TreeHouse

Each TreeHouse is a safe space where you

- Feel safe expressing your emotions
- Other people relate to you



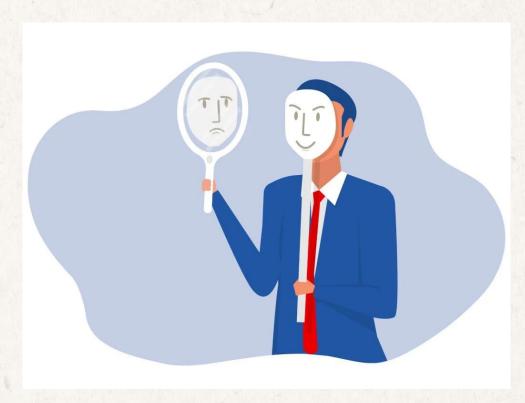


Join a TreeHouse ♥

MENTAL HEALTH

PROBLEM: Imposter Syndrome

We've all been there. Imposter syndrome affects 70% of college students, leading to anxiety, depression, and burnout from the high expectations, self-doubt, and avoidance of help.



SOLUTION

We want to create a safe and supportive online community for people struggling with imposter syndrome. Through anonymous forums, Al-powered harmfulness filtering, we aim to break the boundaries of seeking help. Together, we can foster a positive, judgment-free conversations, to ensure that everyone's voice is heard and respected.

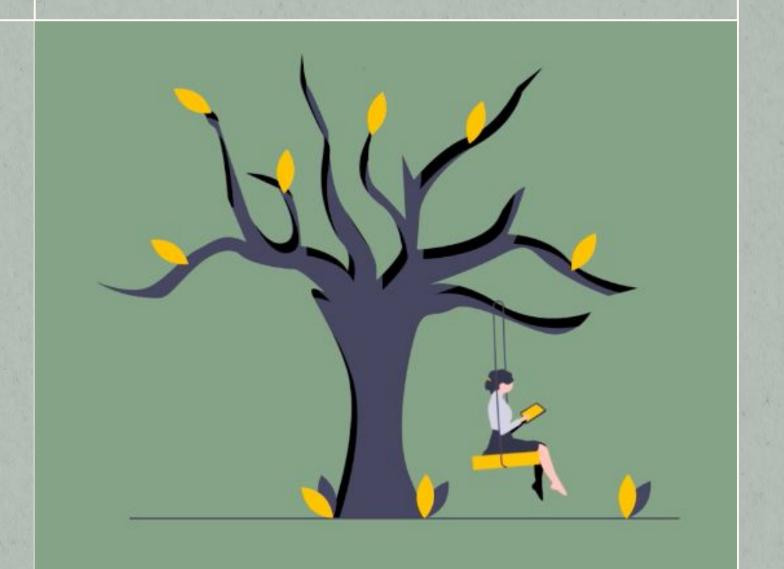
RESEARCH

- Up to 70% of college students experience feelings of imposter syndrome at some point during their academic careers. (Canning et al., 2020; Peteet et al., 2015)
- In one study of over 1,700 undergraduate students, imposter syndrome was positively correlated with higher levels of anxiety, depression, psychological distress and burnout. (Serge et al., 2021).
- College students experiencing imposter syndrome are more likely to set unattainably high standards for their academic performance, with 65% expecting nothing less than perfection. (Chae et al., 1995).

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Welcome to our TreeHouses



"Anyone else not understand anything from CS1101 today? It feels like I am the only one not getting it."

Reply



Roomates

"Am I falling behind when my roommate is already in Calc 4 while I'm still working on Calc 1?"

Reply



f Family

"My sister always gets better grades than me, which makes me feel like my parents are more proud of her than they are of me, and I wonder if I'm just not as smart as her."

Reply



Social -

"It's the first week of school, and I already see people with so many friends, but I feel like I don't know anyone."

Reply



Jobs/Internships

"I see everyone getting internships and jobs on LinkedIn, but I haven't even gotten an interview yet."

<u>Reply</u>



? Other

Reply

TREEHOUSE

These are our TreeHouses. Here we've created specific forums called TreeHouses where students feeling similarly can connect and be vulnerable together. To overcome issues like not knowing where to post or potential online bullying found on larger online forums such as Reddit.



