

Burnout & Overwhelm Support Bot Presentation

Jerry Wang



Ideas Behind the Application

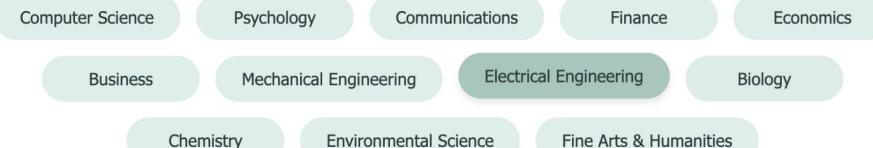
- A web-based application to help college students manage academic stress and burnout.
- Provide tailored advice utilizing customized prompt based on students' major/year and powerful generative AI model.
- Personalized guidance to combat academic stress the mental health challenges faced by students
- Helps manage overwhelming workloads.
- Get more specific help through conversation

Burnout & Overwhelm Support Bot

Personalized support for managing academic stress and burnout

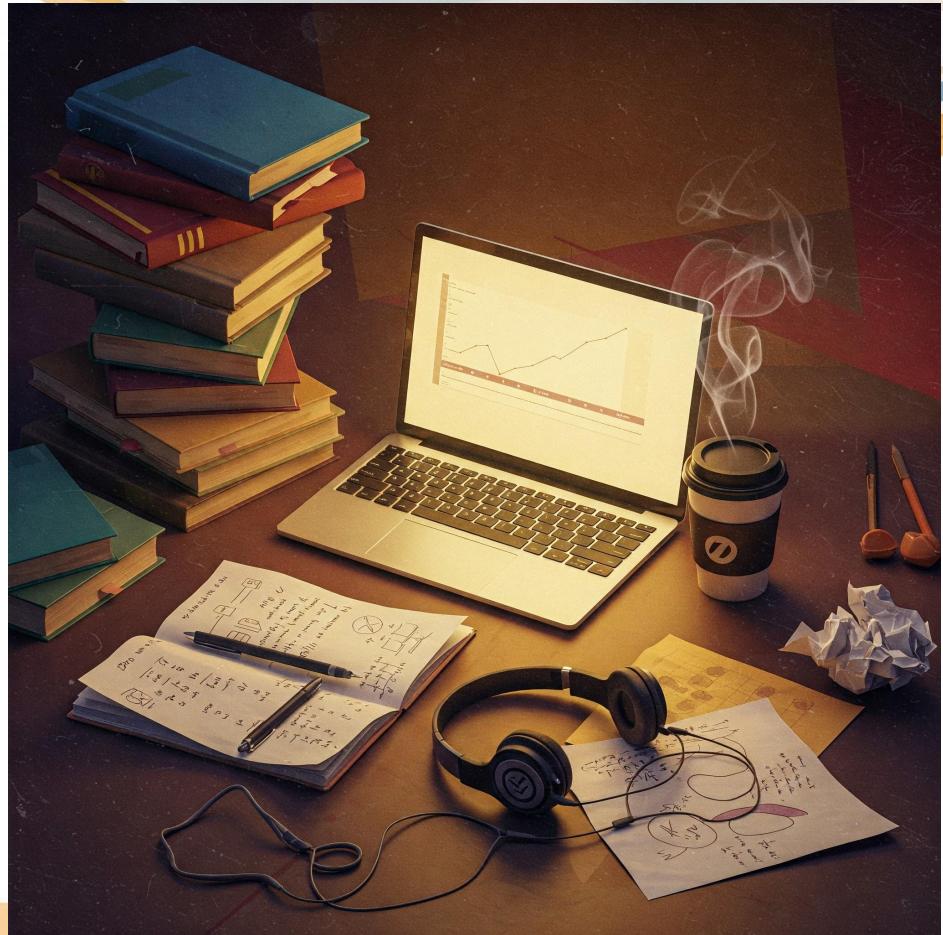
Select Your Major

Choose your field of study to receive tailored support



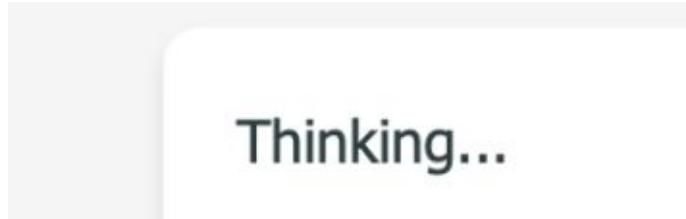
Why This Matters

- Target Users: College students facing academic pressure or career-related worries
- Offer immediate, empathetic advice during stressful moments.
- Reduces barriers to mental health support by giving easy, anonymous access to helpful tips.
- Encourages proactive self-care, relief and better time management.



