



DIRECTOR'S NOTE

I hope that you all have a wonderful Spring Break! Get plenty of sunshine and exercise. This Tuesday, join Kate and I for coffee and desserts as we host our friend Dr. Eric Kihn, director of a federally-supported climate science data center with locations in Boulder and across the country. If you have an interest in science as a profession, you will learn a lot from Eric. Space is limited: signups on the Flocktivity Board!



CAREER COFFEE HOUR

With Dr. Eric Kihn
Sign-up on Flocktivity Board

Tuesday, March 21
7:30-9 pm
Gerland faculty apartment: E180

Attendance Tracker:
Yes



TV WITH A PROF

Man in the High Castle

With Professor Janet Jacobs,

Director of the A&S Honors Program

Wednesday, March 22

6:00-7:30 pm

UMC Rooms 415-417

Attendance Tracker: No

Do You Love Yourself?

By Chelsea Magyar

This semester, the *Smithsonian* is asking life's big questions. We asked freshman Kelly Dinneen, a philosophy major who is also exploring neuroscience and film, about self-acceptance.

Kelly loves herself. "I'm the only one that I get to be inside of, so I might as well love it. I think I'm kind and excited about life, and I'm a living, breathing thing in the world."

She may not always be confident in her abilities or how others perceive her, but Kelly's self-acceptance helps her overcome insecurity. She overcomes by "reflecting on the way I'm being and how I'm probably overestimating how much other people are paying attention to me. By just kind of pushing through moments because things change."

In order to help others push through, Kelly shared some advice on self-love. "I think people should feel free to experiment with themselves. You're not really stuck anywhere, and people can have fun with the way they're being."