Allen 3:50

Slide 6: Challenges Identified

Let's now look at the challenges faced by the current mental health support at this uni. From student feedback, it's clear that even though there are mental health resources available, there's a need for more ongoing and positive support to student. Especially for international students, the resources are scattered and lack publicity, so they often don't know about resources or how to use them. Additionally, East Asian international students often lack mental health education from a young age, so they might ignore their mental health issues. This leads to many students missing early signal of depression and anxiety, which means they don't get the best treatment when they need it. They often only seek help after physical symptoms appear.

Slide 7: Proposed Initiative: Introduction

To better support students, our plan is developing a phone app like mindtrack, monitoring and feedback to students identify and deal with mental health issues. Through the system, we can ensure that students are alerted to mental problem at an early stage. By integrating educational content and counselling services, international student can easily access mental health resources.

Slide 8: Proposed Initiative: Introduction

Let's look at the progress, along with the MindTrack app's intervention. At present, the student begins with study. Unfortunately, some students struggle with it and become stressful, leading to mental health issues. These problems are serious enough that students will take the initiative to consult. Our intervention, MindTrack, enables students to record their emotional data on a daily basis, providing insights and self-reports for analysis. When a negative signal is detected, it will provide warnings, and counselling appointment channels, let passive students know they need counselling, and finally at the counselling service, counsellor can guide and feedback students according to their data in the app.

Slide 9: Except Main Functions

Furthermore, the app can provide personalized timely guidance​ for each student, based on academic workload. For daily mental health management, MindTrack reminds users to perform relax exercises to improve their current mental state. In addition, the app will keep students informed about upcoming workshops and support groups. In order to foster a culture of good mental health, MindTrack will generate weekly and monthly summaries of user emotional trends, enabling students to understand their emotional patterns over time.

Slide 10: More Important

More important is uni can adjust assignments allocation based on students' stress levels data. Make deadlines distributed more balance throughout the semester. There is a correlation between students' stress levels and the amount of due date. Through the analysis of students' mental health data, uni can more effectively arrange the assignment due date. This approach not only helps reduce the burden of overly focused deadlines, but also improves overall academic performance by allowing students to work at a steady, controlled pace.