



Science Communication Track Professional Writing Minor

Class of 2024

Aysha Alarfaj:

*B.S. in Biopsychology
Minor in SciComm*



The Science Behind Marketing: Psychology & Neuroscience

NeuroTrain:

“Foster
workplace
excellence with the
latest neuroscience insights”



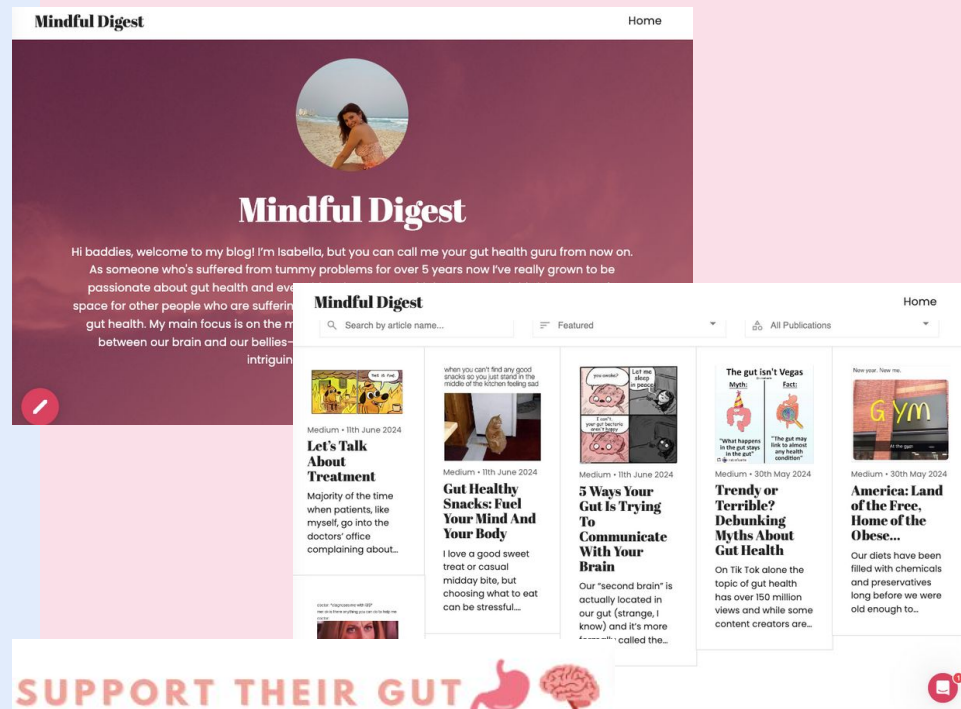
Isabella Sofia Ballerini

BA in Communication

Minor in Science Communication



“Gut health is the key to overall health”-Kris Carr



SUPPORT THEIR GUT  
 STRENGTHEN THEIR MIND

Understanding the connection between your child's gut health and their mental health

When your child's gut is in distress, it sends signals to the brain, triggering responses that can manifest as **mood changes, physical illness, or mental health disorders such as anxiety, depression, or autism**. Conversely, the brain can also affect the stomach, leading to **digestive issues** when mental health is compromised.

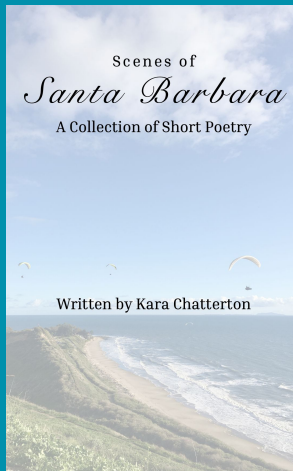
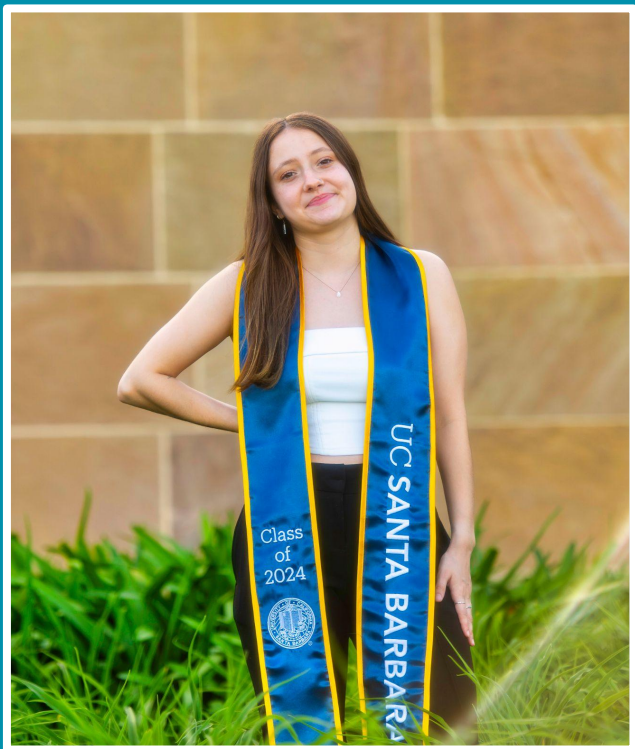


“
The first 1,000 days of life are critical for programming later health
 ”

Kara Chatterton

B.A. Biology

Minor in SciComm



Scenes of
Santa Barbara
A Collection of Short Poetry

Written by Kara Chatterton



Lake Los Carneros

N 34° 26' 25.7"
W 119° 50' 52.0"

A quaint lake tucked away,
where the mallards take flight.
And the young children play,
until the day's last light.

Find an aged bench and stay,
you'll find it a delight.
On this warm day in May,
with the sun shining bright.

Watch the tall mustard sway,
as you take in the sights.
The scrub jay sings all day,
right now life feels all right.

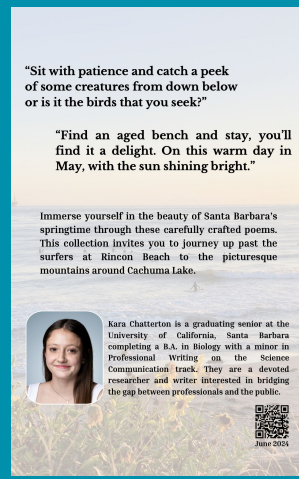


Campus Point Beach

N 34° 24' 24.6"
W 119° 50' 37.5"

Surfers on their boards bobbing and weaving
While I stand here by the ocean grieving
For I am mourning the loss of a life
Not mine, nor yours, but one of true wildlife
The brown pelican sleeps softly on the sand
Once free, now forever bound to the land

Here I sit in sorrow to mourn her death
Only a baby as she took her last breath
Visits to the islands stay mere dreams
Soon she will be swept away by the streams
So the surfers carry on catching waves
As I wait for happier sun-drenched days



"Sit with patience and catch a peek
of some creatures from down below
or is it the birds that you seek?"

