

# Project Research

## Overall Project Tasks Remaining

| Person   | Status        | Task                                 | Deadline     |
|--|---------------|--------------------------------------|--------------|
| Nidhi Padmanabhan  | Done ▾        | Mental Health Research               | Apr 5, 2024  |
| Nidhi Padmanabhan  | Done ▾        | Mental Health Page Design            | Apr 5, 2024  |
| peng13552406948@gma...   | Done ▾        | Fitness Research                     | Apr 6, 2024  |
| Nidhi Padmanabhan  | Done ▾        | Fitness API                          | Apr 6, 2024  |
| peng13552406948@gma...   | In progress ▾ | Fitness Page Design                  | Apr 7, 2024  |
| peng13552406948@gma...   | Done ▾        | Nutrition Research                   | Apr 6, 2024  |
| peng13552406948@gma...   | Done ▾        | Nutrition Page Design                | Apr 7, 2024  |
| chaw.ghea@gmail.com  | Done ▾        | Academic Research                    | Apr 8, 2024  |
| Nidhi Padmanabhan  | Done ▾        | Assignment Tracker                   | Apr 6, 2024  |
| chaw.ghea@gmail.com  | Done ▾        | Academic Page Design                 | Apr 8, 2024  |
| chaw.ghea@gmail.com  | In progress ▾ | Weekly Habit Tracker (Calendar Page) | Apr 8, 2024  |
| Nidhi Padmanabhan  | In progress ▾ | Login/Sign Up                        | Apr 11, 2024 |
| Nidhi Padmanabhan<br>chaw.ghea@gmail.com<br>peng13552406948@gma... | In progress ▾ | Final Presentation Content           | Apr 11, 2024 |
| Nidhi Padmanabhan<br>chaw.ghea@gmail.com<br>peng13552406948@gma... | In progress ▾ | Final Presentation Design            | Apr 12, 2024 |
| Nidhi Padmanabhan<br>chaw.ghea@gmail.com<br>peng13552406948@gma... | Not started ▾ | Practice Presenting                  | Apr 13, 2024 |

## ***Mental Health***

### ☐ Basic Overview

#### ☐ What is mental health?

- Mental health encompasses our emotional, psychological, and social well-being; the state of an individual's mental health can impact how they respond to their surroundings, handle stress, build relationships, and make decisions.

#### ☐ Why is it important for college students to understand?

- Students are surrounded by stress-inducing factors—academic pressures, balancing obligations for jobs/extracurriculars, social pressures, and more.
- College students, in particular, are also often adjusting to a new environment and a new lifestyle away from home which can have an added impact on their mental health.

#### ☐ How can we actively take care of our mental health?


- get regular exercise
- eat nutritious meals regularly and stay hydrated
- make sleep a priority
- find a creative outlet
- set daily goals
- practice gratitude
- stay socially connected

#### ☐ What is mindfulness?

- Mindfulness is the practice of engaging yourself with your surroundings to relieve stress and relax your mind.
- Many mindfulness techniques largely focus on the importance of deep breathing, which is greatly beneficial to your overall health, as it increases the oxygen flow to your brain and in turn, improves your concentration.
- Other mindfulness strategies could be just completing simple tasks or activities you enjoy while engaging yourself with your surroundings.

#### ☐ Simple ways to practice mindfulness on campus

- meditation
- walking/hiking outdoors and paying attention to your surroundings

- breathing exercises
- yoga
- journaling
- ☐ Resources to practice mindfulness
  -  10-Minute Meditation For Anxiety (Goodful Meditation Playlist)
  - <https://meditationminis.com/#podcast> (Meditation Podcast)
  - Apps – insight timer, headspace, aura
- ☐ List of mental health hotlines
- ☐ RPI on-campus resources
  - ☐ common mental health issues descriptions
  - ☐ drop-in counseling
  - ☐ other health services
  - ☐ wellness center events (wellness wednesdays, etc.)

#### Sources

- <https://www.samhsa.gov/mental-health>
- <https://www.cdc.gov/mentalhealth/learn/index.htm>
- <https://www.binghamton.edu/news/blog/story/4544/7-mental-health-awareness-tips-for-college-students>
- <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>
- <https://www.who.int/westernpacific/about/how-we-work/pacific-support/news/detail/07-10-2021-6-ways-to-take-care-of-your-mental-health-and-well-being-today>
- <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>

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#### ***Fitness***

- ☐ Basic Overview
- ☒ Importance of fitness in college
  - Fitness is especially important in college due to several factors:
    - a. Physical Health: Maintaining fitness helps prevent lifestyle-related diseases, supports healthy weight management, and increases energy levels.
    - b. Stress Reduction/Mental Health: Regular physical activity helps reduce stress, which is common among college students due to academic pressures. Fitness is a natural mood lifter, helping to combat anxiety and depression.
    - c. Improved Concentration and Memory: Exercise can boost cognitive functions, aiding in better focus and memory retention, which are essential for studying and learning.

