WELCOME TO THE FIRST BEAVER UPDATE!

The Office of Student Experience (OSE) is launching a monthly newsletter, Beaver Updates, that highlights community announcements, upcoming events and a first-year student spotlight. We hope this newsletter will be helpful in sharing relevant information on campus programs and resources that are designated or open to first-year undergraduate students.

OSE UPDATES

Wednesday, Nov 1 - November Lunch at the Athenaeum
First-year students are invited to lunch at the Athenaeum in small groups on a monthly basis to meet fellow first-year students, as well as professional staff in student affairs. Stay tuned for an invitation to the December lunch!

Friday, Nov 3 - Club Fair
Come learn about the many clubs at Caltech at 5-7pm on the Moore Walk! Pizza will be served while supplies last.

Thursday, Nov 16 - LA Kings Hockey Game
Caltech, in collaboration with the LA Kings, will be providing students with tickets to attend a game at Crypto.com Arena. Sign-ups are closed but contact smetz@caltech.edu to be put on the wait-list.

Ongoing - Problem Set Workshops
Come work on psets with your study group at designated times in the residences (scan QR code for more current schedule). Don’t have a study group? No problem! Come work with your peers in a collaborative group environment. Upper-year students serve as facilitators at each workshop.
Greetings from CALE (Career Achievement, Leadership, and Exploration)! Our office is a resource to help support you in your professional journey, whether that be applying to graduate school, a summer internship, or coming to an industry day to learn more about different career paths.

This quarter, we have two more in-person Industry Days! Register on Next Steps Caltech to secure your opportunity to meet and connect with a wide range of industry professionals.

- Tuesday, November 7th: HEAR (Careers in Hardware, Electronics, Aerospace, and Robotics)
- Thursday, November 16th: Caltech Bioscience Industry Day

Throughout November come by the Sherman Fairchild Library to check out highlights from our collection celebrating Native American science, history, and research.

SURF Applications are open starting November 1st! https://sfp.caltech.edu/undergraduate-research/programs/surf/application_information
Student Wellness Services

Pizza Workshops – Wednesdays at 12-1pm at Hameetman 2nd Floor Conference Room

Behavioral Activation | Wednesday, 11/8
Behavioral Activation is a set of evidence-based techniques derived from Cognitive-Behavioral Therapy. This approach is useful in getting ourselves to take effective action even when we don't feel like it. These techniques are useful when dealing with the paralysis that depression and anxiety can cause - or even if you're just feeling stuck and unsure how to start a task.

Fighting Imposter Syndrome | Wednesday, 11/15
This workshop is for grad students and undergrads to help overcome feelings of imposter syndrome and self-doubt. Join us to learn strategies to quiet your inner critic, embrace your accomplishments, and increase self-confidence.

Building Better Habits | Wednesday, 11/22
You've probably heard that it's important to build healthy habits - but what does that mean anyway? Join us and learn about the components of a habit, how to choose a habit that matters to you, and how to build ones that last!

Caltech Y

Rise Program

Days: Monday-Thursday | Time: 4:30-6PM | Commitment: 1 day per week | Format: In-person, online, or at John Muir High School

The Rise Program is still accepting tutors for the 2023-24 year. Tutoring with the Rise Program is a great way to give back to the community and work with local students to help them succeed in math and science. There are opportunities for both in-person and remote tutoring. For more info and to apply go to https://www.caltechy.org/rise-tutor.
Dia de los Muertos Altars | Friday, 11/3 at 12pm (Virtual)
Please join us in welcoming Dr. Claudia Garcia-Des Lauriers, who studies the ancient cultures of Mesoamerica that flourished before European contact, how cultures have endured incredible change over time and what it reveals about the incredible resilience of the people in the past.

Unconscious Bias Training | Wed, 11/8 at 12pm (Virtual)
This session introduces an interdisciplinary definition of unconscious bias while addressing the ways in which it may manifest in academic and social settings. Participants will explore the link between implicit bias mitigation and institutional climate.

First Gen Social | Wed, 11/8 at 4pm
National First Gen College Student Day: The CCID is hosting a Meet & Greet for all who identify as a First-Generation College Student or Graduate.

Dine and Dialogue: Black Feminist Thought | Thurs, 11/16 at 4pm
This two-part series will facilitate a guided analysis, reflection, and idea exchange about Black Feminist Thought. Materials will be provided ahead of each session, expertise in the topic is not required. Dinner will be provided at CSS 2nd Floor Common Area.

Men of Color Affinity Space | Tues, 11/28 at 12pm
Find community with other men of color at Caltech. This space is open to students, postdocs, faculty, staff and alumni. Lunch will be provided at CSS 2nd Floor Common Area.

Safe Zone Training | Wed, 11/28 at 12pm (Virtual)
Safe Zone exists to provide LGBTQIA+ students a simple way to identify administrators, faculty, staff, and students who are allies and have been trained to approach concerns in a confidential, non-judgmental, and affirmative manner.