

UNDERSTANDING STUDENT WELL- BEING:

A HOLISTIC APPROACH



30%



9 in 10



PROBLEMATIC

Source: American College health association study

35%



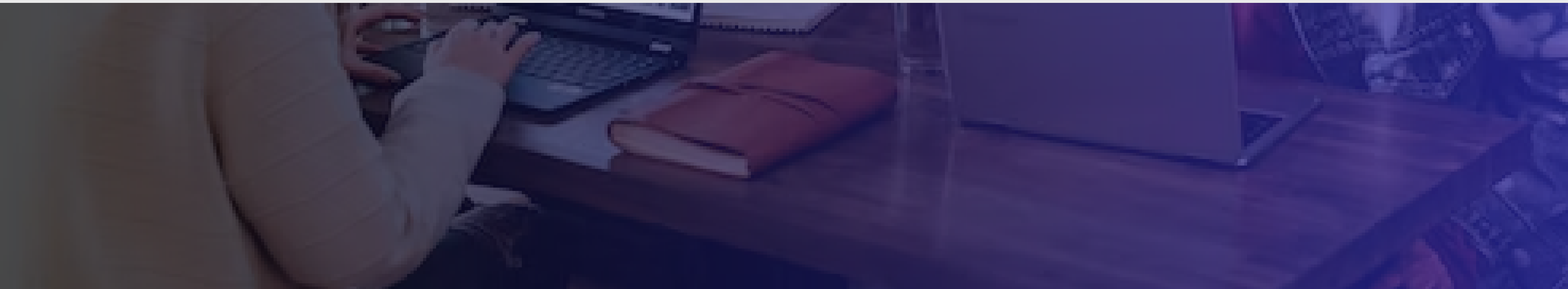
27%



A background image showing a group of students in a classroom setting, with a blue overlay. The students are looking towards the camera, and the overall tone is educational and collaborative.

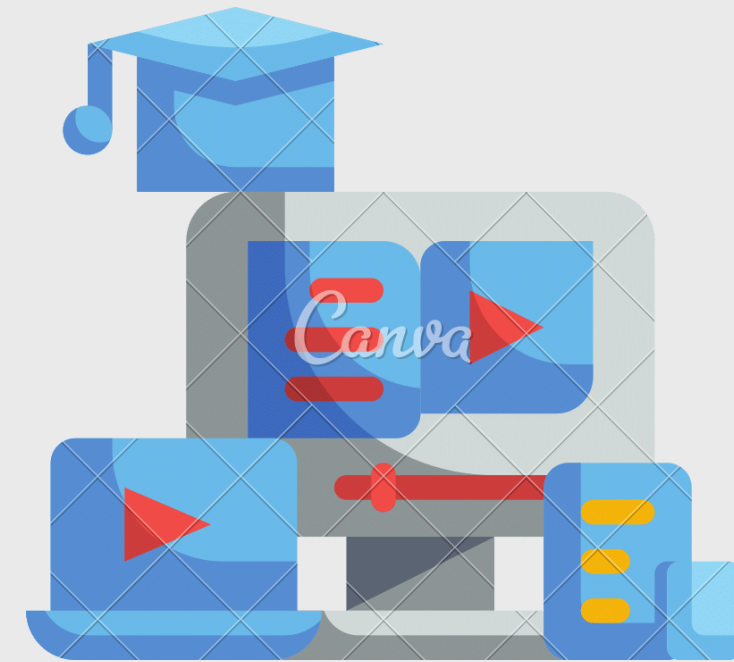
RESEARCH QUESTION

How to improve students' academic performance ?