☒ ~~How much exercise do college students need?~~

- The American College of Sports Medicine recommends all healthy adults aged 18–65 years should participate in moderate intensity aerobic physical activity for a minimum of 30 minutes on five days per week, or vigorous intensity aerobic activity for a minimum of 20 minutes on three days per week. Every adult should perform activities that maintain or increase muscular strength and endurance for a minimum of two days per week.

☒ ~~Simple Daily Tips on Staying Fit~~

- Walking or biking to class instead of driving or taking public transport.
- Taking the stairs, opting for stairs over elevators whenever possible.
- Having short workout sessions, even 10-20 minute sessions of physical activity can be beneficial.
- Quick walks or a few minutes of stretching can be invigorating during study/lunch break.
- Eat Well → more information on our nutrition page

☒ ~~Types of Exercise~~

☒ ~~Balance exercises~~

☒ ~~Cardio~~

- running, cycling, swimming, and brisk walking. It's essential for heart health and stamina.

☒ ~~Strength Training~~

- Involves using weights or bodyweight exercises to improve muscle strength and endurance.

☒ ~~Stretching~~

- Yoga and pilates, enhancing flexibility and reducing the risk of injuries.

☐ External Fitness Resources

- Online Fitness Platforms: Websites like MyFitnessPal, Fitbit app, and YouTube channels dedicated to fitness.
- Mobile Apps: Apps for workout planning, tracking, and executing, such as Nike Training Club and Strava.
- Local Gyms and Community Centers: Planet Fitness(24hr), Capital District YMCA - Troy Branch, Focusmaster Fitness, Metabolic Fitness

- ☐ RPI on-campus resources
  - ☐ Mueller Center (include hours, etc.)
  - ☐ Fitness Classes
- ☐ Our Services
  - ☐ How to use our fitness planner
    - Set Goals: Start by setting clear, achievable fitness goals.
    - Availability: Input your available days and times for workouts.
    - Preferences: Select preferred types of exercises or areas to focus on.
  - ☐ How to use our workout generator
    - Choose Workout Type: Select from cardio, strength, flexibility, or a mix.
    - Specify Duration and Equipment: Indicate how long you want to work out and what equipment, if any, you have available.
    - Generate Workout: The generator will provide a workout routine, complete with exercises, sets, and reps, tailored to your specifications.

#### Possible Resources:

- <https://www.childrensmn.org/educationmaterials/teens/article/9257/getting-exercise-in-college/#:~:text=It%20is%20possible%20to%20get,hard%20or%20straining%20too%20much.>
- <https://www.affordablecollegesonline.org/college-resource-center/staying-fit-on-campus/>
- <https://www.gcu.edu/blog/gcu-experience/working-out-college-getting-started-and-staying-motivated>
- <https://blog.o2fitnessclubs.com/college-student-fitness-tips>

#### **Nutrition**

- ☐ Basic Overview
  - ☒ ~~What is a balanced diet?~~
    - A balanced diet includes a variety of foods in the right proportions, to provide the body with optimal nutrients. It typically consists of:
      1. Fruits and Vegetables: Rich sources of vitamins, minerals, and fiber.
      2. Whole Grains: Such as brown rice, oats, and whole wheat bread, providing energy and fiber.
      3. Proteins: Including lean meats, fish, eggs, beans, and nuts, essential for muscle repair and growth.

4. Dairy or Dairy Alternatives: Sources of calcium and protein.
5. Healthy Fats: Found in avocados, olive oil, and fatty fish, important for brain health.

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- ☐ Importance of maintaining a balanced diet in college
  - Energy Levels: Proper nutrition fuels the body for academic and physical activities.
  - Immune Support: A healthy diet boosts the immune system, helping to ward off illnesses.
  - Mental Health: Certain nutrients, like omega-3 fatty acids, play a role in reducing anxiety and depression.
  - Weight Management: Balancing caloric intake with energy expenditure helps in maintaining a healthy weight.

