

Individual Parts:

Dylan Laborante:

Scenarios:

1. David, a PhD student, is overwhelmed with back-to-back research deadlines. He uses the app's timer and guided breathing exercises to maintain focus and manage anxiety.
2. Sofia, an MBA student, and entrepreneur, Sofia uses the app's journaling feature to reflect on her daily tasks and reduce decision fatigue.
3. A UNCC counselor recommends the app to students struggling with mental health challenges.
4. A UNCC counselor uses the app's analytics to identify common stress triggers in students.
5. Jason, the app's sleep-tracking and relaxation exercises help Jason establish a better nighttime routine.
6. Jason, a nurse pursuing a Master's in Public Health, often finds it difficult to concentrate after long shifts. He uses the app's task-scheduling feature to plan his study time effectively and incorporates quick stress-relief exercises between tasks.
7. A first-year PhD student compares themselves to peers and feels inadequate. The app provides daily affirmations, success stories from past students, and guided self-reflection prompts to help build confidence.

User Stories:

1. As a PhD student, I want to use a Pomodoro timer with scheduled breaks so that I can stay productive without burning out.
2. As an MBA student, I want to access guided breathing exercises so that I can manage stress before my exams
3. As a nursing student working night shifts, I want quick stress-relief exercises so that I can manage anxiety between shifts.
4. As a student struggling with procrastination, I want structured to-do lists so that I can break big assignments into smaller, manageable tasks.
5. As a new PhD student, I want daily affirmations and motivational content so that I can combat imposter syndrome.
6. As a student who struggles with sleep, I want a wind-down feature that reminds me to disconnect from screens so that I can fall asleep more easily.
7. As a researcher, I want a task manager that integrates with my calendar so that I can keep track of conference deadlines.

Bao Ly:

Scenarios:

1. Chris is a full-time accountant pursuing his Master's for his CPA exam. He struggles to balance long work hours, evening classes, and studying. He uses the app to practice deep breathing exercises during breaks.
2. Paul is a part-time graduate student and full-time high school teacher who often feels overwhelmed balancing lesson planning, grading, and coursework. He uses the app to decompress with guided meditations between classes
3. George is a graduate student pursuing a Master's in Mechanical Engineering. With tight deadlines and heavy coursework, George often feels mentally drained. He uses the app for its Pomodoro timer to stay focused during long study sessions.
4. Russell is pursuing a PhD in Exercise Science while managing his fitness company. As most of his day is spent on research for graduate school and managing his business, he has little time for self-care. Russell uses the app's journaling feature during lunch to reflect on his stress levels and record any research ideas that come to mind.
5. Dwayne is a father of two young children and a full-time sociology professor at a top university. Dwayne struggles to find time for himself as he is clouded with childcare, office hours, research, and lectures. Dwayne uses the app's guided mindfulness meditation to reduce his stress.
6. Anthony is a first-year graduate student moving across the country for school. With no close friends or family, he feels isolated as he adjusts to the new city. Anthony uses the app's social connection feature to interact with peers in similar fields.
7. Rachel is a part-time law student while working as a paralegal at one of the largest firms in NYC. She's also a caregiver for her aging parent, which adds significant emotional and physical stress to her already demanding schedule. Rachel uses the app's quick relaxation techniques and stress management tips to reduce her stress and stay productive.

User Stories:

1. As a full-time accountant and graduate student, I need quick breathing exercises so I can relieve stress during short breaks at work.
2. As a part-time student and full-time teacher, I need guided meditations to decompress during my busy day.
3. As a graduate engineering student, I need a Pomodoro timer to organize my study sessions to maintain productivity and focus.
4. As a PhD student and business owner, I need a journaling feature to reflect on my stress levels and jot down important research ideas.
5. As a full-time professor and father, I need guided mindfulness exercises to stay calm during hectic days.
6. As a first-year graduate student, I need a social connection feature to build connections and a strong support network of friends.
7. As a part-time student, caregiver, and paralegal, I need relaxation techniques and stress management tips to clear my mind during work and school.

Melvin Smith:

Scenarios:

1. Blaze is an overwhelmed graduate student studying for her graduate psychology degree and is struggling with managing her part-time job at a clinic while also trying to support herself in school. While in the past, he usually self-relief stress techniques used to work, her stress has been unmanageable lately is searching for a solution and fast.
2. Matthew, a senior graduate student is currently almost done with their degree but just suffered the lost of a family member. He feels unable to continue his degree and is honestly thinking about dropping out this close to the finish line.
3. Sophia, a recently started graduate student thought everything would be great, but was then diagnosed with a very serious illness that would have her in and out of the hospital multiple times over. She's been debating whether or not to drop her degree to stop being a burden to her family members since she doesn't really need a master's to start working.
4. David, mid-way into his graduate school years, unexpectedly lost his primary source of incoming to put himself through school. While his savings are getting him by, he knows this may not be sustainable in the long term and is overwhelmed by the constant financial stress that he's under.
5. Emma, a determined and dedicated graduate student, has been working super hard on her thesis for the past couple of months. This combined with her lack of sleep and lack of eating has taken a toll on her mental state. She's been trying to find a way to relieve her stress and focus on her thesis with a more calm and relaxed mind.
6. Liam, nearing the end of his graduate years, had just experienced a devastating breakup with his long-term girlfriend. This caused emotional turmoil and caused him to be unable to focus on his studies long-term. He's searching for a support system that will allow him to bounce back from his broken heart.
7. Adam, a researcher at a nearby university, has been studying mental health trends among graduate students for several years. He is searching for ways to try to track the mental health decline among graduate students but hasn't found a reliable way to do so.

User Stories:

1. As Blaze, a stressed-out graduate student, I want to be able to access personalized stress-relief techniques and resources within the app so that I can better manage my part-time job and academic responsibilities and find quick solutions to alleviate my stress.
2. As Matthew, a final-year graduate student currently mourning the loss of a family member, I want to be able to connect with a therapist and peer support groups through the app so that I can receive the emotional support and encouragement needed to continue my studies despite my own grieving stage.
3. As Sophia, an ill graduate student, I want to find ways to connect to other students facing similar health challenges such as myself through the app so that I can make rather informed decisions about my education and relieve the burden on my family.

4. As David, a financially struggling graduate student, I want to access mental health counseling and see if there are resources in the app that help me relieve the mental burden I have with my financial situation.
5. As Emma, a dedicated graduate student overwhelmed by stress and exhaustion, I want to access guided relaxation techniques and focus tools through the app so that I can calm my mind and maintain productivity while working on my thesis.
6. As Liam, a graduate student dealing with emotional turmoil after a breakup, I want to connect with peer support groups and access mindfulness exercises through the app so that I can rebuild my emotional well-being and regain focus on my studies.
7. As Adam, a researcher studying mental health trends, I want to access data through the app so that I can identify patterns in graduate students mental health decline and develop recommendations to support their well-being.

Group Feature List:

1. Pomodoro timer.
2. Guided relaxation techniques such as mindfulness meditation, progressive muscle relaxation, and breathing exercises.
3. Social network space where people can create groups based on their fields/interests.
4. Journaling space.
5. Daily Affirmations and Motivational Content.
6. Task Scheduling and To-Do List Manager.
7. Stress management tips.
8. Therapist and Mental Health Resource Finder.
9. Health and sleep tracking tool.
10. Stress and Emotion Analytics.