"Anyone else not understand anything from CS1101 today? It feels like I am the only one not getting it."

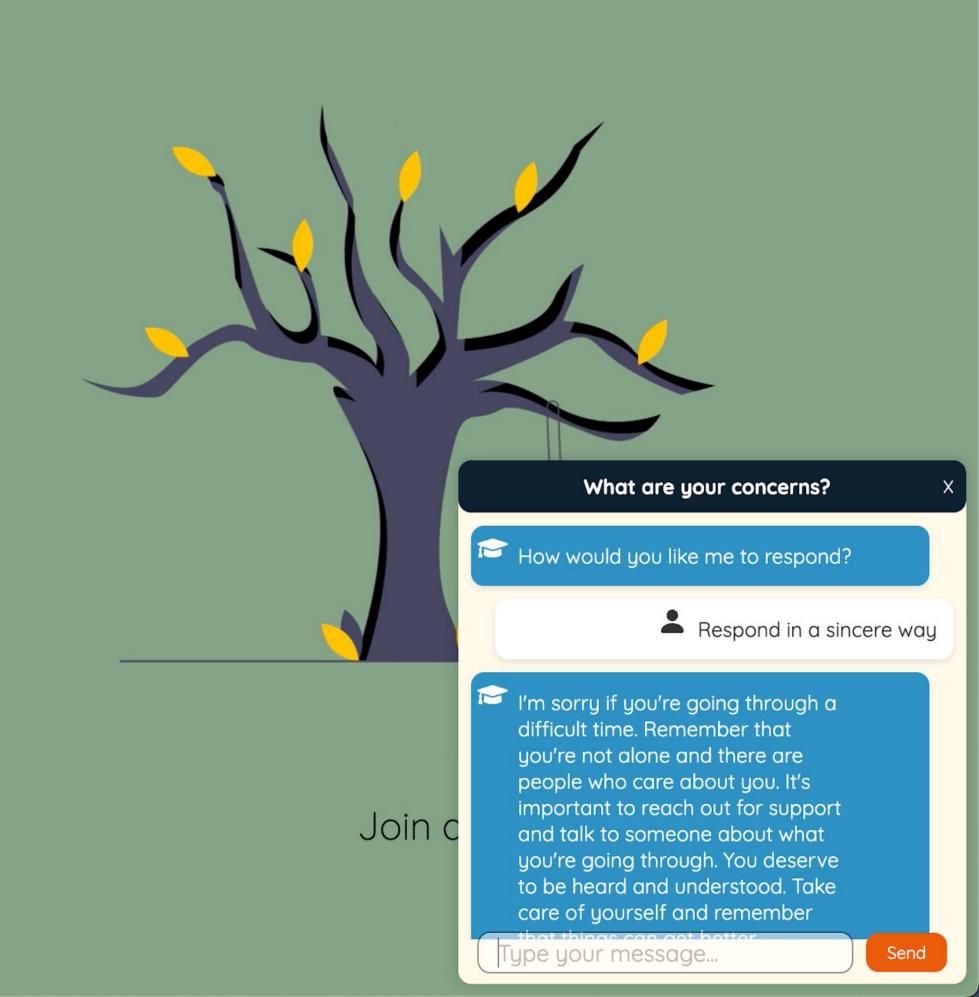
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TreeHouse

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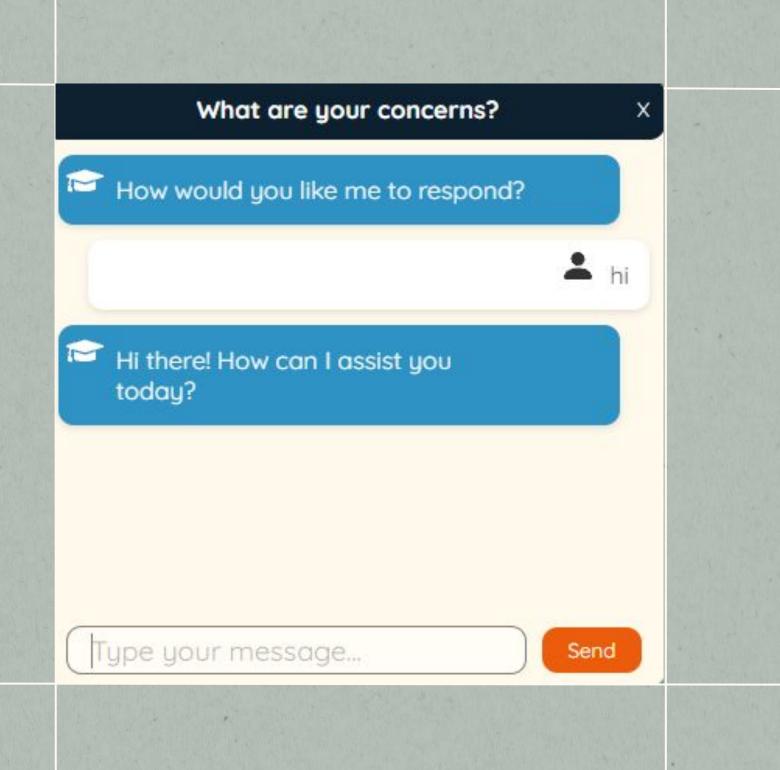
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Learn More 🧿



