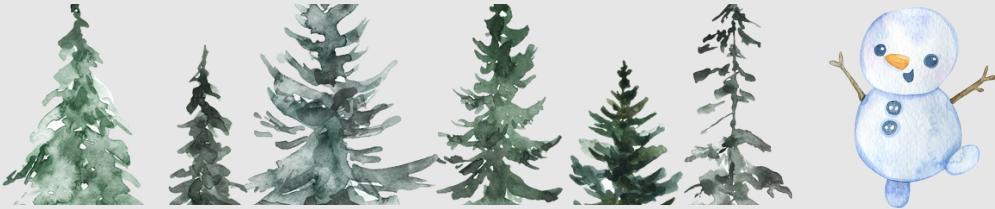


BEAVER UPDATES

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Happy New Year! 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 RIYA GUPTA



If you or anyone you know would like to be featured in an upcoming spotlight,
email ipeng@caltech.edu



Hometown: Irvine, CA

Anticipated Academic Option: Mechanical Engineering and Business, Economics, and Management

Dream vacation destination?

Iceland. As a SoCal native, I would love to visit a cold place and learn about that experience.

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

The people! Before I came here, I heard about the infamous "yap trap" of people stopping in halls to talk (and get distracted from work). Honestly, those have become some of my favorite memories because I get to learn so much from my peers.

SFE NEWS

Registration for Family Weekend (January 30 - February 1) is open! The weekend schedule is now available on Guidebook. Please remind your family to register before the registration deadline (Jan 21). We look forward to welcoming families of first-year students to campus soon!



****Friendly reminder throughout the newsletter, click on the attached PDF version to access links!****

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NEW YEAR, NEW COLUMN

The first two interhouses are now behind us, with six more to go! Here are three tips to help you navigate interhouse party season with confidence. We'll continue to share additional alcohol education resources throughout the year.

An infographic titled "Tips for 1st Years" set against a background of a disco ball and a pink banner reading "Interhouse Party Season".

Tips for 1st Years

Navigate interhouse party season with confidence!

- 1** **Know What to Expect Before You Go**
Before heading out, decide how long you want to stay and set a time to leave with your friends. Having a plan can make parties feel way less overwhelming.
- 2** **You Don't Need to Drink to Fit In**
Not everyone is drinking and it's possible to have fun without alcohol! Bring a non-alcoholic drink, hang with people who respect your choices, and take breaks in quieter spaces if you need them. Did you know there is an alternative interhouse event each time? Ask your RA for the location.
- 3** **Know How to Get Help**
If something feels off, trust your instincts. Campus security, RLCs, and RAs are all available on site to help you assess a situation and support you through next steps. You're never alone in figuring things out.

Yours truly,
SFE x SWS

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CAMPUS RESOURCES

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

SURF 2026 Information Session | Off-Campus SURFs | Thurs, Jan 8 and Wed, Jan 14 4–5pm via Zoom

SURF 2026 Information Session | What to Do in the Winter for SURF 2026 | Tues, Jan 13, 7–8pm via Zoom

32nd Doris S. Perpall SURF Speaking Competition Finals | Thurs, Jan 15, 1:30–5pm at 153 Noyes

SFP x Red Door Drop-in Advising Hour | Tues, Jan 20, 12–1pm and Thurs, Jan 22, 3–4pm at Red Door

Securing SURF Letters of Recommendation | Thurs, Jan 22, 7–8pm via Zoom

SFP x Red Door Drop-in Advising Hour | Tues, Jan 27, 3–4pm and Tues, Feb 3, 12–1pm at Red Door

SURF Proposal Writing Workshop with the Hixon Writing Center | Thurs, Jan 29, 12–1pm at B122 Gates Annex

Caltech Library

- Find Popular Science eBooks & Audiobooks with Libby | Access Caltech Library's popular science, graphic novels, and science journalism eBooks and audiobooks through the free Libby app, just search "California Institute of Technology" and log in with access.caltech.
- DIY Herbal Sachets & Stoic Journaling Workshop | Thurs, Jan 15, 11am–2pm, 1st Floor Caltech Hall – Learn reflective journaling techniques inspired by Stoic philosophy and make herbal sachets to kick off the new year.
- All Libraries Closed for Martin Luther King Jr. Holiday on Mon, Jan 19



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CAMPUS RESOURCES

Student Wellness Services (SWS) - <https://wellness.caltech.edu/resources/workshops-and-groups>

Sleep Like a Legend | Wed, Jan 21, 12-1pm | RSVP [here](#)



Getting Things Done | Wed, Jan 28, 12-12:50pm | Hameetman Conference Room | RSVP [here](#)

Mindfully Resilient | 8-week in-person class focused on helping prevent relapse of depression and anxiety. You'll learn to identify your specific triggers for relapse, and will learn the skill of mindful awareness to cope with those triggers when they arise. Call Counseling Center Front Desk to learn more info and to set up a screening 626-395-8331

Caltech Center for Inclusion and Diversity (CCID) - <https://ccid.caltech.edu/events/rsvp>

Día de Reyes Celebration | Tues, Jan 6, 5:30–6:30pm, CSS 2nd Floor Common Area | Celebrate Three Kings Day with CHLA, Club Latino & CCID. Enjoy a Rosca, tamales, hot chocolate, and coffee.



Altadena Candlelight Vigil | Wed, Jan 7, 6pm, Off-Campus | Join CCID at this community vigil honoring victims and supporting survivors on the anniversary of the Jan. 7, 2025 fire. RSVP required for limited rideshare.

Dine & Dialogue: Authenticity in STEM (Dr. Clarissa Do Ó) | Wed, Jan 21, 6pm, Hameetman Conference Room | A conversation on identity, belonging, and authenticity in science. Dinner provided while supplies last.

MLK Commemoration Keynote: Kristin McGuire | Wed, Jan 28, 12pm, Hameetman MPR | A keynote honoring Dr. King's legacy with a focus on civic engagement and student activism. Light lunch provided while supplies last.

Joint event with SWS + CCID: First-Gen Check-In: How Are We Really Doing? | Tues, Jan 27, 6pm, Hameetman Conference Room | Connect with first-gen faculty and STEM professionals to discuss careers, mental health, and life beyond the degree | RSVP [here](#) (dinner provided on a first come first serve basis)

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Caltech | Fellowships Advising and Study Abroad

BISHOP SUMMER STUDY ABROAD PRIZE

- The Bishop Prize funds an organized summer study abroad program for a single student for up to 10 weeks.
- Up to \$7000 in expenses would be funded
- The study abroad program can be of the student's choosing!



AVAILABLE TO CURRENT CALTECH FRESHMEN, SOPHOMORES, AND JUNIORS, WITH >2.8 GPA
APPLICATION DUE DATE: 3/1/2026
Scan the QR Code to register for the info meeting on January 28, 2026!



The student-run Green Labs ReStore is now open in Alles 181! Open a few hours each week (winter term hours TBD or by appointment), the ReStore offers a free space to rehome surplus lab supplies, consumables, glassware, and equipment, or to stop by and chat with Green Labs.

Managed by student interns, the ReStore currently houses over \$100,000 worth (2,000+ kg) of supplies, supporting more sustainable and cost-efficient labs across campus.