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#### Instructions:

This program is designed for undergraduate students who feel frustrated and overwhelmed. It provides diverse options by combining different majors, academic years, and personal challenges or concerns shared with the bot. Given the numerous possible combinations, only a few are included in this report. Feel free to explore others yourself.

The Burnout & Overwhelm Support Bot offers tailored assistance based on your academic background. You can first select your major from various options, including Computer Science, Psychology, Finance, Business, and more. If your major isn't listed, you can enter it manually.

Next, you can choose your academic year—Freshman, Sophomore, Junior, or Senior—to receive more relevant support based on your experience level. These selections help the bot generate personalized advice and strategies to manage academic stress and burnout.

In addition to selecting your **major** and **academic year**, the **Burnout & Overwhelm Support Bot** allows you to **share specific challenges or concerns** you're facing. This step is optional but helps tailor the support even further. You can describe struggles such as **balancing coursework with internship applications, managing deadlines, or handling stress**.

Once you've entered any concerns (or left the field blank), clicking “**Get Support**” will generate personalized advice based on your inputs. This feature ensures that the bot provides guidance that is relevant to your specific academic and personal challenges.

The output is generative, meaning you may receive different results even when selecting the same major, year, and concerns. This bot is built on the **Gemini 2.0 thinking model** for dynamic and context-aware responses.

#### How to Run the Program:

1. Open the terminal and navigate to the folder containing the code.
2. Run the command: `python backend.py`
3. If Flask is not installed, first run: `pip install flask`. Also need to `markdown2` and `openai` using `pip install`
4. Once the Flask app is running, copy the provided URL (e.g., `http://127.0.0.1:5000`) into your browser.

#### Generated Output:

**Major: Computer Science, year junior, doubts: fear that AI will replace us.**

It's understandable to feel pressure as a junior in computer science. The advanced coursework and internship prep can be intense.

**Regarding your fear about AI:** Instead of fearing AI, see it as a tool to master. Your CS skills are crucial for shaping the future of AI, not being replaced by it. Remember, "*It is the courage to continue that counts.*"

**To manage stress:** Focus on **time management** to balance demanding coursework with breaks. **Self-compassion** is key when facing challenging coding problems – "*Your persistence through challenges is building your resilience and character.*" Don't let the pressure lead to burnout; prioritize your well-being alongside your studies.

## Follow-up questions:

Have more doubts? Feel free to ask.

Suggested Follow-Up Topics:

How to manage large group coding projects?

Tips for staying updated with new frameworks?

Balancing coding interviews with class assignments.

Balancing coding interviews with class assignments.

Balancing coding interviews and coursework is tough! **Prioritize tasks by deadlines and importance.** Dedicate specific blocks of time for each. This structured approach helps prevent burnout and keeps you on track. Remember, "*You are capable of adapting to new challenges and finding solutions.*" Effective time management is key to managing this pressure.

Is there anyway that I can get relief?

Yes, absolutely! As a junior in CS, you're likely feeling the pressure. **Stress management** is crucial for relief.

**Try this now:** Take a short break. Step away from your computer, even for 5 minutes. Do some deep breathing or light stretching. This small reset can make a difference.

Longer-term, schedule regular breaks and downtime into your week. Remember, "*It does not matter how slowly you go as long as you do not stop.*" Small, consistent self-care acts are more effective than infrequent grand gestures to combat burnout.

Type your follow-up or new concern here...

## **Major: Communication, year: Senior**

It's understandable to feel burnout as a senior communications major nearing graduation. Job searching, capstones, and future planning are a lot!

### **Advice for a Communications Senior:**

- **Stress Management:** Remember, "It does not matter how slowly you go as long as you do not stop." Break down your job search and capstone into smaller, manageable communication tasks. Focus on one email, one portfolio piece, or one section of your project at a time. This prevents overwhelm and builds momentum.
- **Time Management:** Leverage your communication skills to network efficiently. Attend alumni events (your opportunity!) but set realistic time limits. Don't overcommit and drain yourself. Prioritize tasks directly related to your immediate goals (graduation and job search).
- **Self-Compassion:** Job search rejection is normal. "Success is not final, failure is not fatal." Affirm: "Your persistence through challenges is building your resilience and character." Treat each application or project setback as a learning opportunity to refine your communication strategy.

Your communications skills are valuable. Believe in "the beauty of your dreams" for your future. You've got this!

## **Major: Electrical Engineering, year: freshman, doubt: The courses are sooo hard.**

It's understandable to feel overwhelmed as a freshman in electrical engineering – it's a demanding field!

- **Focus on foundational concepts:** EE builds upon itself. Solidify your understanding of the basics now to prevent burnout later. Don't hesitate to seek help from TAs or professors during office hours; they are there to support you.
- **Time Management is key:** Break down large assignments into smaller, manageable tasks. Use a planner or calendar to schedule study time, but also schedule breaks and social activities to avoid feeling isolated and stressed.
- **Remember self-compassion:** College is a learning curve. It's okay to struggle sometimes. Acknowledge your efforts and be kind to yourself when things get tough. Your persistence *is* building resilience, as your affirmations remind you.

### **Follow-up questions:**

**Have more doubts? Feel free to ask.**

**Suggested Follow-Up Topics:**

Managing complex circuit design with coursework.

Staying updated with rapid tech advances in the field.

Balancing hardware-software integration projects.

Staying updated with rapid tech advances in the field.

It's normal to feel that pressure in such a fast-moving field!

- **Focus on learning *how to learn*:** As a freshman, your priority is building a strong foundation in the core principles of EE. Understanding the fundamentals will allow you to adapt to new technologies more easily later.
- **Don't try to learn everything at once:** Tech advances are constant. Instead of chasing every new trend, focus on developing skills in areas that genuinely interest you and align with your coursework. This focused approach is less overwhelming and more sustainable, preventing burnout.
- **Utilize university resources:** Your university likely has resources like workshops, seminars, and industry talks that can help you stay informed in a structured way. These are less stressful than trying to learn everything independently online.