

Problem Statement:
Students have a hard time keeping a consistent and productive routine that includes effective physical, mental, and academic health habits.

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Solutions

Create a reminder app/ website that is more effective than the excuse of an app created by Apple

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Create an app that helps guide students in the right direction regarding their habits (similar to AppBlock)

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Try to advocate around campus/ join an org (or something) that will assist others

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Teach others/ advertise already existing apps and services that can help with these issues

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Similar apps/ services

Apple’s Reminders

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Apple’s Calendar

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Habitica

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BetterHealth (and others)

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UofSC Health and Well-being Center

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UofSC Office of Student Advocacy

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App Methods

Game-adjacent (like Habitica)

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Digital version of pen/paper (like Calendar)

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Game related (like Habitica)

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Advocacy Methods

Join an organization

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Conversations with those struggling

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Flyers/brochures displaying the resources available

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Resources WE can use

An IDE to develop an app

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Github to save our projects

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UofSC Office of Student Advocacy (so we can reach out)

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Classes (to talk to peers)

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UofSC printing services to make flyers

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