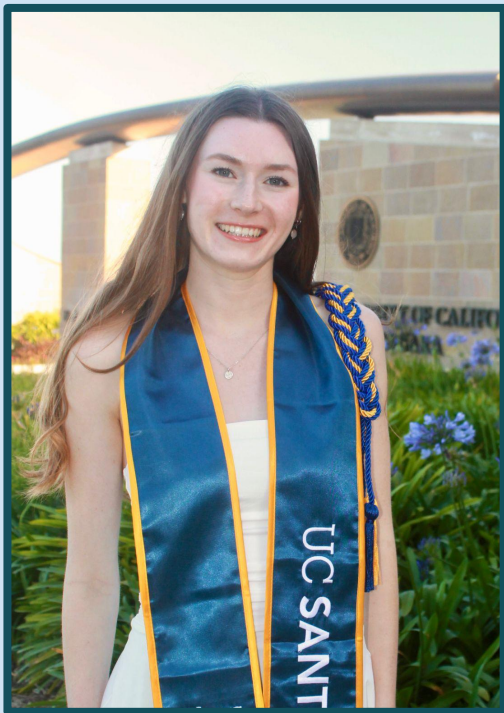
"Find an aged bench and stay, you'll
find it a delight. On this warm day in
May, with the sun shining bright."

Immerse yourself in the beauty of Santa Barbara's
springtime through these carefully crafted poems.
This collection invites you to journey up past the
surfers at Rincon Beach to the picturesque
mountains around Cacho Lake.



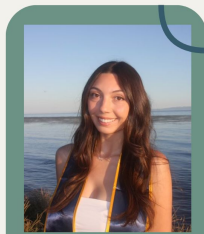
Kara Chatterton is a graduating senior at the
University of California, Santa Barbara
completing a B.A. in Biology with a minor in
Professional Writing on the Science
Communication track. They are a devoted
researcher and writer interested in bridging
the gap between professionals and the public.





Dannah Golich
Statistics and Data Science B.S.
Minor in SciComm

Meet
me —



Shawna

"You don't already need to know about coding to start learning it" >

High School Experience

"My friends who took computer science in high school were **all boys**, so I didn't think I would **belong**."

Future Data Scientists...
Take a class!

R
SQL
Python

Online Resources

- DataCamp
- GeeksforGeeks
- codecademy

It's easy to start!