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- ☐ Simple Daily Tips on Maintaining a Healthy Nutrition Plan
  - Plan Meals: Pre-plan meals to ensure they include all food groups.
  - Healthy Snacking: Opt for fruits, nuts, or yogurt instead of chips or candy.
  - Stay Hydrated: Drink water throughout the day, limiting sugary drinks.
  - Cooking: Learn some basic cooking skills to prepare healthy meals.
  - Portion Control: Be mindful of portion sizes to avoid overeating.

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#### ☒ Our Services

- ☒ ~~How to use our meal plan generator~~

Possible Resources:

- <https://www.bestcolleges.com/resources/student-nutrition/>
- <https://www.davidson.edu/offices-and-services/student-health-and-well-being/nutrition-services/nutrition-tips>
- <https://clarke.edu/campus-life/health-wellness/counseling/articles-advice/10-healthy-eating-tips-for-the-busy-college-student/>
- <https://www.lancastergeneralhealth.org/health-hub-home/2021/september/acing-nutrition-in-college>

### **Academic**

- ☒ Tips for Stress Management
- ☒ Tips for Time Management
- ☒ Tips on Scheduling/Planning
- ☐ Study Tips
  - ☐ review different tips for different learning styles
- ☒ ~~External Resources to plan~~

- ☐ ex. notion, etc.
- ☐ RPI Campus Resources
  - ☒ ~~Drop-In Tutoring~~
  - ☒ ~~Learning Assistance Program~~
  - ☒ ~~Academic Advising~~
- ☐ Our Services
  - ☐ How to use our assignment tracker
- ☒ Study Tips
  - ☒ ~~Different study techniques~~
  - ☒ ~~Flashcards for memorization~~
  - ☒ ~~Highlighting IMPORTANT parts of your notes~~
  - ☒ ~~Write out notes instead of typing them out, helps you process the information more~~
  - ☒ ~~Watching youtube videos on the subject~~
  - ☒ ~~Form study groups, try to “teach” a topic to someone else. If you can teach a topic then you really understand it~~
- ☐ Time Management/Scheduling or Planning
  - ☒ ~~Utilizing Calendars and/or Planners to note when assignments are due and when exams and other events are~~
  - ☒ Calendars
    - ☒ [Google calendar](#)
    - ☒ [Apple Calendar](#)
    - ☒ ~~Our calendar that has yet to be done (oops i’ll get to that)~~
  - ☒ Planners
    - ☒ Notability
    - ☒ Goodnotes
  - ☒ ~~Establish a routine/daily schedule~~
    - ☐ ~~Set aside a time when you will need to do laundry, groceries and other weekly/biweekly activities~~
  - ☒ Routine
    - ☐ Streaks - app connected to iphone
    - ☒ Trello

- ☐ Techniques
  - ☐ Pomodoro - studying in 20-30 minute intervals with a 5 minute break , after doing this a few times take a 15-30 minute break
  - ☐ Eat the frog - select a large task to work on until complete, identify the next task when done
  - ☐ Time Boxing - set a schedule so that every time slot has a task designated to it. Once the time slot ends, proceed to next task
- ☐ Stress Management
  - ☐ Stay healthy
    - ☐ Keep a good diet and eat balanced meals
    - ☐ Exercise regularly
    - ☐ Get a good amount of sleep 7-9 hours
    - ☐ Avoid becoming dependent on caffeine
  - ☐ Avoid Stress
    - ☐ Prevent Procrastinating so assignments don't build up and overwhelm you
  - ☐ Managing stress
    - ☐ Find an outlet: friends or an activity you enjoy to take mind off things
    - ☐ School Counselors or therapists

#### Possible Resources

- <https://summer.harvard.edu/blog/8-time-management-tips-for-students/>
- <https://www.purdueglobal.edu/blog/student-life/time-management-busy-college-students/>
- <https://students.dartmouth.edu/academic-skills/learning-resources/time-management-tips>
- <https://www.purdueglobal.edu/blog/student-life/college-students-guide-to-stress-management-infographic/>
- <https://www.bestcolleges.com/resources/balancing-stress/>
- <https://bau.edu/blog/types-of-learning-styles/>
- <https://teach.com/what/teachers-know/learning-styles/>
- [https://www.gavilan.edu/student/learningcommons/documents/StudyTipsforDifferentLearningStyles\\_000.pdf](https://www.gavilan.edu/student/learningcommons/documents/StudyTipsforDifferentLearningStyles_000.pdf)
- <https://timeular.com/blog/pomodoro-alternatives/>