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Happy Monday!

We hope you all had a wonderful weekend! We hosted a casual mentee cohort dinner last Thursday, and were able to spend some quality time with a few mentees - shout out to Nicki for the photo!

As your mentees near their final weeks of the fall semester, be sure to check in with them to help them find ways to destress and find space away from academics. Even if you aren't able to have an in-person or virtual meeting, touching base is still a wonderful way to remind your mentees that they have a great support system on their side.



information passed onto us by QuiAnne' Holmes from DuWell. QuiAnne' led the mentee cohort in a wellness workshop a couple weeks ago and compiled two main takeaways on how to further support the mentees. Feel free to find ways to work the following concerns in with how you engage with your mentee or construct the dynamic of your mentorship groups.

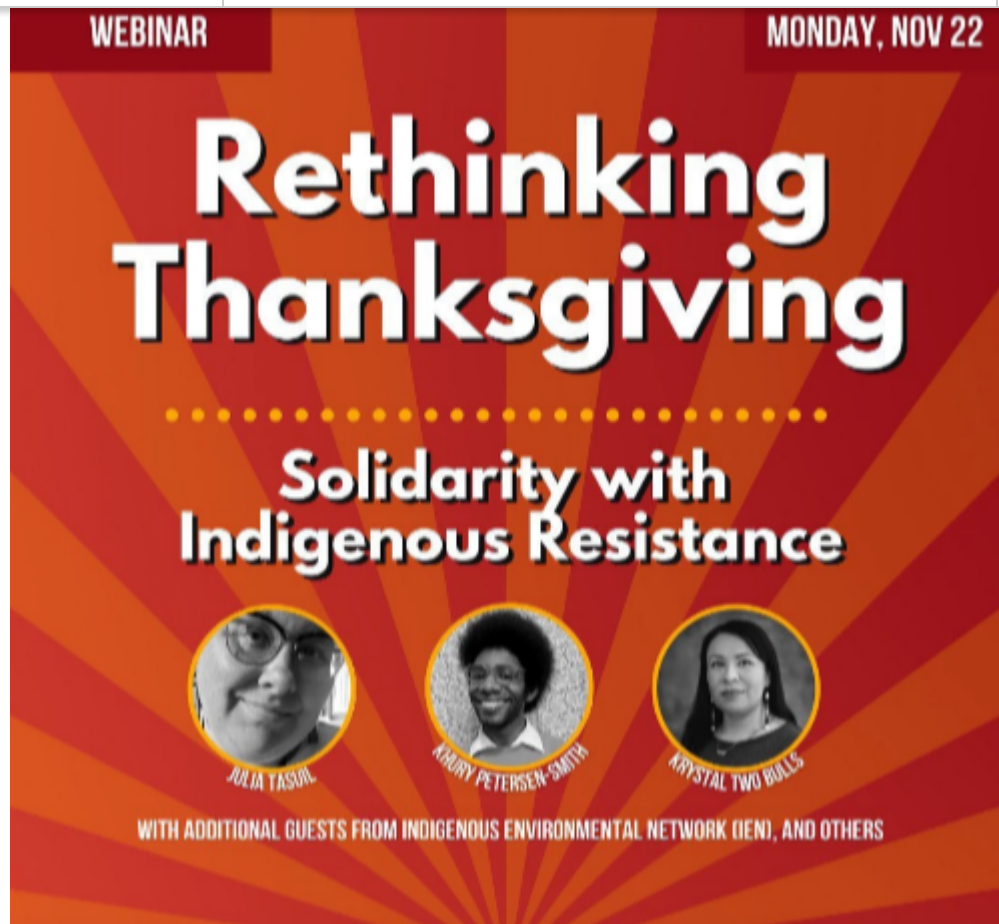
Areas to focus with mentee cohort further:

1. Ways to strengthen community or find/build strong communities;
2. Intellectual wellness - finding intellectual stimulus outside of academics that help explore new skills and improve well-roundedness

Be Featured in the Mentee Cohort Newsletter!

In the CAIRNS mentee newsletter, we are hoping to continue to feature you all each week and help the cohort get to know you all better. If you are interested in being featured, [you can fill out this survey](#) (should take less than 5 minutes)!

Have comments or feedback? You can send us [anonymous feedback here!](#)



[Register for Rethinking Thanksgiving: Solidarity with Indigenous Resistance \(8pm EST\)](#)

While the celebration of Thanksgiving has changed over time, we must continue to acknowledge and educate ourselves on the holiday's colonialist roots. We can still give thanks while also acknowledging Thanksgiving's history. Join the Rethinking Thanksgiving webinar to hear from Indigenous voices, and learn how to further support Indigenous efforts to protect land and water.



The Nicholas Institute has a [calendar full of events](#) for the upcoming semester! Check out these happening this week:

[@10am EST](#)

Due out in 2022, the Illuminating Hidden Harvest (IHH) report ties together the efforts of nearly 800 authors and experts to contribute to a more complete picture of small-scale fisheries. Drawing on a tapestry of methods, including 58 country and territory case studies, the report examines the current environmental, social, economic and governance contributions of marine and inland small-scale fisheries at global and local scales. In this webinar, the IHH chapter leads will share a few key findings from the report and respond to audience members' questions during the Q&A session.

[Register Here](#)

Offshore Wind and Wildlife: Opportunities to Get it Right - Monday, Nov. 29 @12:30 EST

Though it lags behind other areas, the US offshore wind industry is growing quickly with substantial construction set to occur in the coming years. The potential for impacts to wildlife is important to consider as we strive to responsibly develop this vital renewable energy source. We will discuss lessons learned from other areas of the world where offshore wind has been extensively developed, and how we can incorporate these lessons with the community of stakeholders in the US to create a responsible supply of clean energy.

[Register Here](#)

Have a wonderful rest of your week, and a relaxing Thanksgiving holiday!

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