



CALTECH
Student-Faculty Programs

SFP Weekly Newsletter

For the Week of July 17 - July 23

Upcoming Events

**Most events require pre-registration to attend

See what's happening this week.

Tuesday, July 20 - 4:00 pm, PDT, Via Zoom,
**Communication Workshop: A Figure is Worth
1,000 Words**

Wednesday, July 21, 12:00 pm, PDT, Zoom Webinar,
**Wednesday Seminar - Morgan Cable: Exploring
Ocean Worlds**

Wednesday, July 21 - 4:00 pm, PDT, **Center for
Inclusion and Diversity: Wellness Wednesday
Series, Wellness and Activism: Avoiding Activist
Burnout & Origami**

Thursday, July 22, 3:00pm, PDT, **Student-Mentor
Coffee Hour: In person at Beckman Institute
Courtyard**

Student Spotlight



Ben Douglass

Hometown: Edmonds, WA
Program: JPL SIP

***What is the meaning of your
name or origins?*** My name
means Mountain top and Black
stream. My last name is Scottish.

Tell us about your research:
I am using rock content in lunar
cold-spot crater ejecta to
constrain the depth of the regolith

Thursday, July 22, 4:00pm, PDT, Zoom Webinar,

Whitney Workshop - Science Needs Art and Creativity. Mostly, it Needs You!

Friday, July 23, 12:00pm, PDT, Zoom Webinar,

Center for Inclusion and Diversity: Affinity Space. Come Meet Fem Club & SWE



Other events of interest

JPL Summer Seminar Series

Friday, July 23, 9:00 am – 10:00 am

The JPL Center for Climate Sciences (CCS) invites you to attend the CCS Friday Seminar Series talk on July 23 at 9 a.m. featuring JPL's Peter Kalmus.

Title: Past the Precipice? Coral Loss and Projected Refugia Under Global Warming

Webex link

Meeting number (access code): 199 509 3799

Meeting password: ccsfridayseminar

Caltech Library

Greetings from the Caltech Library! This month, we're providing details on our next stage of reopening, inviting participants to our FOLIO focus group, featuring our Digital Borrowing Service (DIBS), sharing some staff news, highlighting two upcoming workshops, and more! Feel free to share our newsletter with anyone else who may be interested. They can sign up for the mailing list [here](#).



WHAT'S INSIDE

- The Library's Next Stage of Reopening
- FOLIO Focus Group
- Featured Service: DIBS
- Staff News
- Workshop Highlights: Finding U.S. Maps Online & An Introduction to Data Management
- Featured Resources: ArXiv & Web of Science
- Paulingite Molecular Models

Photo Contest!!

Post on Facebook a photo of you having fun this summer. Be creative (and keep it appropriate!) Each week a photo will be picked and posted on the SFP Weekly Newsletter!

layer in regions of the maria on the Moon. My daily work involves collecting data using LROC images, writing code to analyze the data and make graphs, and writing up my methods and conclusions. This is my fourth summer working with my mentor Catherine Elder, and she is helping me write a paper on this research that we will submit for publishing!

If you had a day to yourself, how would you spend it? I'd go hiking down to the ocean and go for a swim, and chill in my portable hammock between a couple trees on the beach.

What are you looking forward to this summer? Besides my research, I'm excited to hang out with my friends in my hometown, spend time with my family, and visit my boyfriend out of state. A perk of working online (now that I'm vaccinated) is being able to change up my location!

Each week we'd like to spotlight one, two, or maybe three of our summer students. Please take a minute to complete an information sheet to tell us all about YOU! <https://www.surveymonkey.com/r/DYF9PDW>

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!

SFP Drop-In Hour

Due to low attendance the SFP Drop-In Hour has been cancelled. If you need assistance, or would like to meet with someone in the SFP office, please email us at sfp@caltech.edu to schedule an appointment. Our in-office hours are Monday - Friday, 10:00am to 2:00pm.

Resources

Communication Series

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!

The SFP Writing Workshops

A wide variety of workshops designed to help the budding scientist understand and communicate effectively across different genres of STEM communication.

The Statement of Purpose 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 SPer

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.

Office Hours: M - F 10AM - 2PM ~ *Student-Faculty Programs*