The Generative Model

- **Model Choice:** Uses generative model from api call:
gemini-2.0-flash-thinking-exp
- **Implementation:**
 1. A Flask backend routes user inputs (concerns) and customized prompts for major, year to the model.
 2. The model then responds with markdown-formatted text containing personalized guidance.
 3. Responses are converted to HTML before rendering in the browser.
- **Why This Model?**
- Strong natural language capabilities to handle varied customized prompts for students with different majors and different school years.
- Provide fast, adaptable, and context-specific responses.



Key UI Features

- Step-by-Step Questionnaire:** Students select their major, academic year, and optionally add any specific concerns.
- Dynamic Suggestions:** The bot tailors follow-up topics based on the chosen major.
- Chat Interface:** Users can submit additional questions in a real-time chat format, simulating a conversational counseling session.
- Start Over Button:** Quickly begin a new session to explore different concerns.

Select Your Year

Your academic year helps us provide more relevant support

Freshman

Sophomore

Junior

Senior

Continue

Optional: Tell Us More

Share any specific challenges or concerns you're facing (optional)

For example: I'm struggling with balancing internship applications and coursework...

Get Support

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.

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

Send

Start Over

Example Outputs

- **Personalized Burnout Tips:**
 - “*This is a demanding year with advanced coursework and career preparation.*”
 - Emphasizes time management, self-compassion, and stress-busting routines.
- **Follow-Up Topics:**
 - E.g., “*Balancing coding interviews with class assignments,*” or “*How to manage large group coding projects?*”
- **Actionable Advice Snippets:**
 - Short, encouraging messages such as “*Take breaks and prioritize Stress Management*” or “*persistence is building valuable skills for your future career.*”

It's understandable to feel the pressure as a junior in computer science! This is a demanding year with advanced coursework and career preparation.

Remember the quote: "**It does not matter how slowly you go as long as you do not stop.**" In CS, problem-solving can be slow and iterative. Don't get discouraged by the complexity.

Focus on Time Management to break down large coding projects into smaller, manageable steps. **Practice Self-Compassion** when debugging takes longer than expected – it's part of the process! Affirm: "**You are capable of adapting to new challenges and finding solutions.**" This is key in CS.

Take breaks and prioritize **Stress Management** techniques to avoid burnout. Your **persistence** is building valuable skills for your future career.

Have more doubts? Feel free to ask.

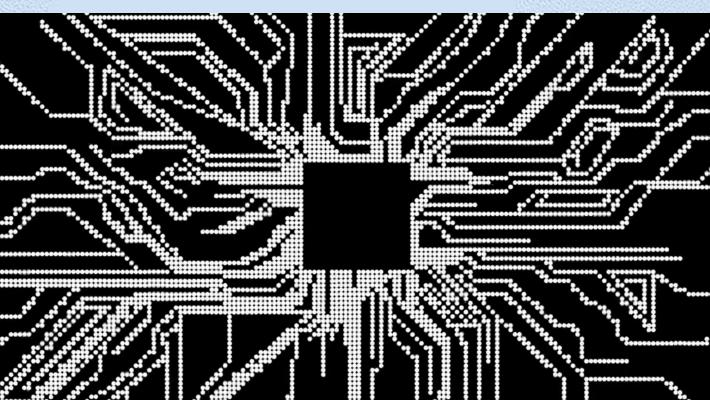
Suggested Follow-Up Topics:

How to manage large group coding projects?

Tips for staying updated with new frameworks?

Balancing coding interviews with class assignments.

Wrap-Up & What can we do Next?

- 
- 01 The Burnout & Overwhelm Support Bot provides quick, empathetic academic stress support.
 - 02 This bot demonstrates how AI can offer accessible well-being support, complementing on-campus mental health services.
 - 03 User-friendly interface guides students through tailored advice based on major and year.
 - 04 Future Improvements:
Expand content for more majors, integrate self-assessment surveys, and offer links to professional resources.