OUR SOLUTION

+ Interventiion and support

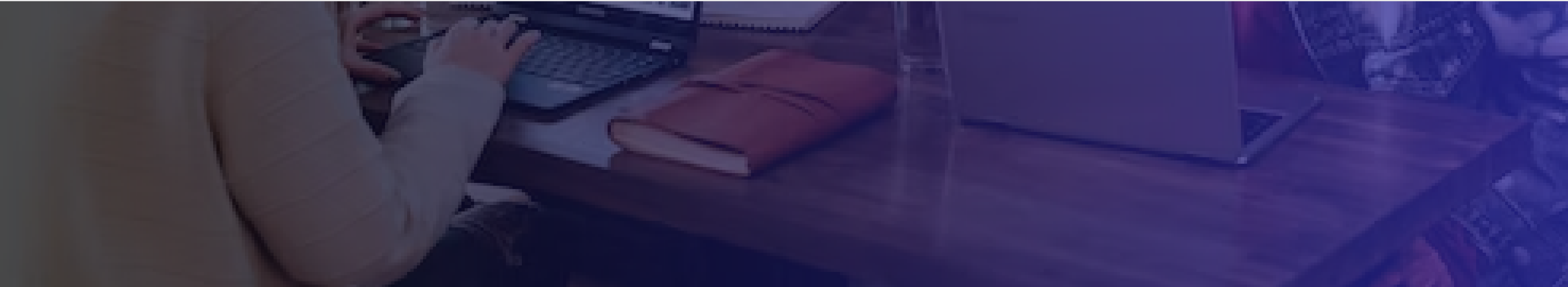


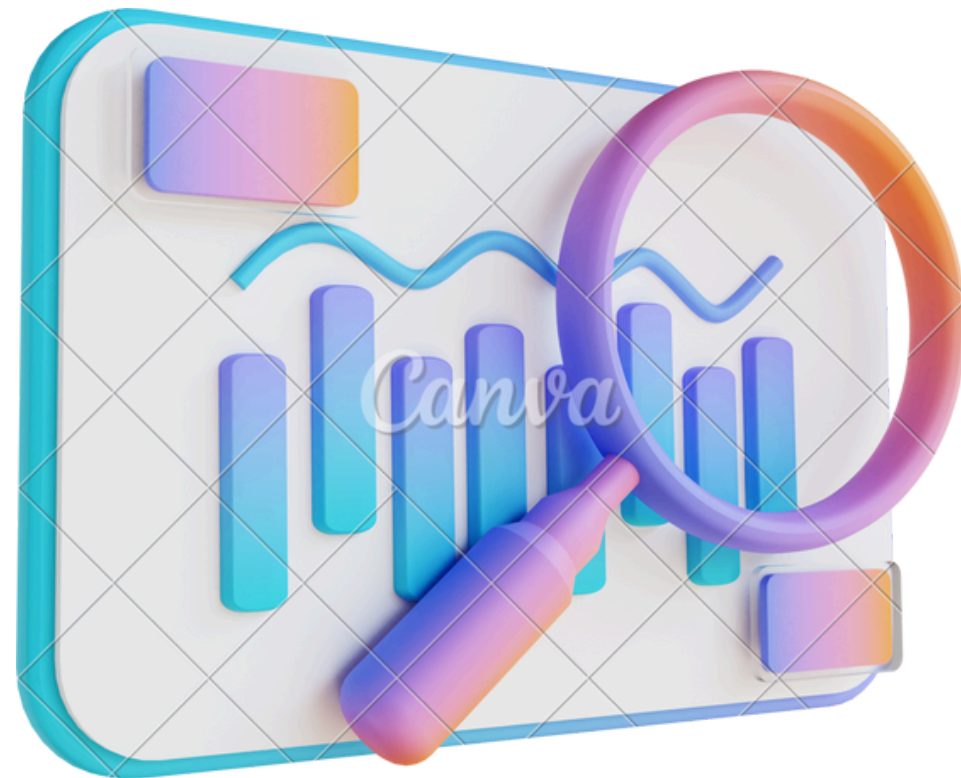
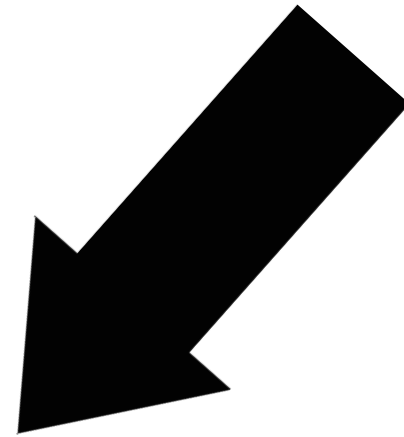
**+ Adaptive Learning
+ Personnalized Recommendation**



