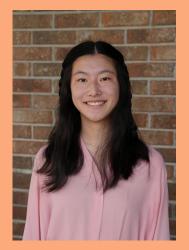


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### **Student Spotlight**



Meet Emily Jiang!

Where is your hometown? Montreal, Canada and Auburn, Alabama

What are you studying at Caltech?
Chemical Engineering

What is your favorite musical artist?
Alex Warren

What are some of your favorite memories of your first-year so far?

Taking pictures with friends on the first day of class and the end of rotation with the cannon firing and house reveal.



# WELCOME TO THE FIRST BEAVER UPDATE OF THIS ACADEMIC YEAR!

### WHAT IS BEAVER UPDATES?

Each month, the Office of Student and Family Engagement (SFE) sends a newsletter with campus announcements, upcoming events and a first-year student spotlight. We hope this newsletter will be helpful in sharing relevant information on community programs and resources that are designated or open to first-year undergraduate students.

### SFE NEWS

### Pre-Arrival Resource Survey

Share your feedback on the resources you used before arriving at Caltech to help us better support future incoming students! Three students will win a \$15 Grubhub credit (winners notified by email). Anonymous responses are welcome too but not eligible for the prize. Please respond by Monday, November 10.

Scan QR code to access survey:









Deans' Office

# BEAVER UPDATES

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## **CAMPUS RESOURCES**

# PROBLEM SET WORKSHOPS



First-year students work in a collaborative group environment on problem sets with trained peer facilitators.

SNACKS PROVIDED!

		SIVACKS I KOVIDED.
	Ch 1a	TUESDAYS 8:00-10:00PM
	CS 1	THURSDAYS 8:00-10:00PM
× V	Ma 1a	THURSDAYS SATURDAYS 8:00-10:00PM 2:00-4:00PM
	Ph 1a	MONDAYS 8:00-10:00PM
-	If you're just <i>getting started</i> on the set, come in the <i>first hour</i> If you've already <i>made significant progress</i> , come in the <i>second hour</i> .	
Sponsored by the CTLO & the Undergraduate	All workshop locations will be in the SAC Study Rooms (basement of the	

#### Caltech Y

Community Service & Advocacy Fair | Friday, 11/14, 12–1pm | San Pasqual Walk

Stop by to learn more about our community and the many ways to get involved in service, advocacy, and activism! Meet representatives from on-campus and off-campus organizations making a difference in Pasadena and the Greater LA area.

To sweeten the deal, students can enjoy Chick-fil-A or boba (while supplies last!) — just visit five tables to earn yours.

For more information, contact caltechy@caltech.edu.





### Interested in Applied Physics or Materials Science (AphMS)?

South Houses): SAC 13 & 14 and B122 & 124

Join the AphMS department for a lunch and meet-and-greet event for first-year students on Monday, December 1 at 12-1pm at Keck 142 & Watson Patio.

12-12:30pm: Info session with Profs. Joseph Falson and Stevan Nadj-Perge 12:30-1pm: Lunch and conversation with current AphMS undergraduates



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### CAMPUS RESOURCES

**Caltech Library** 



Drop-In Thursday: Board Game Break | Thurs, Nov 20 at 11am-2pm | Caltech Hall TechHub

We're celebrating International Games Month! Check out and play the games from our board game collection as we wind down toward the winter holidays.

#### **November Holiday Closures**

All library branches will be closed for the Thanksgiving federal holidays on Thursday, 11/27 and Friday, 11/28.





Each print is 10¢ per sheet for grayscale and 20¢ per sheet for color.

Printing at the library takes three steps: select your printer, upload your file, and release your print at the Sherman Fairchild Library.





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### **CAMPUS RESOURCES**

#### **Student-Faculty Programs (SFP)**

If you are interested in learning about summer research opportunities, the SFP team is hosting SURF information sessions throughout this month. Scan the QR code -> for the calendar of events.



