**Check this Out!**

Rae Wynn-Grant is breaking barriers in her field of *large carnivore ecology*. National Geographic sits down to talk with her about her experiences & her path to success.

In a recent study conducted by Stanford University, researchers found that *underrepresented students in scientific fields tend to bring swaths of innovation*, but are unlikely to earn influential academic positions. Read more in the Smithsonian magazine.

Did you know last week was “Black Birders Week?” One of its goals is to increase awareness & diversity in conservation. Learn more in this Audubon article.

**Taking Care....**

A lot is going on in our world right now. Feeling stressed, anxious, worried, or self-critical? Try these exercises from UC Berkeley’s Greater Good Science Center.

**Finding Silver Linings**

**Self-Compassion Letter**

If you feel like you need more help, please text HOME to the Crisis Text Line at 741741 or go to www.crisistextline.org

**Logical Fallacy of the Week**

**Guilt By Association**

How can you think brownie bake sales are a good idea? Despot A's totalitarian government used bake sales to support his regime!

“Guilt by association is discrediting an argument for proposing an idea that is shared by some socially demonized individual or group.”

An Illustrated Book of Bad Arguments, Ali Almossawi, p32, bookofbadarguments.com

**Crafting Corner**

This week have fun with hand lettering, which is a technique for creating interesting lettering & writing. Check out this article for tips & tricks. Play around with writing your favorite quote in cool, unique styles. Stick it up on your wall for daily inspiration!

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