Upcoming Events

**Most events require pre-registration to attend. **Most registrations close the day of event.

See what's happening this week.

July 20, 3:15pm, Zoom Webinar, **3:15 "not at" 315**

July 21, 3:00pm, Zoom Webinar, Whitney Workshop - Negotiating Conflict

July 22, 12:00pm, Zoom Webinar, Wednesday Seminar - Tracy Drain, A System Engineer's Journey Across Space

July 22, 5:30pm PDT, Zoom Webinar, Trivia Nights with ORE (see below for more information).

July 24, 6:30pm, Zoom Webinar, Feel Good Fridays - Meditation and Movement with Alli Simon

Student Spotlight

Brina Martinez
Hometown: Los Fresnos, Texas
Program: SURF

Meaning or origin of name: Not sure of any meanings but my older sister is named Briana,
Other events of interest

July 21, 12:00pm, Online Event, **STEMinar Jade Sasser**

July 22, 10:00am, Webex, **NASA Internships Presents: Dr. John Mather, Nobel prize winner presenting on James Webb Telescope**

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**Tips for Success**

In a remote setting, many of us encounter a lack of motivation from time to time. It can be hard to stay on task when you are working from home. Here are some tips to help get your mojo back!

- Set a work schedule and try to stick to it.
- Be sure to build in time away from the computer screen.
- At the start of each work day set goals for yourself. Make sure they are achievable. Break down goals into smaller, manageable tasks.
- Build in rewards for getting work done—you deserve it!
- Take stock of what you accomplish each day.
- Create a support system. Chances are your friends or groupmates are experiencing something similar. Hold each other accountable and find fun ways to help each other.
- Practice self-compassion. No need to beat yourself up or feel like you failed. Give yourself a break and start again tomorrow.
- If you can’t get out of a rut, reach out for help. The SFP Office is just an email away!

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**Trivia Nights with ORE**

Join us for a series of virtual trivia nights hosted by the Office of Residential Experience (ORE)! We’ll be playing on the following three Wednesdays this month: 7/15, 7/22 and 7/29, all starting at 5:30pm PDT. Join us on Zoom at

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Tell us about your research:

Working with the LIGO SURF this summer I will be working on finding and implementing new veto analysis techniques in what is called the PyCBC pipeline. This pipeline is the same pipeline that helped discover the very first gravitational wave back in 2015! Any way I could improve it would be amazing to help find more gravitational waves coming from compact binary collisions.

**What are you looking forward to this summer?**

I am looking forward to learning more about LIGO, interacting with other students, and growing as a scientist!

**What is the first thing you will do once everything returns to “normal”?**

Get my best friend who I miss so much, drive to a stripes convenience store, buy a burrito and coffee like we always would and talk for hours.

Submit your photo for your chance to be featured!

Please take a minute to complete an information sheet to tell us all about YOU!

https://www surveymonkey com/r/5Q6SPT

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**Ambassador Corner**
https://caltech.zoom.us/j/91435237960 to watch from home, and grab your mobile device to play along with us.

July 24: PAYDAY

Students being paid through the Caltech payroll system will have their July payment issued on July 24. Most students have direct deposit, so please check your bank account on July 24 and let me know if you don’t see your deposit. If you do not have direct deposit, your check will be mailed to your Summer 2020 address as listed in your acceptance forms. NOTE: Although your direct deposit form was not updated to “Received” in your SFP Online account, all students either have been confirmed by HR as having submitted direct deposits with HR, or were notified this week and asked to submit one.

The Art of Boba
Hi, I’m Andrew Chan (SFP Ambassador) and thrilled to announce that next Friday at 7 PM PST, in partnership with Labobatory, I will be hosting a webinar with fellow SFP Ambassador Aubrey Stevens on how to make your own bubble tea. We will reveal trade secrets as we teach you how to properly cook pre-packaged tapioca pearls, how to brew the perfect jasmine milk tea, and how to make a Thai tea that rivals any restaurant’s. Depending on time we might also do a mini-section on how to make tapioca pearls from scratch.

Fill out the form to register!
Everyone who registers and shows up will be automatically entered into a raffle for one of two Labobatory homemade boba kits, valued at $40.

SFP Slideshow
Hi, I’m Norman Chung (SFP Ambassador) Come to SFP Slideshows next Monday (7/20/20) at 6 PM PT, where you can listen to people present slides on things they like and/or make memes! Feel free to make your own slides to present as well. Keep in mind that we're
trying to be as inclusive as possible here, but don't be afraid to get creative! The links for slide submissions and Zoom are below:

Submissions:
https://docs.google.com/forms/d/e/1FAIpQLSfI8po0TfWsuMtrHVVe-m54wY7pADUeqMzQiqHqAum6Ln9qQ/viewform?usp=sf_link

Zoom:
https://us02web.zoom.us/j/85350737372
pwd=cGEyV20vY2ZMWThqVFJRKZkQndhdz09
Password: sfslides

QUARANTINE CONTEST

Photo Challenge!!

Post on FaceBook a photo of your favorite place on your campus. Be sure to provide a caption. Chosen winner will receive a $10 gift card from Starbucks.

Resources

**SURF Writing Resources**

The Hixon Writing Center at Caltech is here to support you and your science communication goals! We have resources to help you navigate everything from writing your reports to applying to graduate school. Check them below out below! To learn more or
sign up for events visit: https://writing.sites.caltech.edu/surf

- **The SURF Writing Workshops:** A wide variety of workshops designed to help the budding scientist understand and communicate effectively across different genres of STEM communication.

- **The STEM Writers Collaborative:** The Hixon Writing Center invites you to apply for The STEM Writers Collaborative, a weekly small-group discussion series that explores special topics in STEM writing. Participants will leave with a deeper understanding of how to effectively communicate complex scientific concepts to diverse audiences.

- **Statement of Purpose Personal Training Sessions:** Sign up for the Statement of Purpose (SOP) Personal Training Sessions, led by the Writing Specialists of Caltech’s Hixon Writing Center. This program consists of both individualized support and access to resources to help assist you with writing your SOP.

- **Individual Writing Support for SURFers:** Need help communicating your ideas? Get individual support from Lilien Voong, our SURF STEM Writing Specialist. Lilien earned her PhD in Molecular Biology from Northwestern University and currently serves as a STEM Writing Specialist at the Hixon Writing Center. She has expertise in helping scientists communicate their research across multiple genres and audiences.