If you would like to get in touch with a research ambassador, see below for the list of contacts:

Assignment	Full Name	Class		
Avery House	Benjamin Boone	2028		
Avery House	Ania Freymond	2026		
Avery House	Kailen Hargenrader	2027		
Avery House	Anushka Paulchoudhury	2027		
Bechtel Residence	Indie Desiderio-Sloane	2027		
Bechtel Residence	Ashiria Goel	2027		
Bechtel Residence	Thuwaragesh Jayachandran	2027		
Bechtel Residence	Indeever Madireddy	2027		
Blacker House	Maverick McKown	2027		
Blacker House	Emily Nikas	2026		
Dabney House	Priscila Marquez	2027		
Dabney House	Damian Wilson	2027		
Fleming House	Levi Alderete	2028		
Fleming House	Noah Hicks	2026		
Fleming House	Kyra Phaychanpheng	2028		
Lloyd House	Maxwell Braithwaite	2028		
Lloyd House	Sujay Champati	2026		
Lloyd House	Priyanka Supraja Balaji	2028		
Page House	Alana Nisperos	2028		
Page House	Reid Nussbaum	2027		
Page House	Ria Patel	2026		
Page House	Tisya Rawat	2027		
Ricketts House	Bisrat Kassahun	2027		
Ricketts House	Kiran Pabla	2028		
Venerable House	Frida Moreno	2026		
Venerable House	Madison Elle Tongco	2028		
Venerable House	William Yang	2027		



Drop-in Advising Hour | Monday, 11/10, 3-4pm and Thursday, 11/20, 4-5pm | Red Door SFP staff will be available to answer your questions about finding a mentor and preparing a strong SURF application.

#### **Student Wellness Services (SWS)**

### Meditation Mob | Every Tuesday at 12-12:50pm | Hameetman Club Room 2

No previous experience is required; we offer techniques that are appropriate for everyone from newbies to more experienced meditators. There's no religious component: We offer secular practices that are, whenever possible, based in research.

### Getting Started | Wed, Nov 12 at 12-1pm | Hameetman Conference Room | RSVP here

We've all dealt with low motivation and feeling stuck. This workshop focuses on evidence-based techniques to help you start taking effective action – even when you don't feel like it. We'll review practical steps to get yourself moving, and we'll cover some ways of changing your mindset so things don't feel so overwhelming.

# Canvas Resource: Overwhelmed to Organized

Students can access the <u>Overwhelmed to</u>
<u>Organized online course</u> on their Canvas page.

This self-paced resource offers modules on key topics frequently addressed in Occupational Therapy:

- Stress and time management
- Getting better sleep
- Building better habits



Follow us on Instagram @CaltechWellness for the latest information on our services, resources, tips, workshops, and more!



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## **CAMPUS RESOURCES**

**Center for Inclusion & Diversity** 

RSVP for events here: https://diversity.caltech.edu/events/rsvp

Dia de los Muertos Altar Building | Monday, 10/27, 9am to Monday, 11/3, 5pm | CSS 2<sup>nd</sup> Floor Common Area Join Club Latino, CHLA, and the CCID to craft an interactive community ofrenda (altar) to honor those who have passed on. Pass by CCID to fill out a memorial nameplate to add to the ofrenda. We welcome photos and/or memorial objects, as well.

**Dia De Los Muertos Community Gathering | Monday, 11/3, 6pm | CSS 2**<sup>nd</sup> **Floor Common Area**Join Club Latino, CHLA, and the CCID for a special event with Pan de Muerto, chocolate abuelita, and coffee (while supplies last).

Dine & Dialogue: Re-envisioning the Present & Future | Thursday, 11/6, 5pm | Hameetman Conference Room Join us for an evening of reflection and creativity focused on cultural wealth, connection, and community. Create vision boards that honor the past, present, and future.

### National First-Generation College Celebration Day | Friday, 11/7, 11:30am | CSS Front Lawn

Celebrate with us and enjoy a photobooth, beverage cart, and more. Let's come together to recognize and honor the achievements of first-generation college students!

#### STEMinar Series: Dr. Aaron Yazzie | Wednesday, 11/12, 12pm | CSS 2nd Floor Common Area

Join us for our first STEMinar of the year featuring Dr. Aaron Yazzie, a Diné (Navajo) Mechanical Engineer advancing innovation in space exploration. Enjoy lunch (while supplies last) and connect with Dr. Yazzie as he shares insights on his work and passion for STEM outreach.

### Queer & Trans Affinity Space | Thursday, 11/13, 12pm | CSS 2nd Floor Common Area

Join PRISM and the CCID for a welcoming space to connect, relax, and celebrate community. Free headshots and portraits will be available!

### Transgender Day of Remembrance | Thursday, 11/20, 12pm | CSS 2<sup>nd</sup> Floor Common Area

November 20th is Transgender Day of Remembrance. Join us for lunch, crafts, and a community altar to honor and remember the lives lost to violence and transphobia.



