The Day starts off with children being escorted with their parent or guardian to the University center where they check in for afternoon sessions that were pre-registered.

Children can use the recreational facilities including basketball, tennis, and racquetball courts. Also available are swimming pools and fitness rooms.

The official program kick off with lunch and entertainment provided. Entertainment is usually college student groups singing, dancing, acting, etc.

Children break into pre-assigned groups and they make their way to two activities presented by faculty, students, and staff across the campus. Activities include areas of the University where people work or learn about a field that is taught here at CMU. Ex: Robotics, engineering, computing, dancing, acting, stage props, gardening, and much, much more.