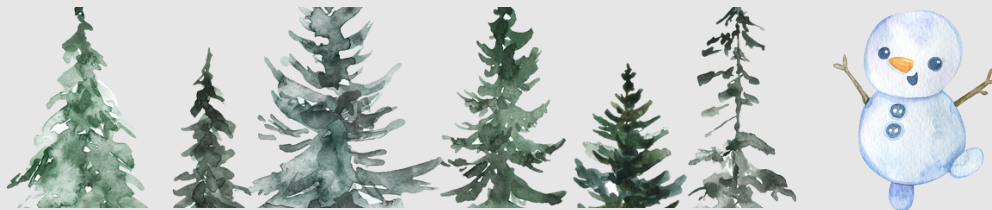


BEAVER UPDATES

ISSUE 03: JANUARY 2025

Happy New Year! Each month, Student and Family Engagement (SFE) sends a newsletter with a featured student spotlight, as well as community announcements and upcoming events that are designated or open to all undergraduate students.

**STUDENT
AND FAMILY
Engagement**



Student Spotlight: Joel Pang

Hometown:

Sarawak, Malaysia

Option:

Chemical Engineering

Favorite musical artist?

I'm a die-hard Swiftie (Taylor Swift)

Dream vacation destination?

Santorini - I love its picturesque views and the sunsets

Favorite memories of your first-year at Caltech so far?

Negative Time where we drove to Las Vegas and walked on the Vegas Strip at 5 am; going to my first hockey and football game; going on really fun hikes! (Echo Mountain and Gabrielino)



SFE NEWS

Registration for Family Weekend (January 31-February 2) is open! The event schedule and registration form are available online ([link here](#)). Please remind your family to register before the registration deadline. We look forward to welcoming families of first-year students to campus!



BEAVER UPDATES

ISSUE 03: JANUARY 2025



Problem Set Workshops → Group Tutoring Sessions

For winter term, pset workshops will change to group tutoring sessions for core courses, led by an upper-year student tutor. Stay tuned for additional information, including weekly session times and locations.



Check out a new series focused on professional development for first-year students, hosted by Career Achievement, Leadership, and Exploration (CALE). RSVP is not needed. Contact: career@caltech.edu for any questions

CALE

January
2025

First-Year Undergrad Programs

14 Networking: Building Meaningful Connections

In today's competitive job market, networking is no longer optional – it's essential. This workshop will equip you with the essential skills and strategies to build meaningful connections within the STEM field. We'll cover effective communication techniques, building compelling introductions, overcoming networking anxiety, and leveraging online platforms. Lunch to be provided.

Location: TBD
12:00-1:00pm

21 Preparing For Graduate Training In The Medical & Health Professions: How To Plan Wisely and Enjoy Your Undergraduate Experience

We will discuss medical school and other health profession course and application requirements, and how you can obtain health/medical related experience both on and off campus. Lunch to be provided.

Location: Hameetman Conference Room
12:00-1:00pm

28 Resume Building: Crafting a Resume That Stands Out

This workshop will help you craft a resume that boosts your career prospects. You'll learn what information is most valuable to include on your resume to demonstrate your career progression and achievements. We'll discuss what recruiters look for in resumes from experienced professionals and how to highlight transferable skills to demonstrate your adaptability and value to potential employers. Lunch to be provided.

Location: Hameetman Conference Room
12:00-1:00pm

BEAVER UPDATES

ISSUE 03: JANUARY 2025



CAMPUS RESOURCES

Student-Faculty Programs - For additional information and Zoom log-in(s), visit <https://sfp.caltech.edu/sfp-calendar>

Weekly SFP Virtual Drop-in Sessions | Tuesdays 10-11am and Wednesdays 2-3pm

SURF Information Session for Caltech Students | Tues, Jan 7, 7-8pm in 153 Noyes Lecture Hall

Off-Campus SURF Information Session | Thurs, Jan 9, 4-5pm and Wed, Jan 15, 4-5pm via Zoom