Campus Coders: UCSB

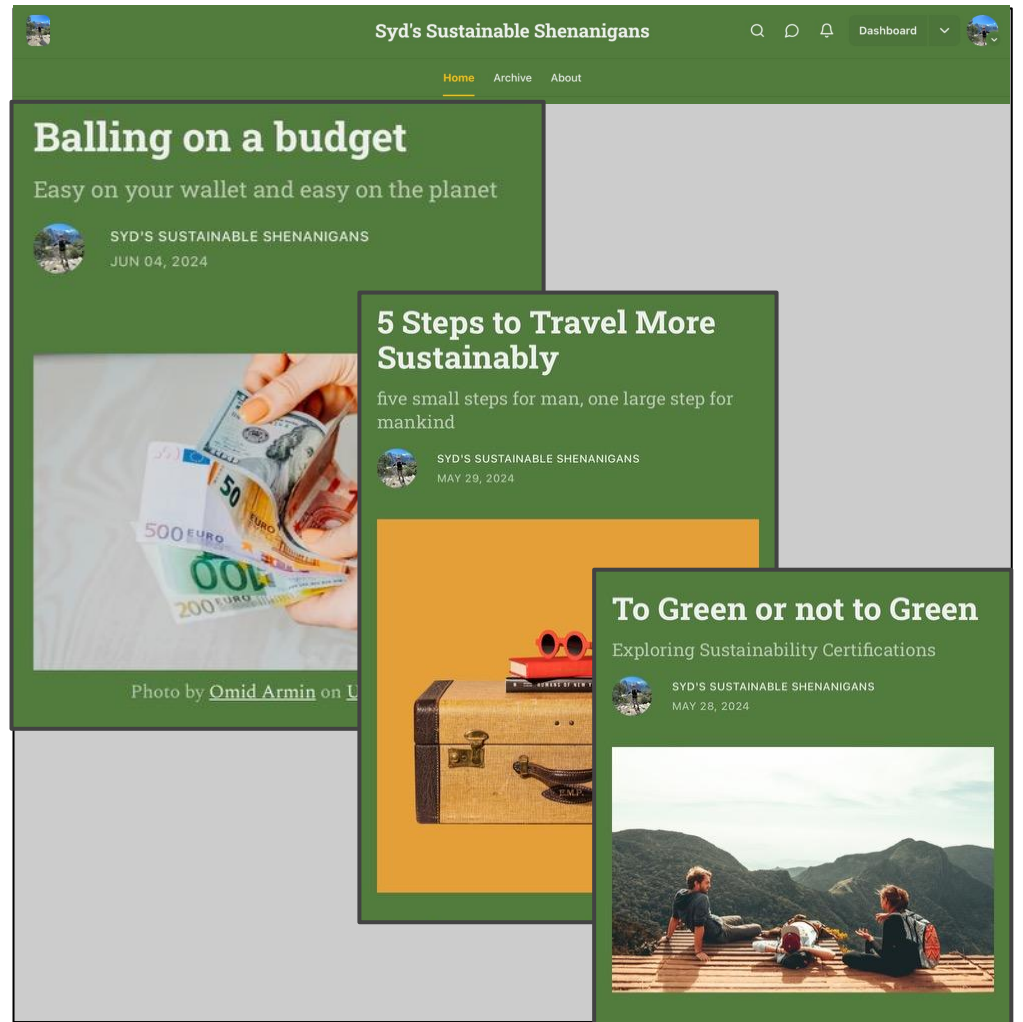
Dannah Golich



An interactive coding game for high schoolers

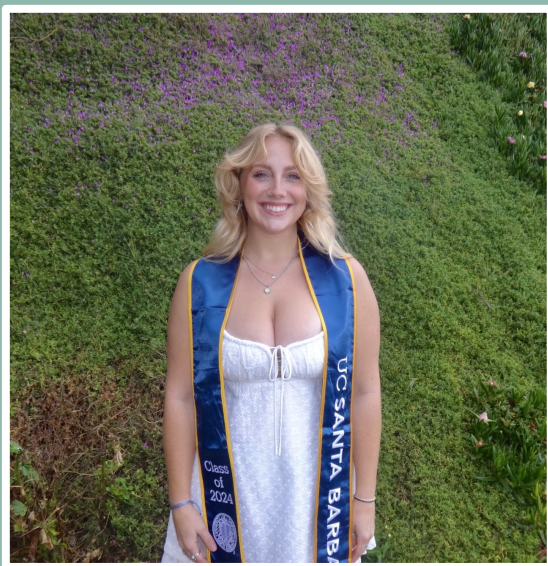
Sydney Kay Hanning

BA in Environmental Studies
Minor in Science Communication



Jenna Harper

*B.A. in Film and Media Studies
Minor in SciComm*



Nature and Nourish

Empowering Parents. Nurturing the Planet:
Guidance for Raising Eco-Conscious Kids

Home | About | Blog | Forum | Search... | f | i | p

"If children grow up not knowing about nature and appreciating it, they will not understand it, and if they don't understand it, they won't protect it, and if they don't protect it, who will?"

- Sir David Attenborough

[Start Now](#)

TRAIN OF THOUGHT

Empowering Young Minds. Talking to Kids About Climate Change

Read More >

ABOUT ME

My name is Jenna Harper and I'm a graduate of UCSB with a B.A. in Film and Media Studies and a Minor in Professional Writing with a Focus in Scientific Communication. As someone who has spent a substantial amount of time around children, I understand the power of their curiosity and potential. They hold so much promise for the world. By empowering parents and providing the necessary tools to encourage engagement with the outdoors, I believe that together we can foster a generation of children with the drive and means to save the planet from devastating human action.

Read More >

f | i | p

Poppy & Parker Make a New Friend



Written and Illustrated by Jenna Harper

Emma Holm-Olsen

B.S. Ecology & Evolution

Minor in SciComm



"Only if we understand, will we care.

Only if we care, will we help. Only if

we help shall all be saved." - Jane

Goodall

ARE CORALS IN THE SOUTH PACIFIC BEING HELPED OR HARMED FROM NUTRIENT RUNOFF? ANSWER: IT'S COMPLICATED

By: Emma Holm-Olsen

In the back storage room of the Ocean Recoveries Lab at the University of California, Santa Barbara (UCSB), sit half a dozen industrial-sized refrigerators and freezers. Almost every day for five months, I opened these refrigerators - careful not to confuse them with the ones housing our lunches - to find rows and rows of tiny plastic tubes full of tissue samples from corals grown thousands of miles away in one of the most isolated places on the planet. From January to June 2023, these tubes were my world, and also often the bane of my existence.

A little over a year ago, I joined professor Deron Burkepile's laboratory on campus which, along with professor Adrian Stier's Ocean Recoveries Lab, was studying the relationship between corals and their symbiotic algae in Moorea, French Polynesia. While I never got the chance to actually go to Moorea, many of my colleagues, including my graduate student mentor and research advisor Julianna Renzi, had been working there for several years, and shared incredible stories about the beauty of the island and the surrounding reef.

I've always been interested in coral reefs, but until recently never truly understood many of the issues they face. During my time as a student at UCSB these last four years, I've been lucky to have many opportunities to learn more about these fascinating ecosystems, from taking courses on coral reef ecology and fish biology, to being involved in this project through which I've been able to actually contribute to the current body of knowledge regarding their function and ecological importance.



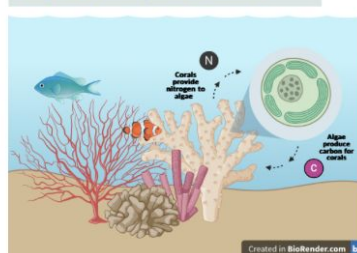
WHAT IS A CORAL REEF?

Coral reefs are definitely one of the more well-known and beloved habitats and ecosystems; they're visually stunning to look at (and so get all the photo and video coverage,) and, being marine systems, are often featured repeatedly in the news as being one of the biggest victims of rising temperatures. Reefs are vastly diverse marine ecosystems, providing shelter and sanctuary for thousands of species of fish, coral, and invertebrates - more than any other marine habitat. They exist all over the world, in both warm and cold waters, and can span hundreds of miles long. In fact, the Great Barrier Reef, the largest of all, spans about 1,400 miles and is considered the largest living organism on Earth; it's so large, it can even be seen from space. That's right. When I say the Great Barrier Reef is the largest living thing on Earth, I really mean it. Not the largest collection of living things, but the lar-

gest living thing on Earth. Individual organisms like animals (like algae) exist by their own accord. Global environmental changes, such as ocean acidification, coral reef bleaching, and the loss of coral reefs, are a significant environmental concern. Stony corals are the most diverse and abundant group of reef-building organisms. They are the primary architects of coral reefs, and their skeletons form the structural framework of the reef. Stony corals are also known as Scleractinia. They are the most diverse and abundant group of reef-building organisms. They are the primary architects of coral reefs, and their skeletons form the structural framework of the reef. Stony corals are also known as Scleractinia. They are the most diverse and abundant group of reef-building organisms. They are the primary architects of coral reefs, and their skeletons form the structural framework of the reef. Stony corals are also known as Scleractinia.

CORALS IN MOOREA

Stony Coral + Endosymbiont Mutualism



Stony corals rely on a relationship with tiny algae that live in their tissues. The corals provide the algae with nitrogen in exchange for carbon that they require to produce their food.

colonies with thousands of other polyps. Each polyp secretes its own skeleton of hard calcium carbonate (CaCO₃), but is also connected to its neighbors by a thin tissue layer called a "coenosarc." This is what creates the vibrant, rock-like formations you would see on a reef floor. To survive, the corals rely on a mutualism - that is, a relationship that is beneficial to both species - with tiny dinoflagellate (a type of single-celled organism) algae in the family Symbiodinaceae. Also known as endosymbionts, the algae live within (hence, endosymbiont) the coral's tissues and create the vibrant colors for which corals are so widely known. Through photosynthesis, the complex process by which plants and algae turn sunlight into nutrients, the algae therefore provide corals with carbon in return for nitrogen. Technically the corals and algae are competitors, as there is a fine line between a mutualistic relationship and a parasitic one, but most of the time it is beneficial for both to help each other out. For example, if environmental conditions are harsh, the algae will want to ensure their corals are healthy enough to continue providing them with nitro-

gen, and therefore will continue to provide the corals with carbon. The algae use this nitrogen to create amino acids, while the corals use their carbon to carry out cellular respiration. Essentially, their endosymbionts are feeding them. And without them, corals will starve. The photographs you may have seen of vast deserts of ghostly white branches are not necessarily dead corals, but very ill ones. "Coral bleaching" as it is called, is the process by which distressed corals expel their tiny algae partners, and subsequently lose their only source of food.

