



**Programming Menu  
for 2020-2021**

# **Table of Contents**

Introduction	3
ORE Event Calendar	3
ThisWeek@Caltech	3
Educational and Academic Programs	4
Social Programs	7
Passive Programs	7
Future ORE Program Series	8
Funding for Events, Activities, & Programs	9

This programming menu is meant to be a guide and to help Caltech's students navigate this new virtual world we all have been forced to participate in due to COVID-19. The planned calendar events, proposed developmental activities, and the fun, social suggestions are all designed to get students engaged and being social together in a virtual world.

Please also see this menu as a starting point or inspirational guide to other activities that you all may be interested in setting up or designing yourself. ORE is here to help you all with these things and to also make this year the best it can.

### **ORE Event Calendar**

The Office of Residential Experience (ORE) has established a monthly calendar of virtual events and activities for the entire Caltech community to participate in at their leisure. These events are already scheduled and will happen rain or virtual shine.

This calendar is a starting point for getting involved within this new virtual community. ORE hopes that you join one or many of these events.

You can find the calendar [HERE](#) or on the ORE webpage under Events. Please take a look and sign up for the activities that interest you.

### **ThisWeek@Caltech**

ThisWeek@Caltech is a newsletter that is run by ORE and is distributed via email to the entire student body, both UG and Grad, on Monday mornings. This newsletter collects all the events and activities that are happening on campus for the up coming week. All reminders about the above monthly calendared events will be included in this newsletter.

ORE will try and added all newly enrolled students to the newsletter so you should receive it automatically, but if for some reason you may not have received it you can opt-in to the newsletter by visiting the events tab on our website: [ore.caltech.edu/events](http://ore.caltech.edu/events), OR more direct would be through the MailChimp page: [mailchi.mp/caltech/thisweek](http://mailchi.mp/caltech/thisweek).

If you are a Caltech Club or a student group who would like to advertise an event or activity please reach out to [studevents@caltech.edu](mailto:studevents@caltech.edu). Please note that you must get your request in by the prior Wednesday of the week you would like to advertise your event.

## **Educational and Academic Programming:**

To aid in the communities' educational and leadership development, ORE – in partnership with multiple Caltech offices – has created a range of program offerings. The following programs are great for Living Learning Groups (LLG), any study or support pods, leadership teams, residential teams, etc.

If you would like to schedule one of these please contact ORE at [studevents@caltech.edu](mailto:studevents@caltech.edu) and we will be happy to assist you in setting these programs up. Or please feel free to reach out directly to the point-of-contact listed below.

### **Caltech Connect Training**

**Description:** Designed to give participants practical skills for having supportive conversations and make referrals to resources for those in crisis. Participants engage in multiple exercises to increase their skills and awareness concerning the emotional intensity of responding to suicidal collegestudents.

**Contact:** Lee Coleman, [colemanl@caltech.edu](mailto:colemanl@caltech.edu)

### **Creating Inclusive Communities**

**Description:** Content will include tools for preventing negative culture and redirecting comments & behavior that can promote inequity, racism, sexism, or discrimination based on other identities. Toolkit includes bystander intervention, positive norming and deconstructing myths and unconscious bias. (Training adapted depending on concerns identified by target audience).

**Contact:** Allie McIntosh, [allie@caltech.edu](mailto:allie@caltech.edu)

### **Crucial Conversations**

**Description:** Difficult conversations are essential and inevitable part of any relationship. This training will help identify when and how to have those difficult, yet crucial, conversations while caring for emotions involved (both yours and the other person's), fostering relational growth and achieving the desired outcome.

**Contact:** Allie McIntosh, [allie@caltech.edu](mailto:allie@caltech.edu)

### **Decoding Diversity**

**Description:** Decoding Diversity is an introductory workshop offered every quarter to the Caltech community. We believe that building an inclusive campus begins with sharing common definitions of subjective concepts and terms like diversity, inclusion, equity, microaggressions, unconscious bias privileged, and many others.

