

# HACKATHON PROJECT BRIEF

**Title**

Managing Stress in the School

**Team**

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**BACKGROUND**

- Stressful project deadlines, challenging classes, and high expectations from parents are a part of almost every high school student's life. Students are constantly pushed to achieve good grades while experiencing the social pressures of being a teenager, leading to increased levels of stress. The school district is wants to enhance the high school students' environment or create a product that reduces the stress and anxiety of a high school student.
- To assist our next generation of leaders, Johnson & Johnson is now seeking new and innovative solutions that utilize technology to help ensure that high school students are calm and relaxed

**PROJECT GOAL**

- Develop a technical solution to allow Johnson & Johnson to aid students who are struggling to manage stress in school.

**CURRENT PROCESS STEPS**

- Student is under extreme amounts of stress and feels helpless.
- Student participates in extra-curricular activities such as sports, band rehearsal or dance practice to release stress

**VOICE OF THE CUSTOMER**

- "The pressures of being a teenager can become quite overwhelming. I've gone to the guidance counsellor, but they are only able to do so much before I have the same problem again." –John Maroon, Student
- "I don't have the time to go to the gym or participate in after school activities because I have a part-time job. My homework and projects are too critical for me to ignore. I need something that is easily accessible" – Red Smith, Student

## **RESOURCES**

- Internet
- Medical Devices
- Wireless Technology
- Virtual Reality Technology
- Subject Matter Experts

## **DELIVERABLES**

- PowerPoint Presentation
  - Include an Introduction and Conclusion
  - Include graphics/pictures
- Presentation to J&J I/T Management, the #HackSuncoast Team, and School Faculty
- Each team member must participate in the presentation
- Product Overview