

Vicki Pratt, Scholars and Staff  
Services Supervisor



Erica Escobar, Faculty and  
Postdoctoral Scholar Specialist  
**Contact for BBE & GPS**



Martha Espinosa, Faculty and  
Postdoctoral Scholar Specialist  
**Contact for EAS & HSS**



Cassandra Juarez, Faculty and  
Postdoctoral Scholar Specialist  
**Contact for PMA & CCE**

**You may hear from us for:**

- Reappointment
- Title Change/ Promotion
- Salary Change
- Leaves of Absence

**How can we help you...**

- Verification of Employment Letter
- General questions

# Scholar Services

World Fest – April 22<sup>nd</sup>, 2024 through April 26<sup>th</sup>, 2024

## Connectivity Coaching To Combat Loneliness

As the Cultural and Relocation Advisor, as well as the Facilitator for the Caltech International Spouses Club, for more than 16 years, Barbara Avouac has been assisting international scholars and their families, as well as U.S. citizens, when moving to Southern California. Barbara Avouac is certified from the International Coaching Federation (ICF), as a Life and Professional coach.

### **Barbara Avouac's coaching approach includes the following framework:**

- Develop and maintain meaningful relationships, personal and professional
- Accept and tame your fears, to keep them at bay
- Be aware of your saboteurs
- Be fallible, not perfect
- Turn a situation into an opportunity
- Live healthier and longer

### **Free Coaching Sessions**

Email [bavouac@caltech.edu](mailto:bavouac@caltech.edu) to schedule a 30 minute coaching conversation.

6-10 confidential sessions/person, to be completed within 6 months.

Each session is one-on-one and lasts 45 minutes.

Meetings are on zoom

**Free** for Caltech postdocs, whether you are an international or U.S. citizen.

## Postdoc Resources

- Athenaeum Membership
- Audit courses free of cost
- Long term Care Insurance (discounted rate)
- Auto, Pet, Renter's and Homeowner's Insurance (discounted rate)
- Braun Athletic Center Membership
- Caltech Credit Union
- Caltech Y
- Career Advising and Experiential Learning
- Child Education Center/Children's Center at Caltech
- Discounted Tickets for Caltech – TicketsatWork – discounts on travel, theme parks, hotels, rental cars, water parks, movie tickets, preferred access to sports, concerts, major events
- English as Second Language and Conversation Class
- Free Metro Pass or Caltech Monthly Subsidies for public transit pass
- Hixon Writing Center
- Postdoctoral Scholar On-campus Housing
- Staff and Faculty Consultation Center
- Tax Software for nonresidents for tax purposes (paid only)