

BEAVER UPDATES

ISSUE 04: FEBRUARY 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.

OSE NEWS



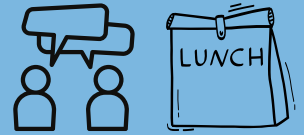
On Wed, January 31, we hosted a board dinner at Browne featuring the Caltech Y. Students learned about Y programs, including spring break trips, community service opportunities and student committees, while enjoying delicious food from different regions. Big thank you to the Dining team and Caltech Y for an amazing event!

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OSE NEWS

OSE Conversations Series



This series was designed to help connect students with Caltech faculty and staff outside of the classroom. Below are the February sessions!

- Dr. Candace Rypisi, *Assistant Vice Provost and Director of Student-Faculty Programs*
Tuesday, Feb 6 | 12:00-1:00pm | Hameetman Conference Room #210
- Professor Danielle Wiggins, *Assistant Professor of History, Humanities and Social Sciences*
Friday, Feb 9 | 12:00-1:00pm | Hameetman Conference Room #210

Learn about our speakers and RSVP at: <https://ose.caltech.edu/student-engagement/conversations-series>

Lunch will be provided - RSVP required. For questions or concerns, please contact the Director of Student Engagement, Erica Crawford, at ecrawfor@caltech.edu

LUNCH

- Next first-year student lunch at the Athenaeum is Thursday, Feb 15 at 12:00-1:30pm
- The February lunch will be co-hosted by staff in the Office of Student Experience and Student Faculty Programs

With SURF application deadlines coming up, this is a great opportunity to touch base on any questions before applications are due on Feb 22!

- Email invitation will be sent soon

Upcoming off-campus programs

February 20: The Wiz Musical at Pantages Theater

March 1: LA Clippers NBA Basketball Game at Crypto.com Arena

Contact smetz@caltech.edu for info on how to sign up!



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Student Spotlight: Yash Kakade



Hometown:
Dayton, Ohio

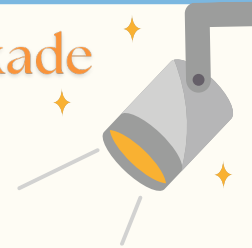
Intended Option:
Mechanical Engineering + BEM

Fav memories of your first-year at Caltech:

When we went to Santa Monica and Universal Studios with FSRI

If you had a day to yourself, what would you do:

I would sleep, work on my car and hang out with friends!



Q&A Corner



Question: Help! I'm feeling kinda sick, where can I get access to free rapid Covid-19 tests?

Answer: Here are some places close to campus where you can get free rapid tests:

Pasadena Public Library - Hill Branch (walking distance!) | 55 S Hill Ave, Pasadena

If you go in the entrance and turn right, there are purple boxes with rapid tests near the bulletin boards

LA Public Library - <https://www.lapl.org/covid-tests>

Order in the mail - <https://www.covid.gov/tools-and-resources/resources/tests>


And, if you are feeling symptomatic, please report it through the Reporting App on your access account so we can keep everyone as safe and healthy as we can!

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CAMPUS RESOURCES

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

 **Weekly SFP Virtual Drop-in Sessions | Tuesdays 10-11am and Wednesdays 2-3pm**
SURF Application deadline is 11:59pm PST on Thursday, Feb 22nd

REMINDER

Student Wellness Services - For more details on workshops, visit <https://wellness.caltech.edu/resources/workshops-and-groups>

Survival Kit for Managing Anxiety and Stress - Pizza served while supplies last!
Hameetman Clubroom 3 (basement) | Thurs, Feb 8, 12:00-1:00pm

Meditation Mob – Every Tuesday | 12 - 12:50 pm at Hameetman Club Room 2 (basement)

Wednesday Pizza Workshops | Hameetman Conference Room (2nd floor)
Wednesdays at 12:00pm – Pizza served while supplies last!

February 14th – Behavioral Activation (How to do things even when you don't feel like it)
February 21st – Understanding and Coping with ADHD with Ken Herman, Ph.D.
February 28th – Fighting Imposter Syndrome



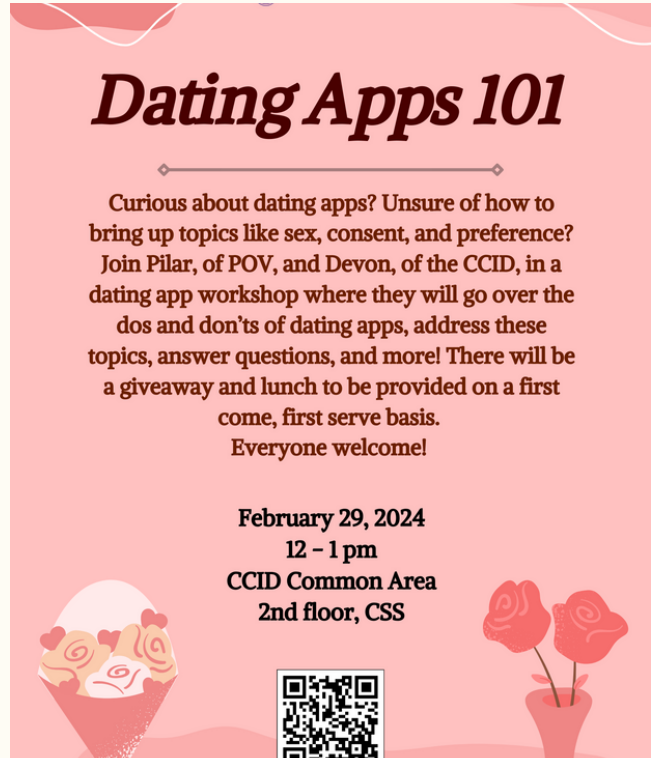
INCLUSION & DIVERSITY

VALENTINE'S DAY
CARD MAKING

FEBRUARY 14TH
3PM-5PM
CSS 2ND FLOOR COMMON AREA

Let's celebrate love! Join the CCID and Confidential Advocate Pilar Montenegro for card making and community. Card materials and snacks provided.

RSVP



Dating Apps 101

Curious about dating apps? Unsure of how to bring up topics like sex, consent, and preference? Join Pilar, of POV, and Devon, of the CCID, in a dating app workshop where they will go over the dos and don'ts of dating apps, address these topics, answer questions, and more! There will be a giveaway and lunch to be provided on a first come, first serve basis. Everyone welcome!

February 29, 2024
12 - 1 pm
CCID Common Area
2nd floor, CSS

