**Post-Activity Assessment**

1. What does the shower ring represent?
2. Which nuclei had the most whole hydrogels after passing through?
3. Explain the results in terms of stiffness and stress.
4. Based on the article “Cancer Cells with Trapped Nuclei Cut Their Way through the ECM”, which cell is most likely to be the cancer cell and why?
5. Design an experiment that tests the stress when the nuclei are constant stiffness, but the extracellular matrix has a variable stiffness.