



Beaver Updates

Issue 07: May 2024

Each month, the Office of Student Experience (OSE) shares 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.



On April 12-14, we welcomed 110 first-year families (270 people) to participate in a variety of engaging activities on campus as a part of Family Weekend.



Student Spotlight: Gabo Zhang

Hometown: Las Vegas

Option: Electrical Engineering

Fav memory at Caltech:

Trips to Old Pasadena with my best friends. I love just strolling around spontaneously and eating good food!

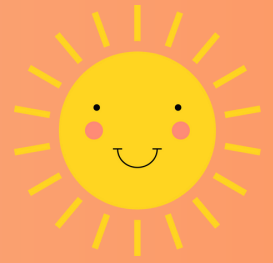
Favorite ice-cream flavor:

Matcha



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OSE News

Work Smarter, Not Harder Workshop

Monday, May 13 at 12–1pm

Hameetman Multipurpose Room

Caltech is hard enough as is! Learn metacognition skills to boost your learning and confidence in your ability to succeed. Lunch provided.

Sponsored by SWS x OSE.



Coming Soon: Caltech Summer Ambassador Opportunity

Applications will launch after midterms, applicants must be on campus this summer to become a CSA. Check your email for additional info on how to apply soon.

Upcoming Off Campus Programming Series Events:

Sign Ups for LA Dodgers and Angel City FC are closed, contact RLC Steven (smetz@caltech.edu) to be put on the waitlist.

Smorgasburg and Salt & Straw sign ups will be released soon.



Friendly reminder, if you open the PDF version of this newsletter (attached to the email), you can click on the embedded hyperlinks!



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Campus Resources

Caltech Y – caltechy@caltech.edu

- India Cultural Trip – Applications Available for Undergraduate Students
December 14 – 23, 2024 | Cost: \$1,300 | Applications Due: May 13

The Caltech Y, in partnership with the SURF Program and IIT Gandhinagar (IITGN) in India, is coordinating a trip to Gandhinagar, India. Join us for an exciting cultural learning excursion as we explore India as an emerging nation and its potential role as a global leader in the context of its history and culture. The Caltech group will be hosted by IITGN and discussions and trips will be led by IITGN faculty and guests. Space is limited. Apply [here](#).

Caltech Library – library@caltech.edu



- All May – *Check out our book display at SFL to celebrate Asian and Pacific Island Heritage Month*
- Monday, May 1 at 8am to Friday, May 10 at 10pm – *Sherman Fairchild Library extending its 24hours building access for Spring midterms. Enjoy a Stress Free Library with free evening snacks and open late evening and weekend hours. Group study rooms are first come, first serve overnight after 12:00am.*
- Thursday, May 16 at 7:30pm – *Outdoor Movie Night at the Library kicks off with a classic 80s sci-fi blockbuster, The Terminator. Bring a blanket and join us at the Sherman Fairchild Library amphitheater (across from Hameetman Center). Free popcorn and other light movie snacks provided.*
- Monday, May 27 – *All Library locations closed for Memorial Day. Regular hours resume Tuesday, May 28 at 8am.*
- Friday, May 31 – *It's time to renew your library books! If you still need your books over summer break or after finals, remember to log into your library account and renew them on this date. Need a refresher on how to renew online? Here's a [tutorial](#).*



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Campus Resources

Career Achievement, Leadership, and Exploration (CALE) – career@caltech.edu

Caltech STEM-Adjacent Career Exploration Day, hosted by the Caltech Y and CALE

Wednesday, May 8 | 12–2pm | Olive Walk 🌳

➡ Engage with professionals who have leveraged their STEM backgrounds into diverse and exciting careers. Whether you are actively looking for an opportunity for the summer/ post-graduation, or looking to network for the future, this event will be a great place to better understand what career opportunities are available for you. For more information, visit [Next Steps Caltech!](#)

Caltech Bioscience Industry Connections, hosted by Caltech Bioscience Industrial Partners Program (CBIPP),

Friday, May 17 | 4–6pm | Chen Neuroscience Research Building Breezeway 🌬️

➡ This exciting, in-person networking event is tailored for Caltech students passionate about careers in the life sciences. Connect with industry leaders who actively recruit at Caltech, and gain insights into the vast array of career paths for you in the life sciences. For more information, visit the [CBIPP website!](#)

Student Wellness Services – For more details on workshops, visit [here](#)

Board Dinner + Meet & Greet with SWS Browne Dining | Fri, May 3 at 5–7:30pm

SWS staff will be at Browne Dining Hall to meet and greet students. We will also have some wellness trivia questions that you can turn in for an entry to our raffles! Prizes include a giant Squishmallow, an Owala (color of your choice), an otamatone, and a tortilla blanket! May the odds be in your favor!



**Behavioral Activation Workshop
Hameetman Conference Room
Wed, May 8 at 12–1pm**

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.