**Contact:** Monique Thomas, [mlthomas@caltech.edu](mailto:mlthomas@caltech.edu)

## Dialogues

**Description:** Work with the Equity and Title IX Office to pick 1) a topic and 2) a catalyst for discussion. The Office will be happy to support dialogue on a topic of your choosing after the group engages in an initial activity. Consider topics like: racial discrimination, gender-based discrimination, rape culture, healthy or unhealthy relationships, bystander intervention, difficult conversations, etc. and then choose from various catalysts for discussion that work for your group, such as a movie, article, book, video clip, etc.

**Contact:** Allie McIntosh, [allie@caltech.edu](mailto:allie@caltech.edu)

## LinkedIn Lab

**Description:** LinkedIn hacks you need to know now to make the most of your LinkedIn profile. Do not miss this opportunity to learn tips and tricks so you can find the people and jobs you are seeking, and recruiters can also find you.

**Contact:** Claire Ralph, [clairer@caltech.edu](mailto:clairer@caltech.edu)

## Navigating your Virtual Neighborhood

**Description:** Learn tools for better communication skills and navigating conflict. Each of these will help you meet new people and create fun, inclusive communities.

**Contact:** Monique Thomas, [mlthomas@caltech.edu](mailto:mlthomas@caltech.edu)

## Networking for Introverts

**Description:** Building a career network is key to succeeding within your career.

However, these skills do not come naturally to all personality types. We will discuss ways for introverts to network effectively, while remaining within their comfort areas.

**Contact:** Claire Ralph, [clairer@caltech.edu](mailto:clairer@caltech.edu)

## Professional Skills Exploration: Occupational Therapy (OT) & Student Wellness Services (SWS)

**Description:** Counseling and Occupational Therapy Services regularly offer workshops on a wide variety of topics related to our students' emotional well-being. We are also pleased to offer a broad array of on-demand pre-recorded workshops that you can watch at your own pace. Our webpage, [wellness.caltech.edu/resources/workshops-and-groups](https://wellness.caltech.edu/resources/workshops-and-groups), will always contain the most up-to-date workshop offerings. Both our live and on-demand workshops are accessible by all currently enrolled students.

Here is a sample of the current workshop offerings from OT and SWS: 'Getting Better Sleep,' 'Tackle the Term Part 1 or Part 2,' 'Stress Management Basics,' or 'Coping with Procrastination.'

If none of these programs listed on the SWS website are of interest to you, or if you would like to suggest a new program, please go through the outreach request form on the top right of [wellness.caltech.edu](https://wellness.caltech.edu).

### **Safe Zone & Safe Zone 2.0**

**Description:** Trainings help teach students, faculty, postdocs, and staff how to create safe spaces and act as allies for LGBTQ+ people and QTPOC (Queer, Trans People of Color).

**Contact:** Monique Thomas, [mlthomas@caltech.edu](mailto:mlthomas@caltech.edu)

### **Self-Care Session**

**Description:** Take time to recharge with peers through a format that works best for the group. Choose from offerings like yoga, meditation, art therapy, movie nights, and more. All events will be supported and attended by Caltech's confidential campus advocate, ensuring a safe and inviting space.

**Contact:** Teresa Mejia, [teresam@caltech.edu](mailto:teresam@caltech.edu)

### **Situation Leadership and the Myers-Briggs Assessment**

**Description:** In this program you will receive a self-assessment tool that will help identify aspects of your current leadership. The fundamental principle of the situational leadership model is that there is no single "best" style of leadership. Effective leadership is task-relevant, and the most successful leaders are those who adapt their leadership style to the *performance readiness* (ability and willingness) of the individual or group they are attempting to lead or influence. Effective leadership varies, not only with the person or group that is being influenced, but it also depends on the task, job, or function that needs to be accomplished. The Situational Leadership Model has two fundamental concepts: [leadership style](#) and the individual or group's performance readiness level, also referred to as maturity level or development level. In this program we will provide an introspective self-report questionnaire with the purpose of indicating different psychological preferences to better understand how people perceive the world and make decisions.

**Contact:** Tom Mannion, [mannion@caltech.edu](mailto:mannion@caltech.edu)

### **Virtual Service Opportunities**

**Description:** Want to get involved in a service program, but not sure which one is right for you? Come hear about current Caltech Y service programs or share your own ideas. This is a great opportunity to ask questions, get involved, and make a difference.