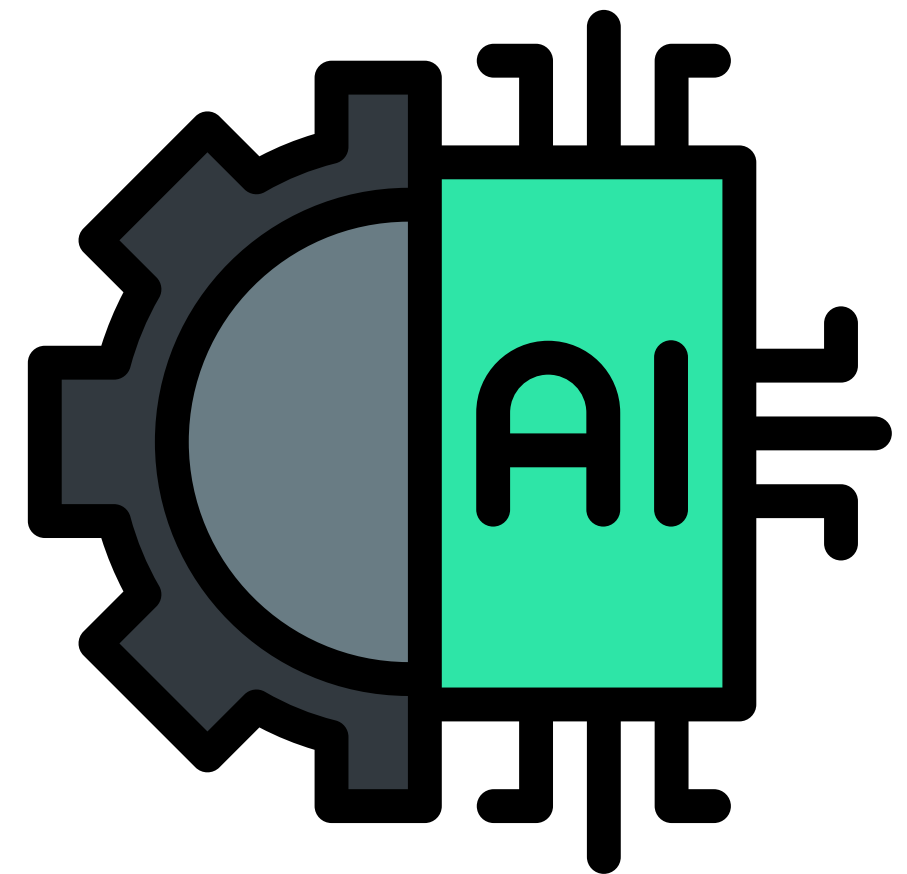
SOLUTION 1

ADAPTIVE LEARNING
PERSONNALIZED RECOMMENDATION





Data analysis



Machine Learning

DATASET



University of Michigan Research Lab



76,000+ students @ 130+ colleges nationwide

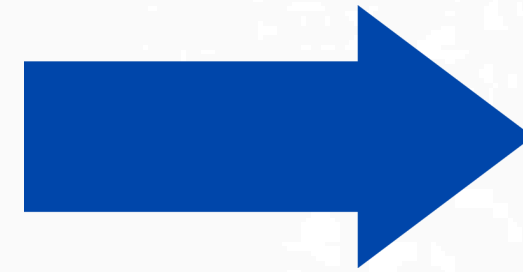
12 modules encapsulating 1500+ variables

○ **Demographics:**

■ **age, gender, race, religion, field of study, extracurriculars....**

○ **Mental Health KPI's:**

■ **depression/anxiety/psychological flexibility scores**



2022-2023 Data Report

EXPLORATORY ANALYSIS: PSYCHOLOGICAL FLEXIBILITY

ACCEPTANCE AND ACTION QUESTIONNAIRE (AAQ-II)

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to make your choice.

