

Project Letter

Talking about depression among students requires care and respect. This project was built with a simple, honest intention: to better understand context—not to label anyone. Mental health is complex; behind every data point is a person with a story, fears, support systems, and hopes.

With that in mind, I built a SQL Server (stg → cln → gold) data pipeline and a Power BI dashboard that explores associations between variables such as sleep, academic pressure, study satisfaction, financial stress, gender, and family history. The goal is to offer clarity and useful questions for those designing student well-being actions—not to issue diagnoses or deterministic conclusions.

What this work does

- Cleans and standardizes information to reduce noise and obvious biases.
- Presents transparent metrics and visuals to identify patterns and potential factor combinations.
- Prioritizes careful interpretation: visuals invite conversation and responsible action.

Limits & ethics

- This dashboard does not prove causality and does not replace clinical assessment.
- The dataset may contain sampling or response bias; 'Unknown' is used when values are missing.
- Privacy is preserved; no individualized records are shown.

How it can help

- Support academic and well-being teams in prioritizing initiatives (e.g., sleep hygiene, time management, financial aid, counseling).
- Open questions: which groups need earlier attention? which protective practices should be reinforced?
- Foster a culture of listening and accompaniment, where numbers are a starting point—not the final word.

If you would like to review or adapt the methodology, you are welcome to comment, open issues, or propose pull requests. Knowledge improves when it is shared.

If you or someone you know needs help, please contact your university's support services or local mental-health resources.