

## # Resilience Run — Uni Life (Australia)

### ## 1. Introduction

**\*\*Problem:\*\*** Many Australian university students face high psychological distress.

**\*\*Goal:\*\*** Provide a simple, engaging way to practice decisions that protect mental health while maintaining academic progress.

### ## 2. Theme Justification & Potential Impact

- **\*\*Local context:\*\*** AU-specific events (GP mental health plans, Myki, heatwaves).

- **\*\*Impact:\*\*** Micro-choices demonstrate evidence-based strategies (breaks, social support, early help-seeking).

- **\*\*Outcomes:\*\*** Players finish with a summary reinforcing positive habits ( $\geq 60$  Wellbeing).

### ## 3. Technology Stack

- **\*\*Front-end only:\*\*** HTML, CSS, JavaScript

- **\*\*No dependencies:\*\*** Works offline, easy to run

- **\*\*Design:\*\*** Responsive, accessible color contrast, keyboard/touch friendly

### ## 4. Game Mechanics Overview

- **\*\*Core loop:\*\*** Roll dice → move → event card → choose A/B → update Wellbeing/Knowledge.

- **\*\*HUD:\*\*** Bars for Wellbeing, Knowledge; tile counter.

- **\*\*Win/Lose:\*\*** Finish at tile 30; success if Wellbeing  $\geq 60$ .

- **\*\*Educational mapping:\*\*** Each event maps to a real coping/resource concept (with a brief tip).

### ## 5. AI Tools & Prompts

- **\*\*LLMs used:\*\*** ChatGPT (concept ideation, code scaffolding, copy polish).

- **\*\*Prompt records:\*\*** See `/prompts/` for concept, asset, code, and refinement prompts.

### ## 6. Development Process & Best Practices

- **\*\*Iteration:\*\*** Start with minimal loop → refine UI → expand event deck.

- **\*\*Quality:\*\*** No runtime errors in console; modular state; clamped stats; clear end states.

- **\*\*Accessibility:\*\*** High contrast, large hit targets, descriptive text.

### ## 7. Limitations & Future Work

- Add difficulty modes and longer semesters.

- Add localized links to campus services.

- Add analytics-free local storage for “streaks”.

### ## 8. Reflection

- **\*\*What we learned:\*\*** Simple mechanics can carry educational weight when choices are contextual.

- **\*\*What worked:\*\*** Tight scope, fully offline build, AU-context events.

- **\*\*What we'd improve:\*\*** More diverse personas and events; multilingual tooltips.

\*(Screenshots included separately in `/screenshots/.`)\*