	1	2	3	4	5	6	7
	never true	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true
1. My painful experiences and memories make it difficult for me to live a life that I would value.	1	2	3	4	5	6	7
2. I'm afraid of my feelings.	1	2	3	4	5	6	7
3. I worry about not being able to control my worries and feelings.	1	2	3	4	5	6	7
4. My painful memories prevent me from having a fulfilling life.	1	2	3	4	5	6	7
5. Emotions cause problems in my life.	1	2	3	4	5	6	7
6. It seems like most people are handling their lives better than I am.	1	2	3	4	5	6	7
7. Worries get in the way of my success.	1	2	3	4	5	6	7

DEFINITION

The Acceptance and Action Questionnaire – version 2 (AAQ-II), is the most widely used measure of psychological flexibility. It can be used weekly track how individuals are applying flexibility skills to their daily lives and is often used to measure progress in Acceptance and Commitment Therapy (ACT).

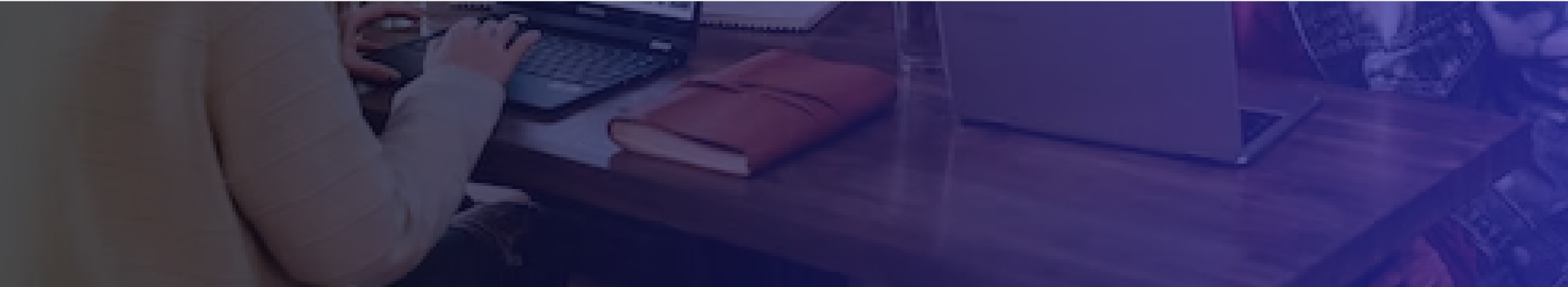
FACTS

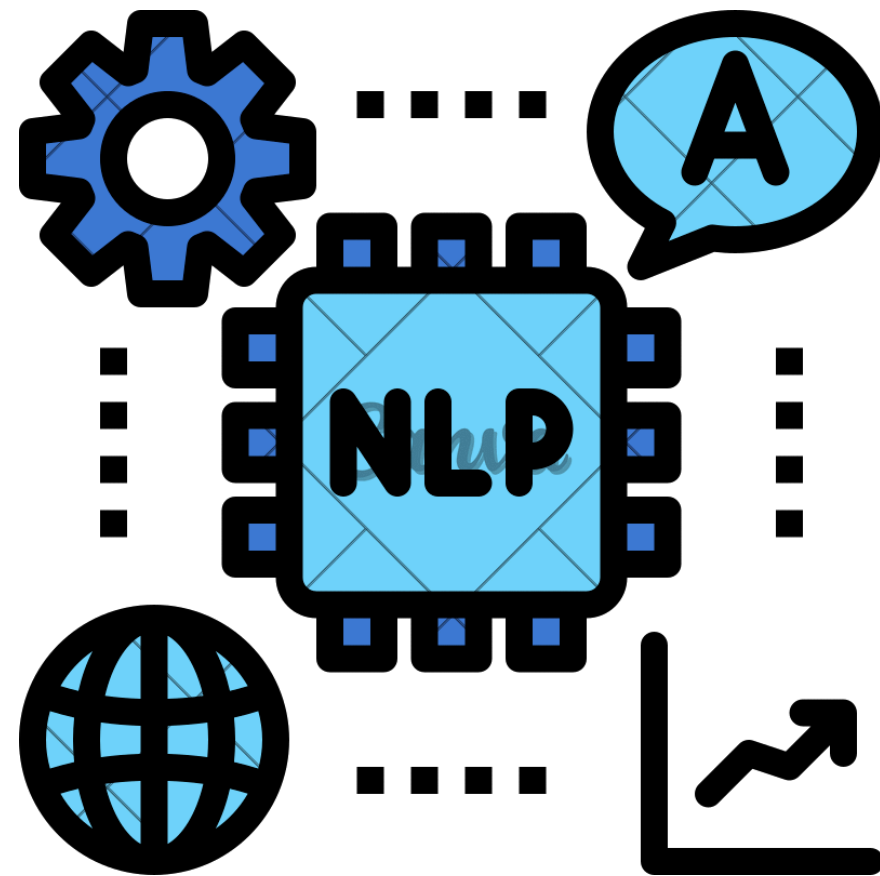
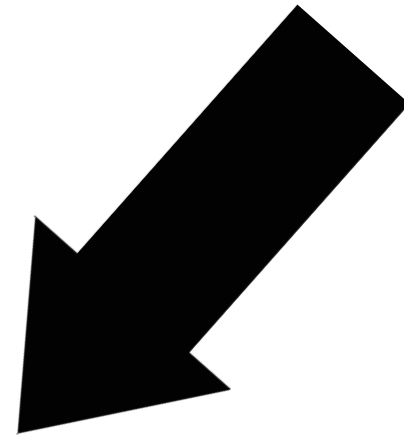
- + “Flexibility” is represented by a low AAQ-II score
- + AAQ is the bedrock of Acceptance Commitment Therapy (ACT)
- + studies have shown a consistently strong way to improve AAQ is through mindfulness and meditation practice



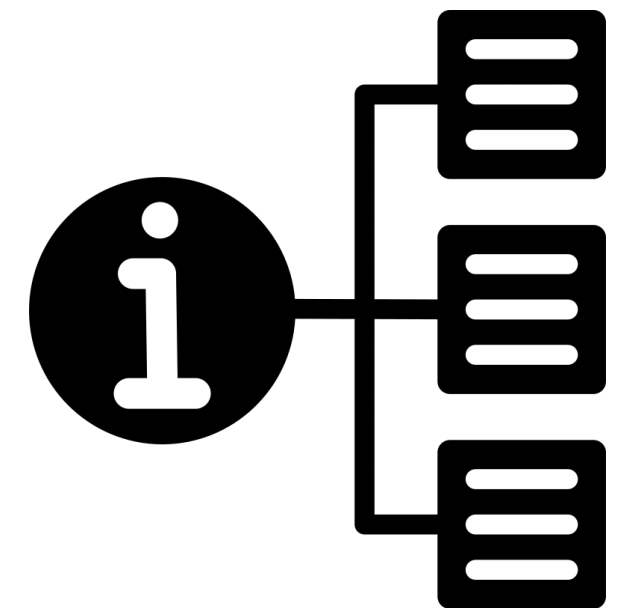
SOLUTION 2

INTERVENTION AND SUPPORT





...the ground or stays
iverse is vast, and you
also beautiful. You a
nothing bigger than yc
t of something that ma
most of your time. Tal
e a blog post. Make a



Text Classification



THANK YOU FOR YOUR ATTENTION

