

Mental Health Struggles Within Students



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Brain Buddies



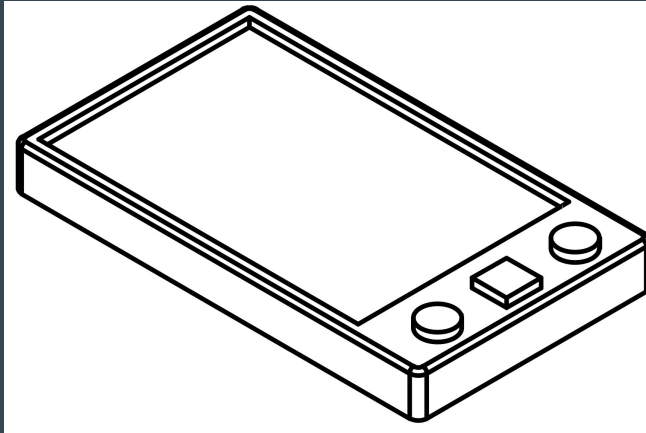
Problem Definition

We are interested in solving the motivation and time management challenges many students face due to mental health issues. Balancing academic responsibilities is already difficult, so how can we incorporate essential practices like exercise, stretching and hydration into daily routines to improve mental health.



Proposed Idea

We intend to create a self-help device to promote healthy practices for mental health. We are targeting increased motivation and time-management for students.



Mock up of Self-Help Device—Drawing and 3D Simulation done in Shapr3D By Dustin

Testable Hypothesis

Our solution:

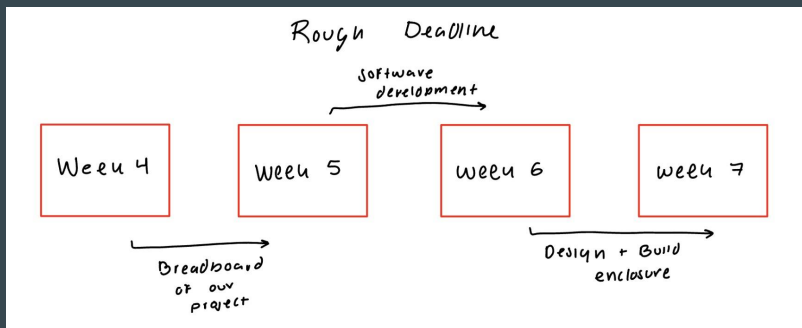
- Would have an ~~immediate~~ measurable effect on students, in terms of motivation and time management
- Would effectively improve mental health.

We would test this hypothesis using ourselves as test subjects and record our mental improvements throughout a one-week time frame.



Milestones

1. Create a functional breadboard version of our project with the parts we order
2. Develop the barebones software required to drive the standalone application
3. Integrate our solution with a phone app???
4. Fit our device in a designed enclosure



Helpful Resources/Citations/References

University of St. Augustine for Health Sciences:

<https://www.usa.edu/blog/time-management-techniques/>

<https://www.usa.edu/blog/study-techniques/>

Adequacy of Daily Fluid Intake...

<https://pubmed.ncbi.nlm.nih.gov/31347984/>

Questions

For audience:

- Have you or do you know anyone that has purchased a self-help product before?
- Imagine a feature that would help you in your daily life, could you describe it?

Asked by audience:

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