Think of it this way: You probably have a group of close friends that you enjoy hanging out with, be it grabbing a drink on a Friday night or catching a weekday movie. But when you're stressed about work, or not feeling well, you may end up pushing them away. Corals are no different. When water temperatures get too warm, algae struggle to perform their photosynthetic duties and are therefore evicted from their coral homes. However, just as you might without your friends, corals will begin to suffer without their algae, and as starvation sets in, will become that much more susceptible to mortality. This being said, these bleached corals

can be nursed back to health, and are not in fact doomed as many sensationalist news stories lead us to believe.

- **These microscopic algae should not be confused with macroalgae (like seaweed.) While corals are sometimes in competition with their endosymbionts, macroalgae are much more of a concern. From overcrowding to resource monopolization, macroalgae pose a huge threat to corals, and can sometimes take over reefs to the point of total coral exclusion.**

Corals also have mutualisms with fishes and invertebrates ("ectosymbionts.") In our research we looked at mutualisms with shrimps and crabs. *Alpheus lottini* is a species of snapping shrimp that provides several important services to corals, including defending them from predators, removing excess sediment, and even potentially buffering negative effects of ocean acidification. Crabs, such as *Trapezia bidentata* ("TRBs"), perform similar duties in return for shelter within the corals' branches. A 2018 paper by a team of researchers associated with the Moorea Coral Reef Long Term Ecological Research (LTER) site found that ectosymbionts can actually increase corals' resilience to higher pH and temperature levels. Essentially, in high-stress situations ectosymbionts halt their consumption of coral tissue (the only drawback to corals having these little guys around.) In favor of helping the corals, on whom they rely for food and in which they have a vested interest to ensure remain healthy.

THE EXPERIMENT

When I joined the Stier/Burkepile team in the winter of 2023, Julianna was working on a research project about how nutrient runoff, such as from coastal development projects, might affect these mutualisms between corals and their ectosymbionts. As well as with their ectosymbionts. More specifically, she

Marlowe Kushner

Environmental studies BA
Plant enthusiast

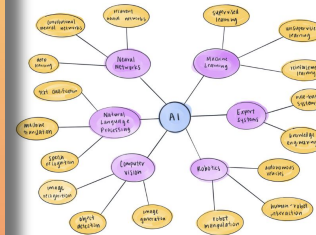


Grace Liu

B.S. Psychological & Brain Sciences
Minor in Science Communication



AI Basics & Big Ideas



Machine learning: create AI models that learn from data over and over again so their performance improves as they learn more and repeatedly. It's like learning to play the piano: An AI is given a piece of sheet music (also known as "training data") and they play it. The piano teacher (feedback) tells the AI what it played right and wrong, and then the AI adjusts and tries again, over and over until the AI plays the piece perfectly.

READ ME.

ChatGPT. Self-driving cars. Robots taking over the world. This is what you may think of when you think of artificial intelligence (AI). But AI is also Snapchat recognizing your face for filters or your Netflix recommendations – daily stuff that we don't think twice about.

The world of AI is vast but – I know that seems daunting – it's not too complicated to understand the basics. In this beginner's guidebook, I, someone who tried to self-learn this field in high school, compiled some of the basics and big ideas that I wish I had in one place before trying to get into the complicated stuff. I won't bombard you with complex jargon, computer science algorithms, or random math. I'm here to let you know what exactly AI is, and the purpose and goals of this field. Simply.

"The most captivating intro AI book there is on the market!" – *The Daily Nexus*

"This book really understands the wants and needs of the younger generation when it comes to learning about AI." – *Forbes*

"Enlightening... A must-read book that makes you yearn for more!" – *The New York Times*



Teagan McCune


B.S. in Psychological & Brain Sciences

*Minors in Applied Psychology and
SciComm*



Is that a gray hair? 🔍 📧 Subscribe

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Welcome!

So you're starting to see gray hairs and the existential dread is setting in? Here, let me ease your fear.

📅 APR 22

How to get old without feeling "old"

Age better by thinking about it now

JUN 5


Do you need that little blue pill?

We only get a couple decades of good sex... right?

JUN 5

Gossipy Geezers

Why do phone calls with grandparents always last an hour?



Is that a gray hair?

A newsletter about all things aging.

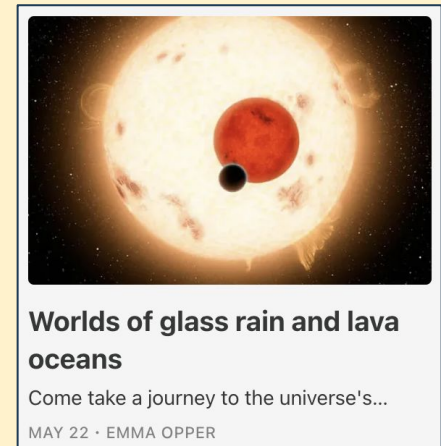
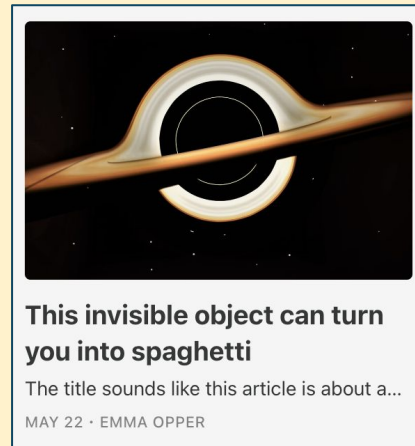
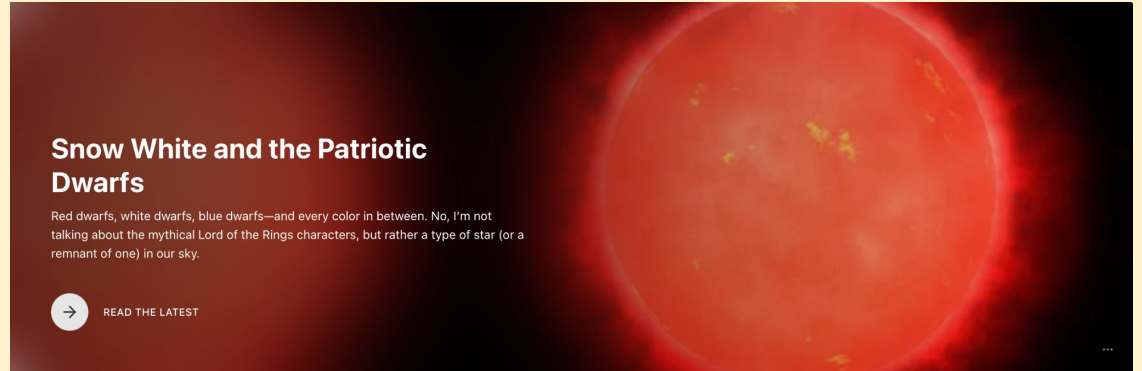
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Not Dead Yet!
Hosted by Teagan McCune

