

Lauren Helton

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Education: MS Candidate, Biology
Arkansas State University
Jonesboro, AR

B.A., Biology, May 2008
Whitman College
Walla Walla, WA

MS Research: Use of Fish Farms and Wetland Reserve Program properties by Least Terns (*Sternula antillarum*) and shorebirds in the Lower Mississippi Alluvial Valley.

Conducted surveys for waterbirds on private and state-owned farms and wetlands in Eastern Arkansas from April through September of 2012 and 2013. Assessed water levels, recorded habitat and vegetation structure, and sampled fish and arthropods to determine habitat characteristics which are associated with bird use.

Employment: Staff Biologist, The Institute for Bird Populations, Point Reyes Station, CA. Fall 2014-current.
Trains new bird banders in banding practices and MAPS protocol, recruits interns, verifies MAPS data.

Biology Lab Teaching Assistant, Arkansas State University, Jonesboro, AR. Fall 2011 and 2012.

Taught introductory Biological Sciences and Cell Biology to undergraduate students.

Field Biologist, Institute for Bird Populations, Oregon. May through August 2011.

Trained and managed teams of intern banders across multiple locations throughout the state of Oregon for IBP's Monitoring Avian Productivity and Survivorship project.

Passerine Bander, Institute for Bird Populations, Saipan, CNMI, May through October 2010, and Siuslaw National Forest, OR, Summer 2009

Extracted and banded 1500 individuals representing a wide range of passerine and near-passerine species on Saipan and in Oregon for IBP's Monitoring Avian Productivity and Survivorship project.

Aplomado Falcon Hack Site Attendant, The Peregrine Fund, Valentine, TX, Summer 2007 and 2008

Released, fed, and monitored fledgling aplomado falcons.

Student Field Ecologist, The School for Field Studies, Yungaburra, Queensland, Australia, Spring 2007

Determined the species assemblage of insectivorous bats in a highly endangered rainforest fragment.

One of only four selected to give an oral presentation of individual research at a community-wide event.

Nature Area Specialist, Willowbrook Center for the Development of Human Potential, Tualatin, OR, Summer 2006

Organized, planned, and taught science lessons to children ranging from ages 8 to 12

Biology Lab Teaching Assistant, Whitman College, Walla Walla, WA, Fall 2005 and Spring 2006

Instructed beginning biology students in a wide array of basic laboratory practices. Set up and cleaned up after weekly lab sessions.

Skills: **Field:** Passerine banding, ageing and sexing; raptor trapping and handling; visual and auditory identification of birds; habitat and vegetation analysis; benthic arthropod collection and identification; minnow trapping and fish identification; small mammal trapping and processing. **Lab:** Use of basic biology and chemistry laboratory equipment and techniques, including IR spectrometer, optical microscope, cell fractionation by centrifuge, DNA electrophoresis
Computer: Program R; Microsoft Office suite; Open Office suite; Adobe Photoshop. Typing: 80 wpm.

Presentations: **Use of fish farms and Wetland Reserve Program properties by Interior Least Terns in eastern Arkansas. Lauren W. Helton and Thomas S. Risch.** Oral presentation. American Ornithological Union, Chicago, IL, 2013.

Use of fish farms and Wetland Reserve Program properties by Interior Least Terns in eastern Arkansas. Lauren W. Helton and Thomas S. Risch. Poster. Association of Field Ornithologists, Archbold Biological Station, Venus, FL, 2013.

Use of fish farms and Wetland Reserve Program properties by migrating shorebirds in eastern Arkansas. Lauren W. Helton and James C. Bednarz. Poster. North American Ornithological Conference, University of British Columbia, Vancouver, BC, 2012.

Activities: Licensed Falconer with 7 years of experience
Minor in Studio Art, Whitman College
Birds of Prey volunteer trainer, Oregon Zoo, Fall 2002-Spring 2004