

BEAVER UPDATES



Issue 02: December 2024

Each month, Student and Family Engagement (SFE) sends a newsletter with a first-year student spotlight, as well as community announcements and upcoming events that are designated or open to first-year undergraduate students.

STUDENT SPOTLIGHT: NATALIE ZHOU



Hometown:
Diamond Bar, CA

Option:
Computer Science

Fav memories of your first-year at Caltech so far:

My friends and I took a beach trip to Santa Monica in October. We ate funnel cake, dipped our toes in the water, and explored the pier.

If you had a day to yourself, what would you do?

Sleep in, get a poke bowl, go to a concert, & get boba after

If you're a first-year student or know someone who would like to be featured in the next spotlight, please email ipeng@caltech.edu



SFE NEWS

SAVE THE DATE

FRIDAY, JAN 31 - SUNDAY, FEB 2

Caltech is thrilled to welcome the families of our first-year undergraduate students to experience various aspects of campus life during the 2025 Family Weekend. Throughout the weekend, first-year families and students are welcome to attend a faculty talk, student panel, receptions, information sessions, sporting events, jazz concert, and much more, while also exploring campus, Pasadena and other surrounding areas. More information can be found online [here](#).



- Next first-year student lunch at the Athenaeum is Thursday, December 5 at 12-1:30pm
- Great opportunity to meet fellow students, as well as professional staff in student affairs
- The December lunch will be co-hosted by Occupational Therapist, Grace Wong and Director of First Year Experience, Isabel Peng
- Invitation and Sign-Up form was sent via email on 11/25, sign up by 12/3!



DEANS' OFFICE ANNOUNCEMENT

Self-guided modules from Occupational Therapy were recently added to the Class of 2028 Canvas course! Please log in to check those out. These modules are designed to help you explore some of the key topics in Occupational Therapy at your own pace and whenever you have time. If you're feeling stressed or like you could use some new habits as we approach the end of the term, this might be the perfect time for you to explore these modules!

Additionally, for each module you complete, you will be entered into a raffle for some great prizes, including an iPad, a gift card to the Caltech store, and GrubHub. Completing a module entails reviewing all the content and submitting the corresponding quiz. The deadline to complete the modules and be eligible for the raffle is December 31, 2024.

RAFFLE

If you have turned off notifications, make sure you turn them back on so that you're notified when new content is added. Coming soon: modules about SURF and some additional wellness resources.



BEAVER UPDATES



CAMPUS RESOURCES

Student-Faculty Programs - email sfp@caltech.edu for additional info and Zoom link(s)

Discover JPL Session | Mon, 12/2, 12-1pm | 153 Noyes Lecture Hall

This session introduces Caltech undergraduates to the innovative and exciting research found at the NASA Jet Propulsion Laboratory. Free boxed lunches will be made available for the first 30 student attendees at each event.

SFP Virtual Drop-In Session | Tues, 12/3, 1-2pm and Tues, 12/10, 3-4pm | Zoom

Please join us if you have questions about the SURF program, finding a mentor, the application process, or anything else regarding summer research.

Off-Campus SURF Information Session | Wed, 12/4, 3-4pm | Zoom

SFP will provide information on how to pursue off-campus SURF opportunities.

Tips & Tricks for Finding a SURF Mentor | Thurs, 12/5, 4-5pm | Zoom

SFP will provide information on how to find a SURF mentor.

Caltech Y
caltechy@caltech.edu

Caltech Y Decompression | Fri, 12/6, 3-5pm | Caltech Y House (505 S Wilson)

The end of the term is here! Don't do finals week stressed out - take a moment to decompress a little before shifting into finals. Join us on the Y front lawn for a little break before studying. Stop by and grab a snack and/or drink, visit with some of the campus dogs, do some crafts, and/or listen to music on the lawn. Questions? Contact: caltechy@caltech.edu.



