

# MENTAL HEALTH

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## PROBLEM

Engineering Students struggle with building consistent routines, which impacts their mental health.

## WEB PAGE

- link or QR code

## SOLUTION

Our solution is an assistive device\* that encourages and helps engineering students to build and be accountable to a routine. Our device enforces the creation of a routine through organization and simplification of scheduling. The device is built on top of the ESP32 S3 DevBoard, which is made in class, and interfaces with several peripherals and an iPhone. The peripherals include a screen, directional pad, and three push buttons. A micro SD card is also required to hold the software and user information.

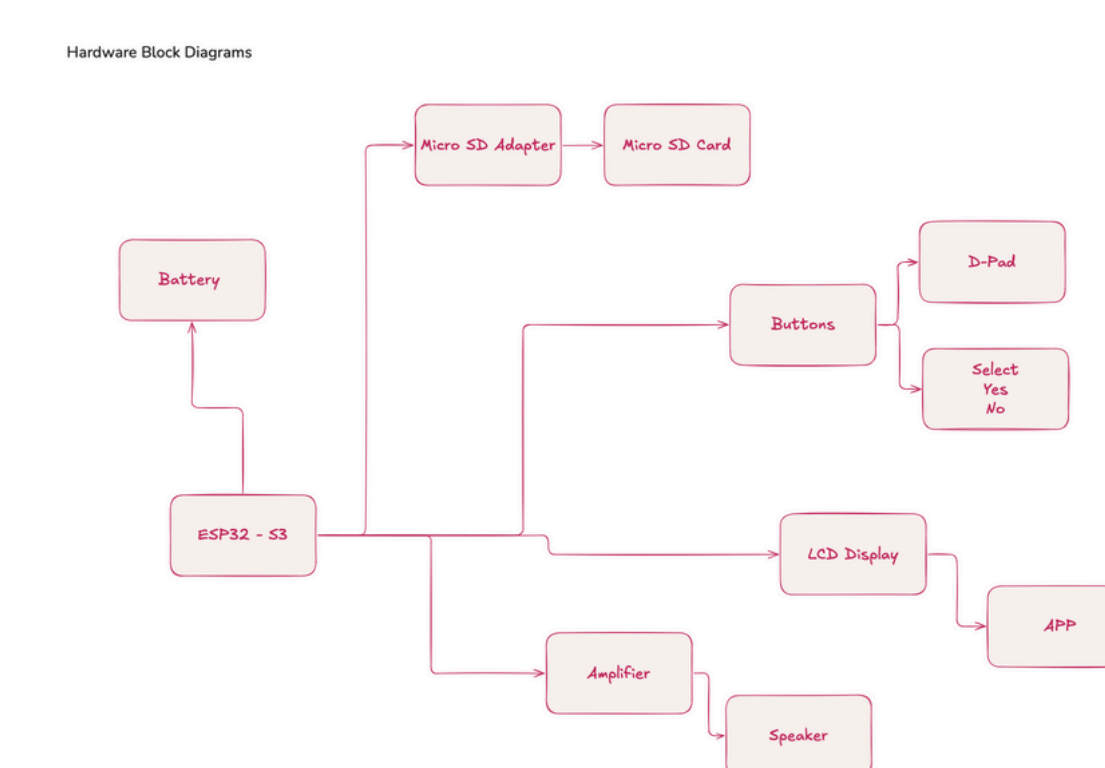
### TESTABLE HYPOTHESIS

**Video:**

- **Morning Scene:**
  - Show the device displaying the reminder **notification** feature for a task that is approaching
- **Day Time Scene:**
  - Show the feature of the **focus page** (i.e. Eating Lunch, Gym time, Studying)
- **Night Time Scene:**
  - Interacting with **task page** (shows possible things that can be done when selecting a task but our vid shows **skipping task**)

## PROTOTYPE

Prototype - diagrams, high quality annotated photograph, technical detail, and/or flow chart



## DESIGN

- Design – MCAD, ECAD, sketches schematics

## TEST RESULTS

Test Results - connected to hypothesis,  
preliminary results are okay for example with high  
quality plot(s)

## VIDEO LINK

ECE

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## \*ASSISTIVE DEVICE

External devices made to assist a person in performing a particular task. Many people with disabilities depend on assistive devices to enable them to carry out daily activities and participate actively and productively in community life.