Discover JPL | Mon, Jan 13, 12-1pm and Mon, Jan 27, 12-1pm in 153 Noyes Lecture Hall

Securing SURF Letters of Recommendation | Thurs, Jan 16, 7-8pm via Zoom

31st Perpall SURF Speaking Competition Finals | Tues, Jan 21, 1:30-5pm in Cahill, Hameetman Auditorium

SURF Proposal Writing Workshop with the Hixon Writing Center | Thurs, Jan 23, 12-1pm in Gates Annex B122

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Caltech Library - library@caltech.edu

Greet 2025 at the Library! Wish your fellow Techers a Happy New Year in every language you know at the Sherman Fairchild Library and drop by the TechHub on Wednesday, January 16 to create some Lunar New Year crafts using our Cricut cutting machine.

All the library branches will be closed on Monday, January 20 in observance of Dr. Martin Luther King Jr. holiday.

Starting on the following Monday, January 27 until Sunday, February 2, the Lunar New Year celebration continues with some small snacks and decorate your own lucky red envelopes.



BEAVER UPDATES

ISSUE 03: JANUARY 2025



CAMPUS RESOURCES

Student Wellness Services - For more details on workshops, visit <https://wellness.caltech.edu/resources/wor>

January Workshops

Getting Better Sleep | Jan 22 | [RSVP for lunch](#)
Getting Started with Dr. Lee Coleman | Jan 29 | [RSVP for lunch](#)



Both workshops will be hosted in Hameetman Center 2nd Floor Conference Room on Wednesdays at 12:00 p.m. Lunch on a first come first serve basis

Meditation Mob | Tuesdays, 12-12:50pm | Hameetman Club Room 2

Winter Term Groups (Call Counseling Center Front Desk to learn more information about each group and to [626-395-8331](tel:626-395-8331)).

LGBTQ+ Support Group - Undergraduate and graduate students are welcome to attend this weekly support group for the Caltech LGBTQ+ community. Discussion topics will be chosen by participants and facilitated by a staff clinician.

Mindfully Resilient - 8-week in-person class focused on helping prevent relapse of depression and anxiety. You will identify your specific triggers for relapse, and will learn the skill of mindful awareness to cope with those triggers when they arise.

Center for Inclusion & Diversity - RSVP for events here <https://diversity.caltech.edu/events/rsvp>

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Dia De Los Reyes Magos, Jan 6, 5-6pm, CSS First Floor Lobby

Spill the Tea w/ CCID, Jan 7, 11:30am - 1pm, San Pasqual Lawn

POC Affinity Space, Jan 14, 11:30am - 1pm, Hameetman Conference Room

Dine and Dialogue: Untold Stories in STEM, Jan 22, 5-6pm, Chertkov 130



Lunar New Year, Jan 29, 12-1:30pm, Red Door Patio

BEAVER UPDATES

ISSUE 03: JANUARY 2025

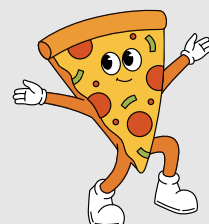


CAMPUS RESOURCES

Athletics, Physical Education, and Recreation



Orange Out Highlights:
Women's Basketball vs CMS 2pm
Round 1 Free Throw Shooting Contest (1/2 time of women's game)
Pizza 3pm
Men's Basketball vs CMS 4pm
Round 2 Free Throw Shooting Contest (1/2 time of men's game)

A large, vibrant orange poster with a sunburst background. The words "WINTER ORANGE OUT" are written in large, bubbly, white letters with black outlines. In the center, a white tag with a dashed border contains the event details: "JANUARY 11", "1:30-5:30PM", and "Caltech Athletic Center". At the bottom, two orange boxes contain the text: "FREE THROW CONTEST 2P & 4P" on the left and "PIZZA ON THE PATIO 3PM" on the right.

WINTER ORANGE OUT

JANUARY 11
1:30-5:30PM
Caltech Athletic Center

FREE THROW CONTEST 2P & 4P

PIZZA ON THE PATIO 3PM