

MindEase Project - Evaluation Questions & Answers

1. Project Overview & Purpose

Q: What inspired you to create MindEase?

A: We saw many students facing stress, anxiety, and emotional struggles. So, we wanted to build a simple and safe space for students to feel better.

Q: What problem does it solve?

A: It helps students handle stress by offering journaling, mood tracking, and AI support without needing to talk to someone directly.

Q: How is it different?

A: It's specially made for students, combining mental help tools in one easy platform with privacy and friendly support.

Q: Main features?

A: Mood tracker, Journal writing, AI Chatbot, Crisis help popup, and Self-help resources.

2. Technical Implementation

Q: How does login/signup work?

A: We use Flask for secure login. Passwords are saved safely using hashing, and sessions help remember users.

Q: Where is data stored?

A: In a database. Journals and moods are saved under each user's account.

Q: How does mood tracking work?

A: User picks a mood daily. It's saved with the date and shown using a graph.

Q: How is AI chatbot added?

A: We use OpenAI API. The user types something, and the backend sends it to the AI and shows the reply.

Q: What about security?

A: Passwords are hashed, data is encrypted, and we only show data to the right user.

Q: How is privacy handled?

A: Only the user can see their data. Nothing is shared outside.

3. Frontend Development

Q: Why this design?

A: It looks calm and is easy for students to use.

MindEase Project - Evaluation Questions & Answers

Q: Is it mobile-friendly?

A: Yes, we used responsive design, so it works well on phones too.

Q: How is mood shown?

A: We use a chart to show mood trends over time.

Q: How do users interact?

A: Buttons, sliders, and forms give instant responses.

Q: What tools were used?

A: Bootstrap or Tailwind for design, JS for logic.

4. Backend Development

Q: How is the backend API made?

A: It has routes for login, mood, journal, etc., built with Flask.

Q: How is data managed?

A: With SQLAlchemy to connect Python and the database.

Q: How are users kept logged in?

A: With Flask-Login sessions.

Q: How do you handle errors?

A: We catch errors and show messages to the user.

Q: How is data safe?

A: Checks are done to avoid wrong or duplicate entries.

5. Features & Functionality

Q: How does journaling work?

A: User writes and saves thoughts daily. They can view, edit, or delete them later.

Q: Why mood tracking?

A: It helps users understand their emotional patterns.

Q: How does AI help?

A: It chats with users and gives mental support using OpenAI.

Q: Is data private?

A: Yes, all data is saved securely and only seen by the user.

Q: Why have a resource section?

MindEase Project - Evaluation Questions & Answers

A: To educate and guide users with tips and information.

11. Presentation Tips (Abstract, Intro & Conclusion Slides)

Q: How should I present the abstract slide?

A: Keep it short and clear. Explain the problem (student mental health), your solution (MindEase), and what it includes (mood tracker, journaling, AI support).

Q: What should I say in the introduction slide?

A: Introduce your team, then explain the inspiration behind the project. Mention why student mental health is important and how MindEase helps.

Q: How should I end with the conclusion slide?

A: Summarize the benefits of MindEase, talk about its future potential, and thank the audience. Mention how it can help many students feel better.