EMMA OPPER

B.S. in Mathematics
Minor in SciComm

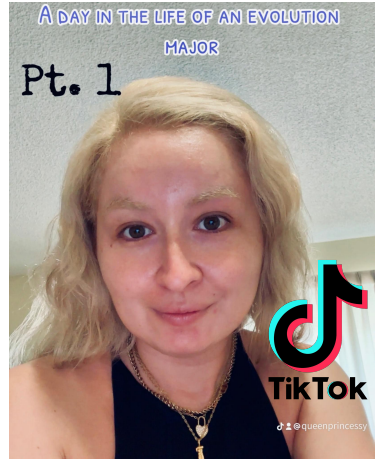




Yoss Ramirez

B.S. EEMB & B.A. Communication
Minor in SciComm

"As for a future life, every man (person) must judge for himself between conflicting vague probabilities." Charles Darwin



Scientific American

Volume #, Number #, Spring 2024

HOW EVOLUTION ARISES

4 The first Bacteria
3.45 Billion years ago bacteria appeared. What did they look like?
By: Emas Eht

12 Are Archaea Bacteria?
Archaea were once thought of as bacteria but after novel evolutionary research, archaea is its own type of cell.
By: Arch Bac

18 Viruses
Viruses are unicellular organisms so then how come they are not bacteria or archaea? What makes them so different?
By: Dr. Phage

24 Mutations
Teenage mutant ninja turtles all had one thing in common, and it wasn't their ability to fight off the Rat.
By: Michelangelo TMNT

30 Natural Selection
Evolution is driven by the availability of nutrients required for an organism to survive.
By: Darwin (jk he's dead)

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Species are decreasing and new species are not arising. Are we in the midst of an extinction?
By: T. Rex

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Believe it or not! Earth is heating up
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The possibility of humans evolving from drastic changes is minimal.
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Maya Rink

B.A. in Environmental Studies
Emphasis in Geography
Minor in Science Communication



Earthlings Edu

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Search...

Explore New Frontiers

Fostering Nature Connection

Earthlings Edu. is dedicated to providing exciting environmental education that connects students with the natural world. Our program is designed for early elementary aged students in Goleta, California. We work to make our lessons easy and comprehensive for both our educators and their students. Keep reading to learn more about how we foster nature connection and environmental education.

Map Overview

Back To Beginning

BLUE ELDER

The blue elder is a member of the adoxaceae family. Various species of the elderberry can be found throughout the entirety of North America. Blue elder is native to the Western United States, Northwestern Mexico, and British Columbia. The tree, sometimes classified as a shrub, is deciduous, meaning it annually sheds its leaves. Leaves can be found on each side of a stem, with a single leaf vertical at the tip, a structure called odd-pinnate.

It produces clusters of white flowers in the spring. The flowers are five-merous, meaning they have five distinct petals, and are radially symmetrical. These flowers develop into dark blue berries that are primarily consumed by birds, but are also edible for humans!

Ethnobotany

Grace Ryu

BS Pharmacology

Minor in Professional Writing



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HEALTH

TRAPPED IN A DREAM

WHEN FANTASY
BECOMES COMPULSION

By Grace Ryu

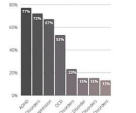
Illustration by [Katie Schmitt](#) for [Scientist & American](#). [Katie Schmitt](#) is a freelance artist and writer based in Los Angeles, California. She has worked on various projects for [Scientist & American](#), including illustrations for the ["Trapped in a Dream"](#) article. Her work often explores themes of mental health and personal growth.

It was a typical Wednesday afternoon. Sarah sat in the farthest corner of the classroom, battling against the humidity of the classroom air and the drone of the teacher's voice as she struggled to stay awake. Her eyelids drooped, her attention drifted to the elementary school field, where a group of girls were playing a fiery game of soccer. It wasn't long until Sarah pulled the key, a rush of cool air blowing in her face as she opened the door to escape the stifling heat. As she stepped outside, her heart was lifted into the air as the shoulders of her teammates, cheeks flushed with excitement, met her gaze. They were laughing and talking with her as if she were one of them, but Sarah knew better. She was not one of them. She was a student at the school, not a player. She was back in her seat, the daydreams cut short. School was over, and it was time to head home.

At first, it seemed as though Sarah's dream was just a harmless daydream, a momentary escape from the pressures of school. But as the weeks passed, the dream became more frequent, more vivid, and more compelling. Sarah found herself spending more time thinking about the game, the girls, the feeling of being part of a team. She would find herself replaying the game in her mind, over and over again, reliving the moments of triumph and defeat. The dream became more than just a daydream; it became a part of her life. She would find herself talking to her friends about the game, the girls, the feeling of being part of a team. She would find herself looking at photos of the girls, the feeling of being part of a team. She would find herself looking at photos of the girls, the feeling of being part of a team. She would find herself looking at photos of the girls, the feeling of being part of a team.

A BEHAVIORAL ADDICTION DISORDER
The behavioral addiction disorder is a type of addiction that is characterized by compulsive engagement in a behavior that causes significant distress or impairment. It is often associated with activities such as gambling, shopping, and internet use. The disorder is characterized by a loss of control over the behavior, despite negative consequences. It is often associated with anxiety, depression, and other mental health issues.

