

## ZIPSTALK TOGETHERS EXPLORING MENTAL HEALTH

EXLC:490:001 | MWF 11:00am-1:45pm SUMMER 2024 2nd 5 WEEKS

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Let's work together to develop a mental health de-stigmatization campaign for UA! Guided by experts in communication, student support and counseling, this course will not only explore the topic of mental health but will put the course participants in the [hypothetical] driver's seat for designing marketing materials, promotional items, and programs centered on wellness, self-care, and mental health awareness.









Join the coauthor of "Dragonflies and Damselflies of Northeastern Ohio", Judy Semroc, and UA Biology professor Randy Mitchell to explore the diversity and biology of this fascinating group of insects. Meets at the University of Akron Field Station (Bath Nature Preserve), with field trips to many other nearby sites. Emphasizes hands-on experiences and engaging brief lectures. Open to all. This class can be used to fill honors colloquium credits.