This independent study will provide students the opportunity to be a part of the *Asian American Literary Review*'s special issue on mental health. Students will work together to create a workshop on Asian American mental health, from conceptualization to implementation to documentation/archival. They will conceptualize the workshop (parameters, audiences, content, etc.), pilot the workshop for various audiences on, and off campus, and revise and finalize the workshop. They will create a toolkit to “teach” the workshop to others, creating a portable resource for other organizations that will be published in the special issue. Students will also be required to reflect on their experiences of researching and teaching about Asian American mental health issues.

**Course Requirements**

Participation: Students will attend weekly meetings and participate in discussions and planning. Students will attend workshop pilots throughout the semester, participate in executing the workshop, and debrief afterwards with the class.

Research: Students will be responsible for researching Asian American mental health, and presenting this research in materials that will be included in the workshop. Students will be responsible for deciding and crafting the forms that these materials take.

Event planning: Students will do outreach and event planning in order to schedule and arrange the pilots.

Toolkit: Students will create a toolkit to accompany the workshop in order to document, archive, and make it portable to other users.

Essay: Students will write a reflective essay on their experience of creating and executing the workshop. I will give more details and guidance on this essay towards the end of the semester.