Activity 2: Mental Health
Think of ways you mentally prepare yourself before stepping into the lab. Additionally, think of ways Michigan Engineering could be more supportive when it comes to mental health. This activity is worth 200 points. 1 submission of this activity is allowed per researcher (undergraduate student, graduate student, post-doctoral fellow, research/technical staff, etc.).

Email the following information by 5:00pm on June 30 to amiebf@umich.edu.

- First Name
- Last Name
- Lab’s PI First Name
- Lab’s PI Last Name
- 3 ways you mentally prepare yourself before stepping into the lab
- 1 way Michigan Engineering could be more supportive when it comes to mental health