ChatBot

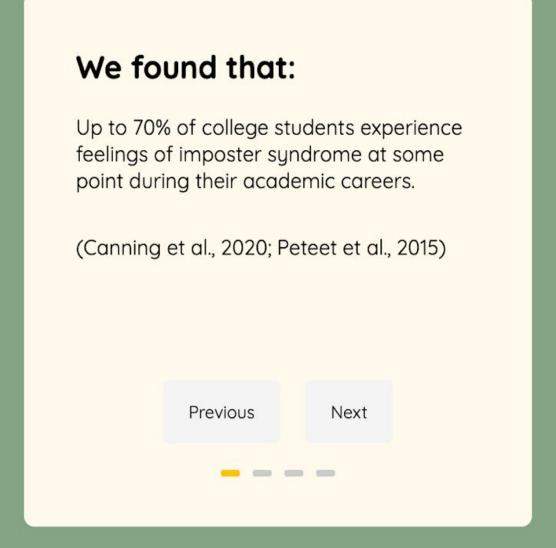
We leverage OpenAl's API (the same one ChatGPT uses) along with careful prompt engineering and seeding, to create a model that responds to questions empathetically, guides students to the right TreeHouse, and most importantly, prevents harmful comments from ever being posted. This creates a uniquely safe and supportive space for students to discuss their insecurities without fear of judgment or ridicule.



Learn More:

The Problem: Imposter Syndrome

We've all been there. Imposter syndrome affects 70% of college students, leading to anxiety, depression, and burnout from the high expectations, self-doubt, and avoidance of help.



Our Mission:

We want to create a safe and supportive online community for people struggling with imposter syndrome.

Through anonymous forums, Al-powered harmfulness filtering, we aim to break the boundaries of seeking help.

Together, we can foster a positive, judgment-free conversations, to ensure that everyone's voice is heard and respected.

Learn More

This is the informational section of our website. This information is our attempt to reduce the stigma behind Imposter Syndrome by showing how common it is and hopefully helping students realize that they are not alone.

The Problem: Imposter Syndrome

We've all been there. Imposter syndrome affects 70% of college students, leading to anxiety, depression, and burnout from the high expectations, self-doubt, and avoidance of help.

We found that:

Up to 70% of college students experience feelings of imposter syndrome at some point during their academic careers.

(Canning et al., 2020; Peteet et al., 2015)

evious Next

Our Mission:

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Through anonymous forums, Al-powered harmfulness filtering, we aim to break the boundaries of seeking help.

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Talk to a Counseler

Email: therapist@gmail.com

Phone: 888-888-8888

Websites: https://theactionalliance.org/

Your Name

Your Email

Your Message

Submit

Contact

The final section of our website is a contact form where students can contact a real life therapist to help with any problems they are having. As much as we have tried to cultivate a supportive online environment, we understand that there is only so much other students can do for each other. This is why we have added a section where students can seek professional help. This form is also unique because it is completely anonymous which will fully eliminate the stigma and fear some people face surrounding in-person counseling.. This allows students to access the mental health support they need, on their own terms, without having to physically set foot in an on-campus clinic. By providing a bridge to care outside the public eye, we aim to avoid the shame that too often deters struggling students from seeking help.

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Phone: 888-888-8888

Websites: https://theactionalliance.org/

THANK YOU!