

BEAVER UPDATES

ISSUE 04: FEBRUARY 2025

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.

SFE NEWS

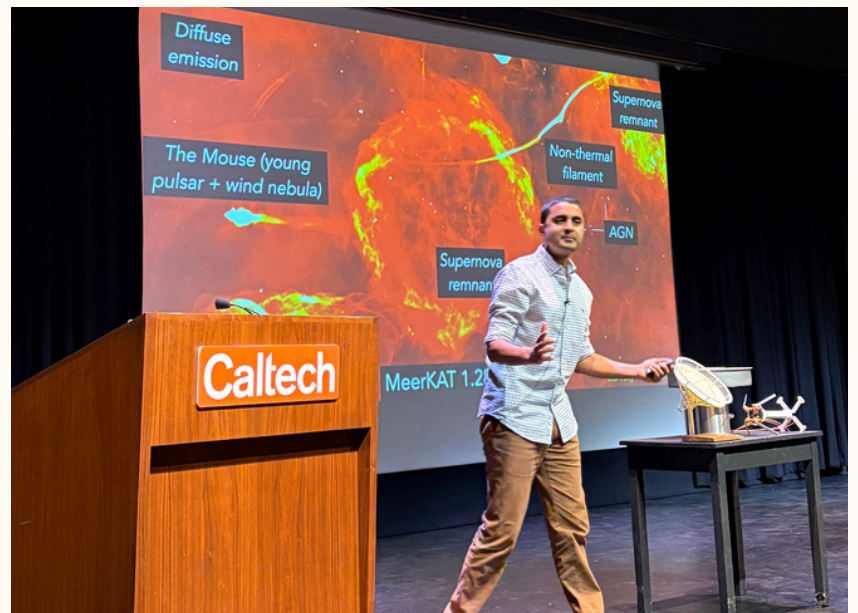


On Friday, January 31 to Sunday, February 2, we welcomed over 70 first-year families to participate in a variety of social activities and educational sessions on campus as a part of *Caltech's First-Year Undergraduate Student Family Weekend*.

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SFE NEWS



Some Family Weekend highlights: An insightful conversation with the Vice President for Student Affairs and Faculty Dean of Undergraduate Studies, inspiring faculty talk with Professor Ravi, engaging upper-year student panel and a special appearance by Berni!

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Next first-year student lunch at the Athenaeum is Tuesday, February 11 at 12:00-1:30pm

The February lunch will be co-hosted by Vincent Ton, Program Coordinator in Student-Faculty Programs and Isabel Peng, Director of First Year Experience

With SURF application deadlines coming up, this is a great opportunity to touch base on any questions before applications are due on Feb 22! Email invitation will be sent soon.

Student Spotlight: Ola Amr



Hometown:

Richmond, Virginia

Intended Option:

Electrical Engineering

Favorite Musical Artist:

The Weeknd

Dream Vacation:

Iceland - it's such a stunning place and I've always wanted to experience the Northern Lights in real life

Fav memories of your first-year at Caltech:

Working on sets with my friends, going out to eat in Old Pasadena, and ice skating on Thursdays after a hectic week



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Campus Resources

Student-Faculty Programs

2025 SURF Application deadline is 11:59pm PST on Saturday, February 22nd

SFP Virtual Drop-In Sessions | Tuesdays on Feb 4, 11, 18 at 10-11am and Wednesdays on Feb 5, 12, 19 at 2-3pm

The Student-Faculty Programs Office will be hosting weekly virtual drop-in sessions to provide assistance to students seeking a 2025 SURF. Please join us if you have questions about finding a mentor, the application process, or anything else regarding summer research. [Click to join virtual session.](#)

Caltech Library

Feb 7 to 10: Extended Weekend 24Hrs at Sherman Fairchild Library for Midterms

As always, the Sherman Fairchild Library extends its 24hrs for Winter midterms. Free snacks and self-serve warm drinks will be available during the extended hours from 8pm to 8am starting Thursday, February 6 for anyone those putting in some late-night hours at the library.

Valentine's Day Week, Date to be announced - Indoor Cozy Movie Night featuring Wicked

We're hosting a special indoor movie night the week of Valentine's Day.

Bring a blanket and cozy up in the basement of Sherman Fairchild Library with some yoga mats and bean bags and watch a special screening of the musical film adaptation of Wicked starring Cynthia Erivo and Ariana Grande.

Date and time to be announced and posted on the Library's events calendar at libcal.caltech.edu.

Feb 20 from 11am to 2pm: TechHub 3rd Thursday Drop-Ins

Introducing Third Thursday Drop-In at the Caltech Library TechHub! Every 3rd Thursday between 11:00am to 2:00pm, drop-in to the TechHub at Caltech Hall for free and short introductory workshops and make hands-on small projects using our crafting machines.

From creating your own stickers, to button making, to hand sewing a mole plushie, these monthly open drop-ins are your chance to try something new or complete your own creative projects using our tools and help from your friendly campus TechHub staff.

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

Getting Things Done | Wednesday, Feb 12 at 12-1pm | Hameetman Conference Room

Getting Things Done (GTD) is a popular system developed by David Allen for structuring your work at both the big-picture level and at the level of your daily responsibilities. Join Dr. Lee Coleman for this fun and engaging informal overview of the GTD system. RSVP [here](#).

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

This is a drop-in mindfulness meditation group open to all Caltech students. No previous experience is required; we offer techniques that are appropriate for everyone from newbies to more experienced meditators.

LGBTQ+ Support Group

Undergraduate and graduate students are welcome to attend this weekly support group for members of the Caltech LGBTQ+ community. Discussion topics will be chosen by participants and facilitated by a staff clinician. Call Counseling Center Front Desk to learn more information about this group and to set up a screening 626-395-8331.

Student Wellness Services Schedule an Appointment!

Medical Care Health

- ✓ ONLINE PORTAL
- ✓ PHONE
- ✓ 626.395.6393
- ✓ MESSAGE*
- ✓ IN-PERSON

PRIMARY CARE,
PREVENTATIVE CARE

Mental Care Counseling

- ✗ ONLINE PORTAL
- ✓ PHONE
- ✓ 626.395.8331
- ✓ MESSAGE*
- ✓ IN-PERSON

GROUP THERAPY,
INDIVIDUAL THERAPY

Building Skills

OT OCCUPATIONAL THERAPY

- ✓ ONLINE PORTAL
- ✓ PHONE
- ✓ 626.395.8331
- ✓ MESSAGE*
- ✓ IN-PERSON

GOALS, STRATEGIES,
ROUTINES, TIME, ETC.

<https://wellness.caltech.edu/health-portal>

*YOU CAN SECURE MESSAGE US THROUGH THE SWS PORTAL (LINK ABOVE)

TIMELY CARE

FREE, 24/7
ON-DEMAND
HEALTH & COUNSELING

FREE care in ALL 50 states!!



TIMELY CARE

TIMELY CARE SERVICES

- FREE for all Caltech students
- 24/7 virtual care
- Medical care
- Mental health counseling
- Appointment-based & on-demand care available

TIMELY CARE