Researcher in 2013, researchers Wang and Butler defined dyspareunia as the inability to fully engage in sexual intercourse. The disorder is characterized by a loss of control over the behavior, despite negative consequences. It is often associated with anxiety, depression, and other mental health issues. The disorder is characterized by a loss of control over the behavior, despite negative consequences. It is often associated with anxiety, depression, and other mental health issues.



BEHAVIORAL ADDICTION DISORDERS: COMPARISON BY TYPE
The chart shows the prevalence of behavioral addiction disorders. The x-axis lists various behaviors: Gambling, Shopping, Internet Use, and Gaming. The y-axis represents the percentage of individuals affected, ranging from 0% to 100%. The bars show the following approximate values: Gambling (15%), Shopping (25%), Internet Use (35%), and Gaming (45%).

SYMPTOMS
Sarah's dream was not just a daydream; it was a part of her life. She would find herself looking at photos of the girls, the feeling of being part of a team. She would find herself looking at photos of the girls, the feeling of being part of a team. She would find herself looking at photos of the girls, the feeling of being part of a team.

It wasn't until she sought out therapy in her sophomore year that Sarah was introduced to the term "behavioral addiction disorder." It was a term she had never heard of before, and it seemed to describe her situation perfectly. She was not just daydreaming; she was compulsively engaged in a behavior that was causing her significant distress and impairment. She was not just daydreaming; she was compulsively engaged in a behavior that was causing her significant distress and impairment.



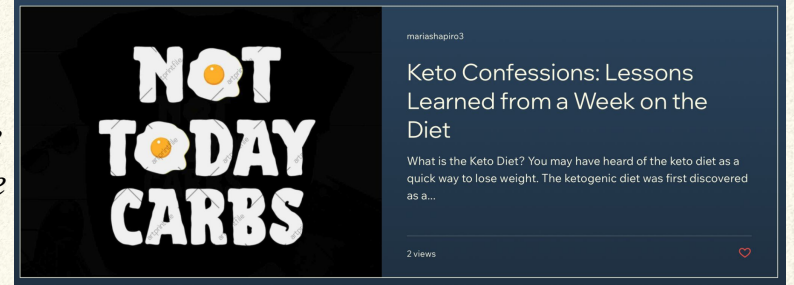
Masha Shapiro

B.A in Biology

Minor in Science Communication



“Despite the hustle and bustle of a busy life, there are small yet impactful steps we can take to prioritize nutrition and make healthier choices a part of our daily routine.”

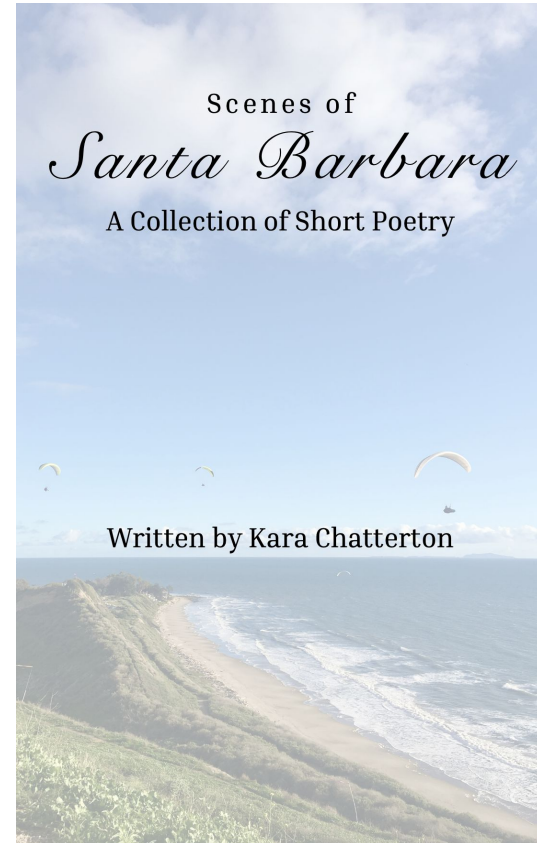
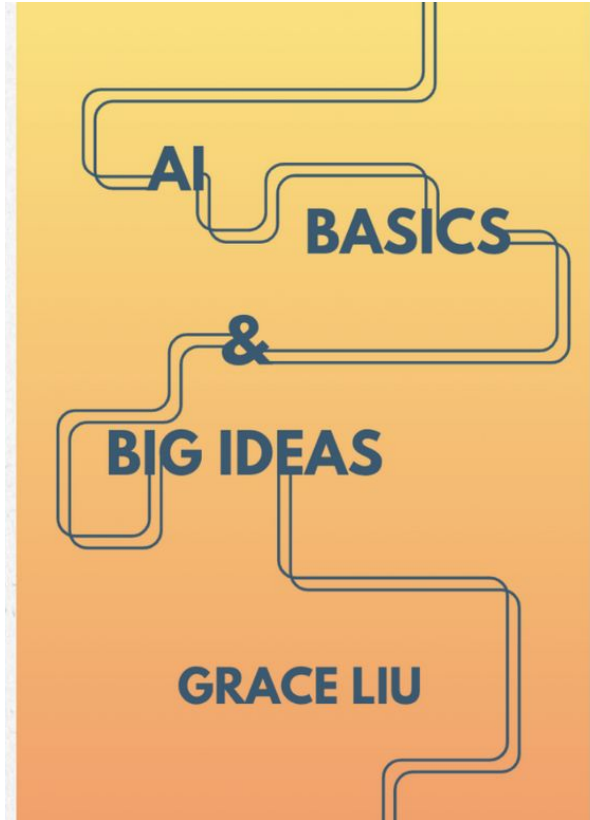




159B Project Showcase: Genres

2024

Books



Magazine Articles

(modeled on professional publications)



SCIENTIFIC AMERICAN

The Future of AI
Wildfire Season: What to Know
Coral Reefs in French Polynesia

By: Emma Holm-Olsen

Corals in Moo'rea

MAY 2024
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ARE CORALS IN THE SOUTH PACIFIC BEING HELPED OR HARMED FROM NUTRIENT RUNOFF? ANSWER: IT'S COMPLICATED

By: Emma Holm-Olsen

In the back storage room of the Ocean Recoveries Lab at the University of California, Santa Barbara (UCSB), sit half a dozen industrial-sized refrigerators and freezers. Almost every day for five months, I opened these refrigerators - careful not to confuse them with the ones housing our lunches - to find rows and rows of tiny plastic tubes full of tissue samples from corals grown thousands of miles away in one of the most isolated places on the planet. From January to June 2023, these tubes were my world, and also often the bane of my existence.

