# FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL

OMB Number: Estimated average burden hours per response: 0.5

1. Name and Address of Reporting Person*	2. Issuer Name and Ticker or Trading Symbol TWO HARBORS INVESTMENT CORP. [ TWO	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
STERN JAMES A	]	X	Director	10% Owner			
(Last) (First) (Middle)			Officer (give title below)	Other (specify below)			
TWO HARBORS INVESTMENT CORP.	3. Date of Earliest Transaction (Month/Day/Year)	1					
1601 UTICA AVENUE SOUTH, SUITE 900	05/15/2024						
(Street)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individu	ual or Joint/Group Filing (Che	eck Applicable Line)			
ST. LOUIS PARK MN 55416		X	Form filed by One Reporting	g Person			
			Form filed by More than One	e Reporting Person			
(City) (State) (Zip)							

#### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code (Instr.		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			Securities Beneficially Owned	Form: Direct (D)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)		(1130. 4)
Common stock, par value \$0.01 per share	05/15/2024		Α		9,104(1)	Α	\$ <mark>0</mark>	53,537	D	

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transac Code (li 8)	e (Instr. Derivative Acquired (A or Dispose		Derivative Expiration Date Securities (Month/Day/Year) Acquired (A) or Disposed of D) (Instr. 3, 4			Securities Underlying		Derivative Security (Instr. 5)	Securities Beneficially Owned Following Reported	(I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		

### Explanation of Responses:

1. Represents restricted stock units ("RSUs") granted to the reporting person under the Two Harbors Investment Corp. 2021 Equity Incentive Plan for service as a director. The awards were received as a grant for no consideration. The common stock underlying the RSUs will vest, subject to certain limitations, on the date of the 2025 annual meeting of the stockholders of Two Harbors Investment Corp.

Remarks:

/s/ James A. Stern, By: Rebecca B. 05/16/2024 Sandberg, Attorney-in-Fact

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

3235-0287