**Contact:** Liz Jackman, [ljackman@caltech.edu](mailto:ljackman@caltech.edu)

## **Social Programming:**

ORE encourages groups of students to engage in planning their own fun and social teambuilding and group activities.

If you would like to organize an educational or social program in your residential community or with a small group of friends – please contact ORE’s events and activities team by emailing [studevent@caltech.edu](mailto:studevent@caltech.edu) and we can help you coordinate, plan, and/or fund any social activity you can dream up.

Below is a list of suggestions or ideas for you to consider while you plan your next social activity.

- Escape Rooms – ORE has a few companies on file and can help arrange or provide contact information.
- Game nights with Jack Box Games or Trivia Hub.
- Create your own challenges or quizzes with Kahoot or Quizziz
- Internet scavenger hunts – ORE can help you design your own, connect you with a vendor, or provide you with an already used scavenger hunt.
- Board game tournaments via mobile apps
- Karaoke, Talent Shows, or Show & Tell via zoom or mobile app
- E-Sports tournaments
- TikTok competitions

## **Passive Programming**

In this virtual world, we all can experience zoom fatigue and/or screen overload. ORE wanted to provide you with a few passive programming options and ideas so you can take that much needed screen break but still stay connected to your Caltech community.

Below are a few suggestions for you to consider:

- Shared playlists through Spotify, Apple Music, etc. – You can start a theme playlist, i.e. dance party, space travel, Disney, etc.
- Recipe shares – Favorite recipes of your Grandmother’s, Italian, local favorites, your own creation, etc.
- Fitness Challenges
- Photo or Drawing scrapbooks or contests
- Book or Movie Clubs
- Starting a Discord, Slack, or other direct messaging service

If you didn’t see something that interests you from any of the options above, please reach out to [studevents@caltech.edu](mailto:studevents@caltech.edu) and provide your ideas and suggestions. ORE can add them to the list above and help you organize your virtual activity.

## **Future ORE Programming Series**

With all the programming, events, and activities listed throughout this menu, ORE will be continuing working on setting up several virtual programming series. This will be an ongoing effort to provide Caltech's student body with engaging, useful, and thoughtful activities. These events required more lead time and will be announced via ThisWeek@Caltech and on the monthly events calendar as they get up and running.

Here is a list of the type of things yet to come:

- Virtual Fireside Chats with Caltech Professors and Alumni – A few of these have already be scheduled and please see the events calendar for details
- Local Organizations and Partners Series: Virtual Museum Tour with LACMA, Broad, or the Hammer Museum, Discussions with the LA Library, Garden Tours of Huntington or Descanso Gardens, Workshops with the LA Garden Council, etc.
- Collegiate Speaker Series: This series will focus on a wide range of educational topics beyond the hard sciences, like history, psychology, environmental sustainability, etc. ORE will arrange experts in their fields to speak on their areas of expertise.
- DIY Sessions – These Do-It-Yourself virtual events will focus on providing instruction on 'how to' make or do certain things. Examples could be a 'How to make your own stress ball' or 'how to plant your own indoor herb garden.'

If you are interested in these series and would like to host a small group session or if you have suggestions on topics to cover and organizations to partner with, please reach out to [studevents@caltech.edu](mailto:studevents@caltech.edu).

## **Funding for social activities, educational events, or everyday programs**

ORE wants everyone in the Caltech community thrive, engage, make new friends, and have a wonderful year. We are committed to aiding our community to make these things happen. To do this, ORE aims to help fund student's virtual events, activities, or programs.

To apply for this funding, ORE will need 10 days of lead time to be able to respond, approve, and help organize your activity.

Please fill out this [FORM](#) to start the application process.

Note that you will need the following information to complete the application form:

1. full name of point-of-contact,
2. email of point-of-contact,
3. organization or club affiliation (if any),
4. date of proposed event,
5. detailed description of event,
6. estimated number of attendees,
7. estimated total cost,
8. amount of funding sought, &
9. if you have other sources of funding.