A little over a year ago, I joined professor Deron Burkepile's laboratory on campus which, along with professor Adrian Stier's Ocean Recoveries Lab, was studying the relationship between corals and their symbiotic algae in Moorea, French Polynesia. While I never got the chance to actually go to Moorea, many of my colleagues, including my graduate student mentor and research advisor Julianna Renz, had been working there for several years, and shared incredible stories about the beauty of the island and the surrounding reef.

I've always been interested in coral reefs, but until recently never truly understood many of the issues they face. During my time as a student at UCSB these last four years, I've been lucky to have many opportunities to learn more about these fascinating ecosystems, from taking courses on coral reef ecology and fish biology, to being involved in this project through which I've been able to actually contribute to the current body of knowledge regarding their function and ecological importance.



Crystal blue waters off of Moorea, French Polynesia.

WHAT IS A CORAL REEF?

Coral reefs are definitely one of the more well-known and beloved habitats and ecosystems; they're visually stunning to look at (and so get all the photo and video coverage) and, being marine systems, are often featured repeatedly in the news as being one of the biggest victims of rising temperatures. Reefs are vastly diverse marine ecosystems, providing shelter and sanctuary for thousands of species - of fish, coral, and invertebrates - more than any other marine habitat. They exist all over the world, in both warm and cold waters, and can span hundreds of miles long. In fact, the Great Barrier Reef, the largest of all, spans about 1,600 miles and is considered the largest living organism on Earth; it's so large, it can even be seen from space. That's right. When I say the Great Barrier Reef is the largest living thing on Earth, I really mean it. Not the largest collection of living things, but the lar-

-gest living thing. You see, corals are animals. Not plants, not protists (like algae), but animals. And just like more charismatic species like the rhinoceros or the orangutan, their existence is being threatened by our own actions.

Global climate change is significantly altering the environmental conditions that coral reefs are facing. From rising water temperatures to ocean acidification - the lowering of water pH to levels dangerous to calciferous organisms like corals, mussels, and yes, corals - corals are being exposed to things they have never experienced before, and they are suffering.

Stony corals, also known as "reef-building corals" due to their role in building the substrate of reefs upon which other organisms live and depend, are cnidarians (the evolutionary lineage including sea jellies and anemones.) Each individual coral, or "polyp," lives in

PEDIATRICS MAGAZINE

ISSUE 10

Nurturing Young Minds: A Pediatrician's Guide to Early Childhood Brain Development



Guiding families through the intricate journey of early childhood development is a cornerstone of pediatric care. Raising a child is a challenging and sensitive process that involves navigating the intricate landscape of physical, cognitive, and emotional development. From birth until age seven, children undergo the most important stage of learning and development that they will experience in their entire lives. These early years, often referred to in developmental psychology as critical periods, are the invaluable windows of time during human development in which the brain is especially influenced by experience and environmental factors. It is these beginning stages that lay the foundation for lifelong learning, behavior, and emotional health. It is difficult for caregivers, especially first time parents, to fully prepare themselves for the responsibility that is raising a child.

As pediatricians and childcare professionals, we are entrusted with the care and well-being of our youngest patients during their formative years. In order to do this to the best of our ability, we must equip ourselves with insights from recent research and evidence-based strategies to foster optimal outcomes for our young patients.

Newsletters



COSMIC COFFEE CHAT

A NEWSLETTER AND TIKTOK ACCOUNT UNRAVELING THE THEORIES ABOUT ELEMENTS OF OUR UNIVERSE

By Emma Opper

Syd's Sustainable Shenanigans



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5 Steps to Travel More Sustainably

five small steps for man, one large step for mankind



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Paradise at a Price: The Ecological Cost of the Travel Industry

June 7, 2024

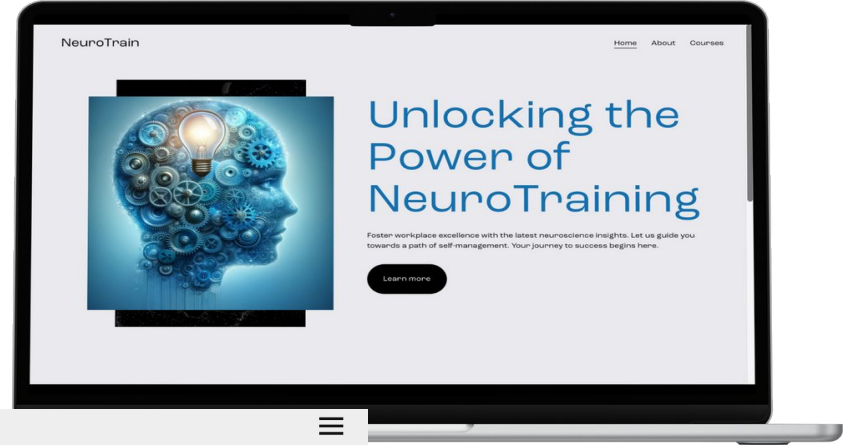


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By: Sydney Hanning

Nestled amidst turquoise waters and framed by limestone peaks, the Spanish Island of Mallorca has long captivated travelers with its picturesque landscapes and Mediterranean charm. However, beneath its facade of white stucco walls and vibrant red tiles lies a troubling reality: rampant environmental

Websites



IV Native Nature!



UCSB's Native Plants



Coding Game




Campus Coders: UCSB


Dannah Golich



An interactive coding game for high schoolers


TikToks


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she/her/hers  








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ARE ALL STARS YELLOW?  0

HOW DO WE FIND OTHER PLANETS?  12


WHAT HAPPENS IN A BLACK HOLE??  247


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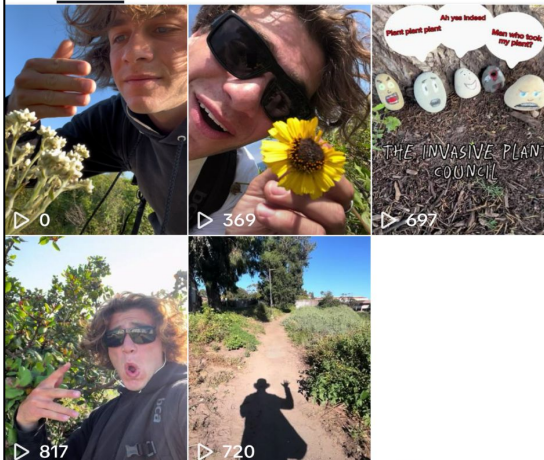
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
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Talkin' native plants around the UCSB campus on Chumash homeland!! 


