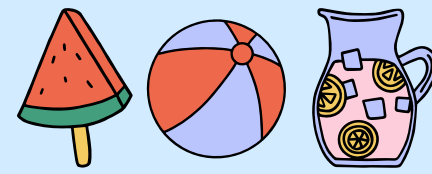


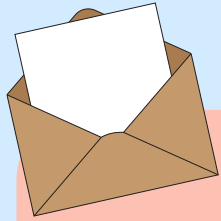


Beaver Updates

Issue 08: June 2026



Each month, Student and Family Engagement (SFE) shares a newsletter featuring a first-year student spotlight, along with community updates and upcoming events for first-year undergraduate students.



Letter from the Editor

Hey First-Year Students!

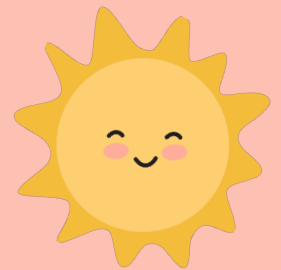
Happy last month of this academic year and an early congrats on making it through your first-year. This is no small achievement – you’ve just navigated an important milestone, and I hope you take a moment to celebrate how far you’ve come.

This is the last issue of Beaver Updates for your class (the newsletter will resume in Fall 2026 for the incoming class of students). Thanks for following along the past 7 months.

Wishing you all a much-deserved summer break and see you around campus!

Best wishes and take good care,
Isabel Peng

Director of New Student Transition Programs and First-Year Experience



Student Spotlight: Prince Fnu



Hometown:
San Diego, CA

Option:
Applied & Computational Mathematics

Favorite breakfast food:
Nutella toast from Broad

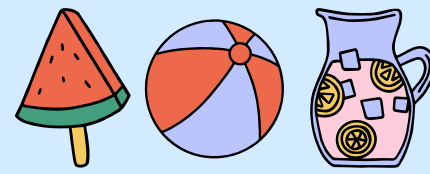
If you could travel anywhere right now, where would it be?
Hong Kong or Macao

First-year highlight:
Ravery (both helping set-up and the interhouse itself),
post-formal dinner karaoke, and Avery scavenger hunt



Beaver Updates

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SFE Updates

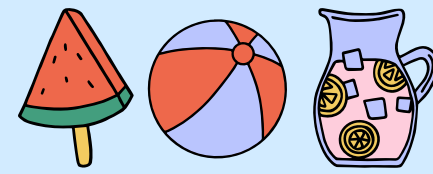


In collaboration with Student Wellness Services, we hosted **Year 1 Wrapped** on May 21, where first-year students reflected on their favorite memories and milestones from their first year while enjoying açaí bowls together.



Beaver Updates

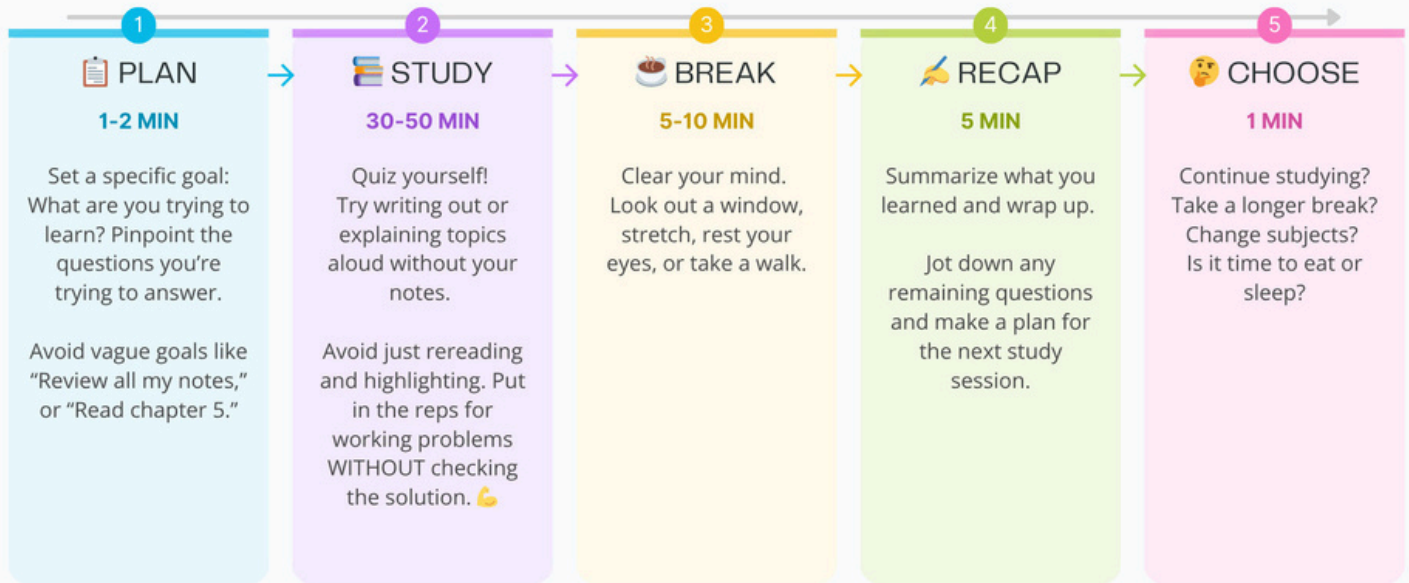
Issue 08: June 2026



With finals coming up, here are some study strategies to keep in mind (courtesy of Dr. Grace Wong, Occupational Therapist)

Are you studying effectively?