Center for Inclusion & Diversity

ccid2009@caltech.edu

Finals Decompression | Tues, 12/3, 12-1:30pm | CSS 1st Floor Lobby

BEAVER UPDATES



CAMPUS RESOURCES

Caltech Library

library@caltech.edu

Stress Free Library: Free Evening Snacks & Extended Weekend Hours for Finals

Starting Monday, 12/2 at 8am and to closing Friday, 12/13 at 8pm, Sherman Fairchild Library extends its 24 hours over the weekend for finals. Make yourself a cup of miso soup, or tea, or coffee to warm your late-night study sessions at SFL while supplies last.



Redeem your Stamp Rally Cards

If you picked up a Stamp Rally game card over the course of the Fall term, redeem them at the Sherman Fairchild Library Information Desk before Friday, 12/13 to receive a gacha (random) sticker prize, even if it's incomplete. Completed cards will be entered into the raffle for a \$40 gift card to Target or Vromans Bookstore.

Library Winter Break Hours and Closures

Starting Saturday, 12/14, all Library Branches will be under Off-Term hours for Winter Break. For specific and up-to-date holiday closures and special hours for all library branch locations, refer to the library website [here](#).

Housing Office

626-395-6176, ughousing@caltech.edu

As winter break approaches, we'd like to share some important reminders to begin planning for now.

Required for all residents, per your housing contract:

- Submit a winter break housing form – you are required to notify us if you are staying for any portion of the break. Plan ahead of time. Online form will be sent out to all housing residents and will be due by the end of fall term.
- On the form, you will need to specify exactly which days you plan to remain on campus.

Before you leave for winter break:

- Take out trash and dispose of food in rooms and common area kitchens.
- Turn off all lights and appliances, including your air conditioner.
- Close all windows and lock your doors. Ensure you take your ID with you.



If you plan to stay over break:

- Food service and other administrative services will be closed beginning on 12/23. Dining will reopen 1/2/25. Meal plans will resume 1/6/25.
- Athletic Center will have reduced hours (gocaltech.com)
- Student and Family Experience and the Caltech Security groups will be on campus available for student support.
- Emergency on-call Counseling Services will be available.
- Students also have access to the free TimelyCare teletherapy services (<https://wellness.caltech.edu/resources/timelycare-and-other-tools>).

For any maintenance concerns:

- For all non-urgent maintenance requests, submit a 'Facilities Service Request' and select 'Student Housing' on your access account. Housing Maintenance will schedule repairs upon return.
- For all maintenance emergency requests, please contact the Caltech Service Center at 626-395-4717. For after hour lock outs, please contact Caltech Security at 626-395-4701.



BEAVER UPDATES



CAMPUS RESOURCES



You can click on the embedded hyperlinks by opening the PDF version of this newsletter (attached to the email)

Student Wellness Services

For additional resources, visit wellness.caltech.edu/resources

Events

- Warming Up for Winter | Wed, 12/4, 11:30am-1pm | Hameetman Patio
 - Hot chocolate & stamped postcards (Write and send a note to a friend/family!)
 - Drop-in space to start thinking ahead about meeting social and emotional needs over break. Counseling therapists will be there to talk to students and share tips & resources

Groups

- Meditation Mob | Every Tuesday, except breaks
 - Mindfulness meditation group with secular practices and techniques (no religious component)
 - No sign-up necessary, drop-in
- LGBTQ+ Support Group
 - Discuss relevant topics with students who identify as LGBTQ+
 - Starts winter term but students can schedule a mandatory screening appointment now
- Mindfully Resilient (aka MBCT)
 - Build resilience against depression and anxiety
 - Starts winter term but students can start schedule a mandatory screening appointment now

Athletics, Physical Education and Recreation

- Registration for Winter/Spring Soccer league is open now through December 27. Email hmorgans@caltech.edu to register your team. Minimum of 11 players needed.



Friday December 13, Caltech Athletic Center will close at 6pm
Holiday Hours begin Saturday December 21-January 3

Saturday/Sunday 10am-6pm

Monday-Friday 8am-8pm

12/24 10am-6pm, 12/25 closed

12/31 10am-6pm, 1/1 closed



Winter Orange Out, save the date Saturday January 11!



happy holidays

