

ECE 196: Mental Health Struggles Within Students
Final Project Proposal
Fall 2024
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School/Department/Division/Office:

CAPS (Counseling and Psychological Services)

Problem Definition:

Who/What?

We are interested in solving the motivation and time management issues that many students face due to mental health challenges.

Why?

Being a student is hard enough on its own. How do we incorporate exercise, stretching, hydration, and eating to have better mental health?

Where?

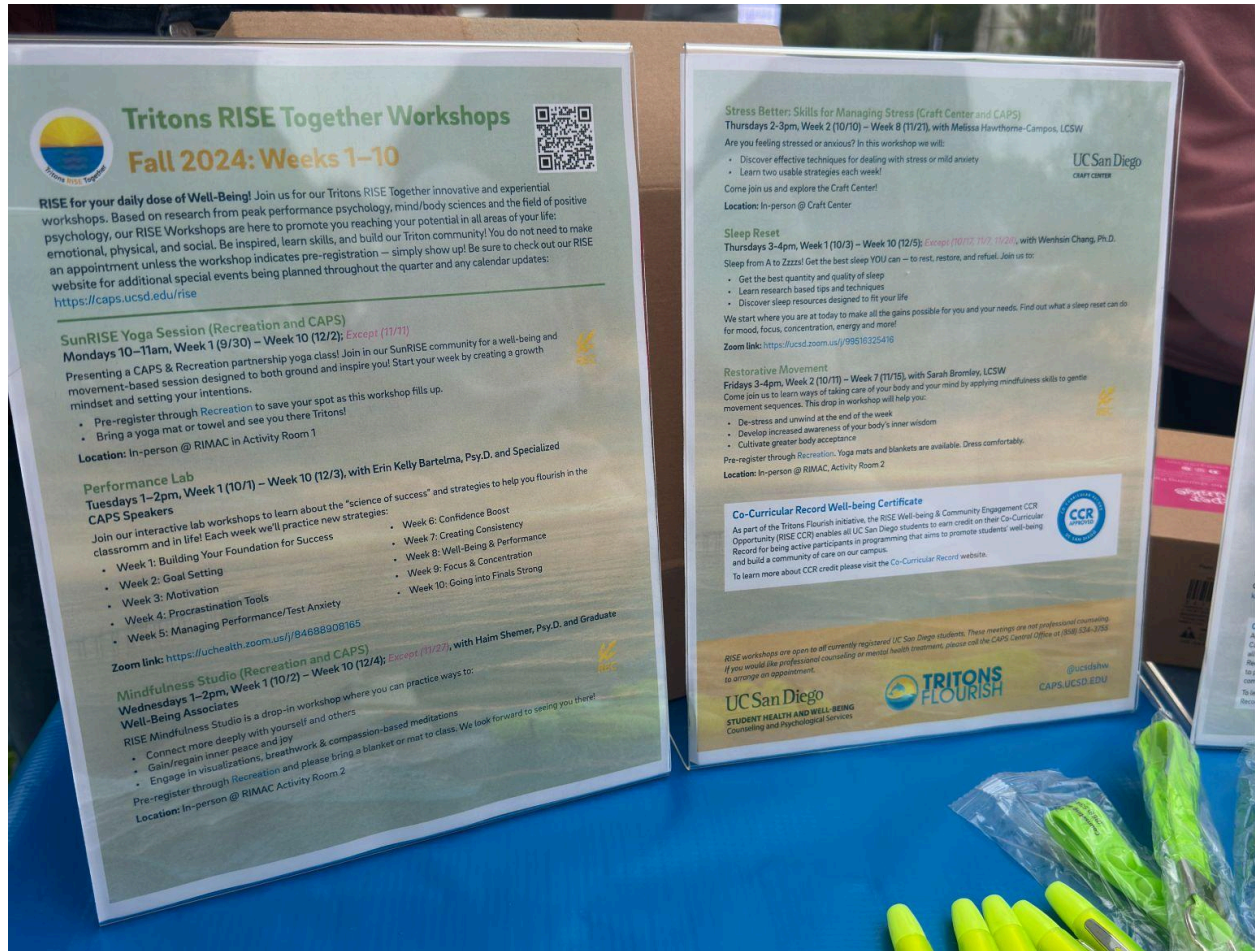
At UCSD and at home, Study spaces, Gym,

Existing Solutions:

Some existing solutions that are utilized for the improvement of students' mental health is the Counseling and Psychological Services on campus that offers counseling and therapy sessions for students. Some other services that are offered are the UCSD Rec Center which offers classes such as yoga, volleyball, basketball, and other sports that help keep students active.

