly identified.
28. Enrollment services has changed for incoming first year students. How has it changed? A first year student will now have one enrollment services professional that they talk to throughout their degree.
29. Please name a club that could help assist pre-pharmacy students. Pre-Pharmacy Society
30. What is the last word of the Science cheer? SCIENCE!

Station 9 – Ball time

Location: Math building room 102

Equipment: 2 balls

Fastest time wins in this game. Squad will stand in a circle and pass the ball around until everyone’s name has been said (Person A will pass the ball to person B, saying person’s name and so on). This order is now set. Squad will then be asked to pass the ball around again but this time they will be timed.

The ball cannot touch the floor and must touch each person in the correct order that was set the first time around.

Players can move themselves out of the circle shape if they like (but don’t tell them this, the whole idea is for them to work together to “think outside the box” and come up with creative ways to get the ball around the circle as fast as possible

The Squad who gets the fastest time will be rewarded points but you can reward points to both teams if you feel they worked well together and were creative in their process.

*The fastest way to do this is for everyone to put hold out their fingers in the correct order and let the ball roll down everyone’s fingers. Most groups of young kids figure this out right away but adults have a tougher time.*

Station 10 – Cameo

Location: Science Information Centre

Object of the station: Accumulate points by guessing the resource without using names of people, places or things.

Maximum Amount of Points: 40

Bonus Points Maximum: 20 = 1 for listing a website **WITHOUT** being asked to, good attitudes, really hard ones etc

Maximum Total Possible: 60

Equipment:

* Slips of paper with resources on it for the teams

Directions:

Object of the game, similar to Cameo on Cranium, is to guess the resource on the card. A player can use hand gestures, actions or words to explain the resource, but they cannot use any Proper Nouns.

Teammates will have one minute to guess the resources. If the resource is identified correctly the team is awarded 2 points.

|  |  |
| --- | --- |
| Career Services | AMS Tutoring |
| Student Health and Wellness | The Distillation |
| Center for Student Involvement | Speakeasy |
| Science Student Information Center | Labrat |
| Financial Information/Tuition Payments | SUS |
| Housing Services | The SUB |
| Access and Diversity | SCI Team |
| Science Peer Academic Coaches | MUG Leaders |
| Chapman Learning Commons | Faculty of Science |
| Coaches Corner | The Village |
| Science Academic Advising | UBC Bookstore |

Station 11 – Minute to Win it part 2

Location: Biological sciences room 2200

Squads will have 60 seconds to complete each of the tasks listed below. Squads can elect a member from their group to compete in each round but this should be a new person each time.

# Round 1: Stick the landing

Player must toss a water bottle onto a table and get it to land upright.

1) Set up foul line 5' away from table.

2) When the clock starts, player may use 1 hand to flip a bottle end over end to land upright on the table.

3) To complete the game, player must toss and land 1 bottle upright on the table within the 60-second time limit.

# Round 2: Shoe fly shoe

Players must toss their shoe from their foot and land it on a table from 9’ away

1. Set up each pair of shoes 9' from the table.

2. When the clock starts, player may insert foot into the first shoe and attempt to toss it onto the table.

3. Player may not move closer to the table or use hands at any time.

4. Credit will be given for a shoe hanging partly off the table, as long as it stays on the table for 3 seconds.

5. To complete the game, contestant must use a foot to successfully toss and land 1 shoe on the table where it must rest for 3 seconds within the 60-second time limit.

# Round 3: Balloon Blow

Person must keep three balloons in the air for 60 seconds

# Round 4: Rapid fire

Player must shoot rubber bands to knock a triangle stack of 6 cans completely off a platform.

1) Set up 6 empty soda cans in a triangle formation on top of a table. Place foul line 8' away.

2) When the clock starts, player must stay behind the foul line and shoot 1 rubber band at a time at the can triangle.

3) To complete the game, player must clear the table of all cans only by shooting rubber bands within the 60-second time limit.

# Round 5: Separation anxiety

Player must separate a pile of 50 multicolored chocolate covered candies into 5 separate containers in a set color order.

1) Set up 5 color coded containers on table, and cover 50 colored candies with a cup.   
2) When the clock starts, player may lift cup and uncover candies to begin separating them.   
3) Player may only use 1 hand to separate candies into their corresponding containers, always going in the same order.  
4) If the player places a candy in the wrong container, or places a candy out of order, the game is over.   
5) Player may use only 1 hand, and may only have 1 candy in his or her hand at any time.   
6) To complete the game, player must place all 50 candies in their corresponding color-coded glasses in the correct order within the 60-second time limit.

# Round 6: Spin Doctor

Player uses hands to spin coin on a table. Second player stops coin on its edge using 1 finger.

1) Prior to game start, place a line across center of table.

2) When clock starts, player spins coin from designated start area, then blows it across line.

3) Second player must stop coin on its edge using only 1 finger.

4) Either player may spin coin and send it to the other player.

5) To complete game, 1 coin must be stopped on its edge for 3 seconds within 60-second time limit.