



**Diana Chao** is a 22-year-old first-generation Chinese-American immigrant from southern California. Diana founded Letters to Strangers (L2S) when she was a sophomore in high school after bipolar disorder nearly ended her life. By beginning to heal through letters, she discovered that writing is humanity distilled into ink. Today, L2S is the largest global youth-for-youth mental health nonprofit, impacting over 35,000 people on six continents and publishing the world's first youth-for-youth mental health guidebook for free. For this effort, Diana has been named a 2020 L'Oréal Paris Women of Worth, 2020 Princess Diana Award winner, and Oprah Magazine's 2019 Health Hero. As part of Adobe's inaugural class of global Top Talents, Diana seeks to further the intersection of creativity and social impact through conceptual photography. Her "Minority Mental Health Month" self-portrait series went viral with 2+ million views, and she gives workshops and speeches on youth mental health. But most of the time, she is a Geosciences senior at Princeton University trying to wake up for class on time.

---



**Pawan Dhingra** is Professor of American Studies and Faculty Equity and Inclusion Officer at Amherst College. He is a former curator at the Smithsonian Institution. His bylines include The New York Times, CNN, and more. His most recent book is *Hyper Education: Why Good Schools, Good Grades, and Good Behavior Are Not Enough* (New York University Press 2020). He co-authored with Professor Robyn Rodriguez, *Asian America: Sociological and Interdisciplinary Perspectives* (Polity Press 2014). He and his work have been profiled in The Washington Post, NPR, The Wall Street Journal, The Guardian, and many other venues. An award-winning teacher, he also appears in the documentary on Indian American spelling bee kids, *Spelling the Dream*. He has been Chair of the Board of the South Asian American Digital Archive. He has been department chair and held tenured positions at Tufts University and Oberlin College.