   




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 369

 697

 817

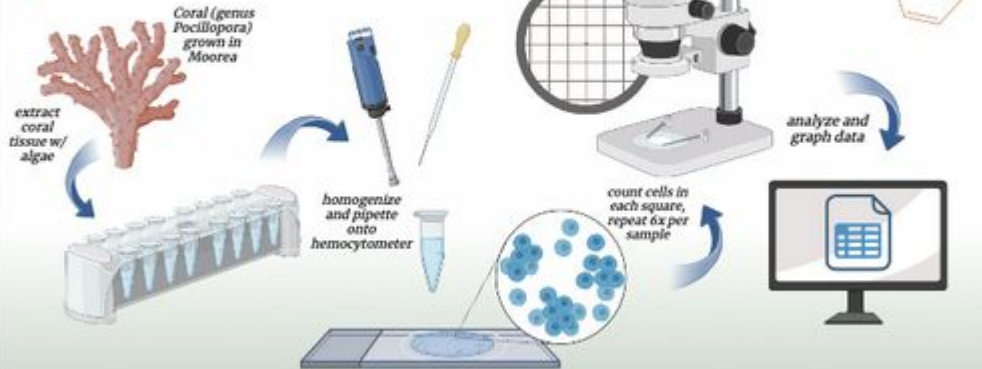
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Infographics

SUPPORT THEIR GUT  
STRENGTHEN THEIR MIND

Understanding the connection between your child's gut health and their mental health

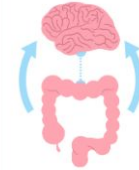
Burkepile Lab, UC Santa Barbara



Experimental design by Danielle Becker

Created in BioRender.com

Poor gut health during early life increases a child's risk of **immune related diseases**, **metabolic conditions** and **neurologic conditions** such as anxiety, depression and autism.



“
The first 1,000 days of life are critical for programming later health
”

What is the **Gut-Brain connection?**



- The gut and brain are connected through a communication pathway called the gut-brain axis
- The nervous system in the gut (the enteric nervous system) influences the nervous system in our brain (the central nervous system) and vice versa

Blogs

EveryBiteCounts

Prioritize Your Health

A Personal Journey of Discovery about Diet and a Better Well-Being

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Mindful Digest

Home



Mindful Digest

Hi baddies, welcome to my blog! I'm Isabella, but you can call me your gut health guru from now on. As someone who's suffered from tummy problems for over 5 years now I've really grown to be passionate about gut health and everything that comes with it. I've created this blog as a safe space for other people who are suffering or even just for people who want to learn more about their gut health. My main focus is on the mind-gut connection, or the secret communication system between our brain and our bellies—so if that's a new topic to you or something that sounds intriguing, check out my articles! xoxo

Mindful Digest

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Let's Talk About Treatment

Majority of the time when patients, like myself, go into the doctors' office complaining about...

when you can't find any good snacks so you just stare in the middle of the kitchen feeling sad



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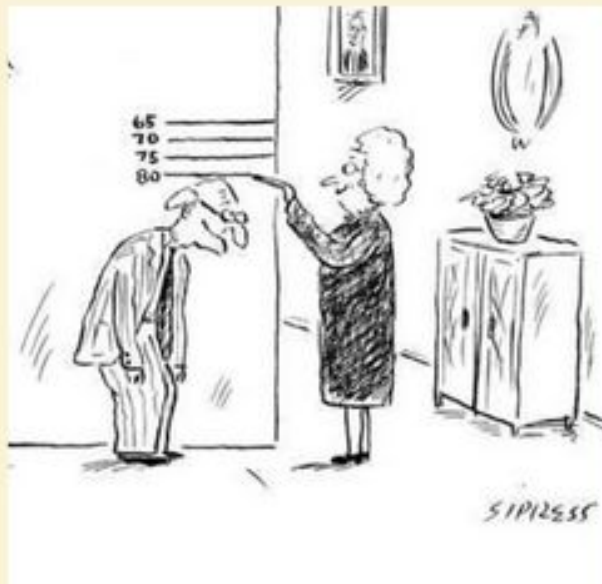
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Podcast



Not Dead Yet!

Hosted by Teagan McCune

Curriculum Guide

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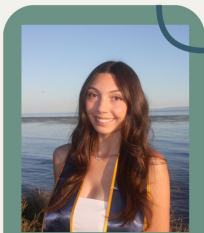
📍 @ucsantabarbara @columbia

📖 Join me on the journey to learning about AI! You know you want to

🔗 Check out my book 📖

🔗 drive.google.com/file/d/1QJ7ncRZI5R1S7yYGdJkFQsz5OBxKIEW5/view?usp=drivesdk

Meet me —



Shawna

"You don't already need to know about coding to start learning it" >

High School Experience

"My friends who took computer science in high school were **all boys**, so I didn't think I would **belong**."

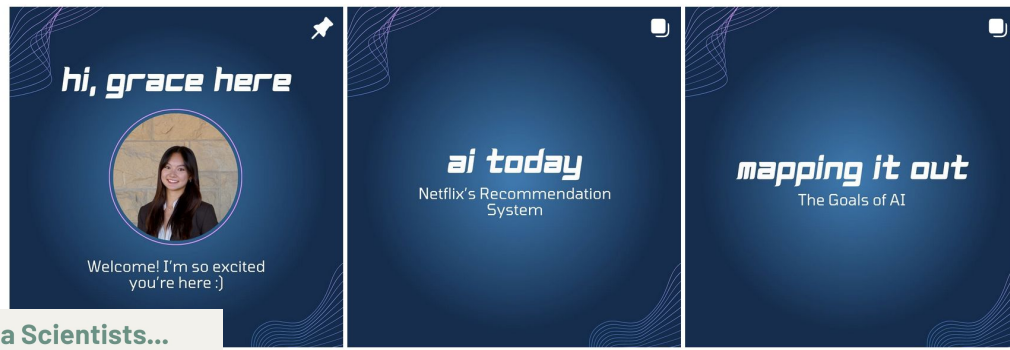
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R
SQL
Python

Online Resources

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- GeeksforGeeks
- codecademy

It's easy to start!





Congratulations
Class of 2024!