Other services:

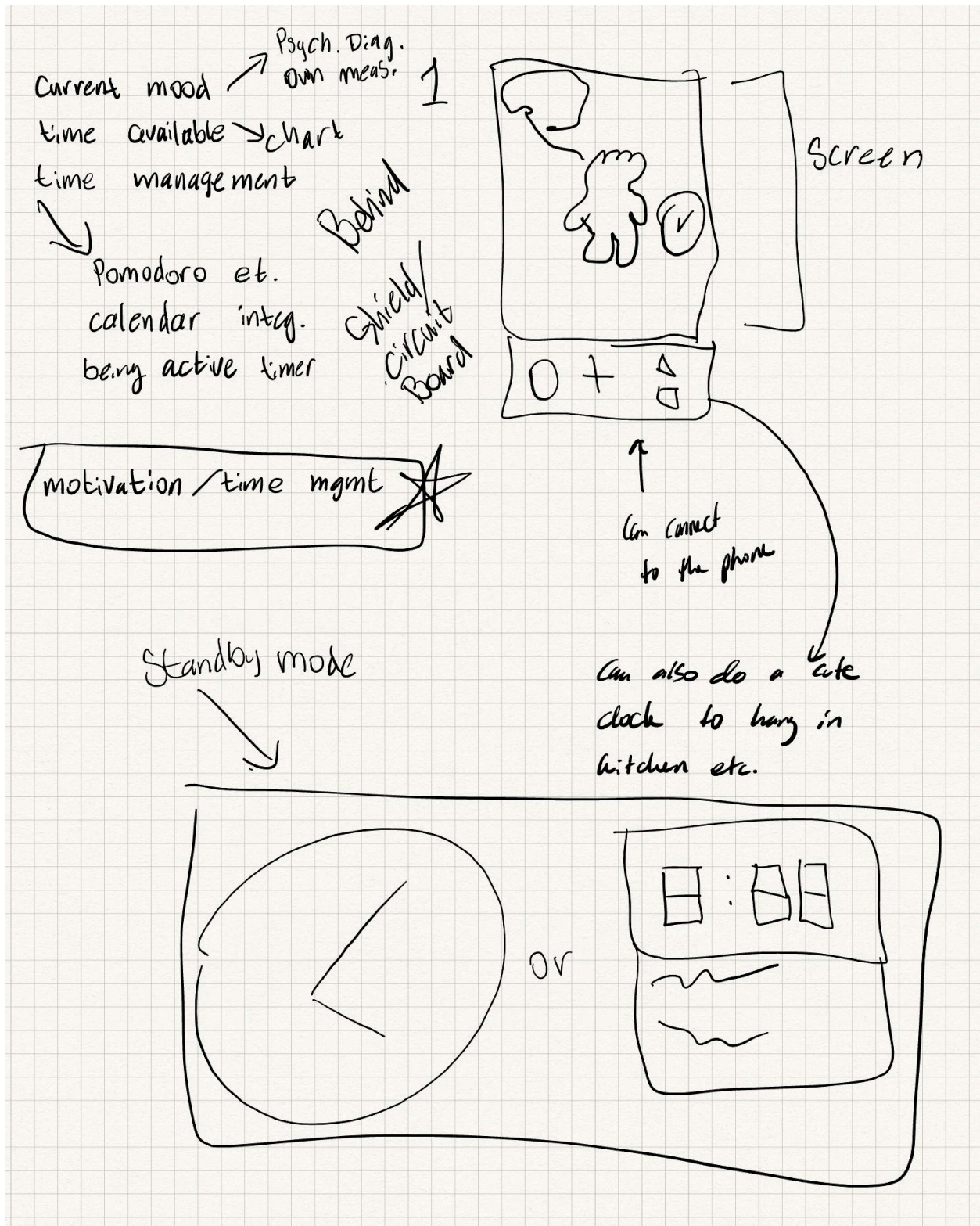
- Stride: Services offered for Trans, Intersex, and gender diverse experiences
- UCSD Women's Center: An inclusive space for women on campus
- Tritons in Recovery: Health promotion services



Well-Being Fair October 16, 2024

Proposed Solution:

We can create a self-help app or product that can promote healthy practices for mental health. We would target increased motivation and time-management for students.



Ideation and sketch of our solution

Testable Hypothesis:

Our hypothesis is that our solution would have an immediate effect on students in terms of motivation and time management which would effectively improve their 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

Parts List: [📄 Brain Buddies Parts List](#)