Try this 5-step process to get the most out of your time



💡 **Check your understanding: Can I teach this to someone else? Are my study methods effective?**

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Preview and paraphrase

Before diving into a chapter, take 5 minutes to prime your brain by skimming the headers, bolded words, and diagrams. Then, play a game: read one paragraph, pause, and force yourself to whisper a one-sentence summary before moving on. If you can't summarize it, your brain completely skipped it.

Annotate the "why," not just the "how"

When reworking tough problem sets or getting help from a TA or peer, don't just copy down the steps. Annotating the underlying rationale will help you make sense of your notes next time you refer to them.

Embrace the friction

Staring at highlighted notes creates a false illusion of competence. Instead, close your notes and write down or give a mini-lecture about everything you remember from scratch. If it feels clunky and difficult, you are doing it right! Superficial learning feels easy; durable learning requires cognitive friction.

Match your energy to the task

Stop trying to push through your hardest classes when your battery is already low. Based on the way you're sleeping now, when do you have the best focus and energy? Guard your best focus hours for your most difficult classes (remove all distractions) and switch to easier tasks when you're more tired.

Set a last call for sleep

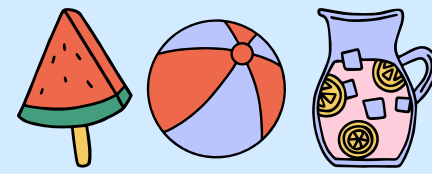
Decide before you start your day exactly when your studying ends. Give your brain at least 30–60 minutes of wind-down time before bed to transition and avoid revenge bedtime procrastination. A good night's sleep helps you consolidate and remember the information you studied so hard for!

These are just a few of the strategies you can try. Visit the CTLO's [webpage](#) on Learning Resources for even more strategies.



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Campus Resources

Caltech Library

Return or Renew Your Library Books by June 12

If you've got books checked out from the Library, remember to return or renew them before Commencement on June 12th. You can check your library account at library.caltech.edu/libsearch



Last Extended Weekend Hours for Spring Finals

We're extending our 24 hours at Sherman Fairchild Library one last time with evening snacks from Friday, June 5 to Monday, June 8. SFL won't close until Commencement Day on Friday, June 12 at 8:00pm.

Library Summer Hours

Starting Monday, June 15, Sherman Fairchild and Caltech Hall will have shorter hours all summer. SFL will be open Monday through Thursday from 8:00am to 8:00pm; Fridays, from 8:00am to 6:00pm; closed on Saturdays, and open Sundays from 12:00pm (noon) until 8:00pm. For all hours, visit library.caltech.edu.



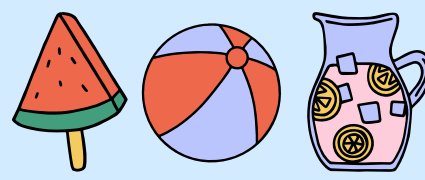
Summer Outdoor Movie Nights Begins, Wednesday June 24 at 8:00pm

We're kicking off our annual Summer Outdoor Movie Nights at the Sherman Fairchild Library Amphitheater with films based on classical literature, but make it Y2K. We're starting with *10 Things I Hate About You*, starring Julia Stiles, Heath Ledger, Joseph Gordon-Levitt, and Larisa Oleynik, based on *The Taming of the Shrew* by William Shakespeare. [Summer Outdoor Movie Night](#) screenings will be held on Wednesdays at 8:00pm on June 24, July 8, July 29, and August 12.



Beaver Updates

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Campus Resources

Caltech Center for Inclusion and Diversity



Pride Kickoff – June 2nd at 12pm, CSS Front Lawn

Join the CCID and PRISM on the Center for Student Services Lawn for a Pride Month kickoff! We'll have freebies, goodies, snacks, and lots of community. Come celebrate our LGBTQIA+ communities!



Student-Faculty Programs

The SURF summer at Caltech officially starts on Tuesday, June 16th!



Caltech

Is your ID faded and in need of replacement?

SCAN QR CODE BELOW TO SUBMIT A REQUEST

This link will open an email to help@caltech.edu
Just update your **Name, UID** & **Hit** send to complete your request
****Replacement is FREE if old ID is returned****

Visit [Ion Caltech Today](#) for daily updates on campus events and news.

Caltech