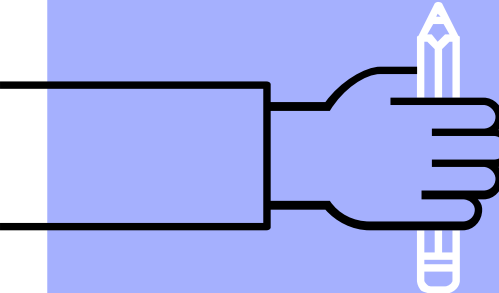
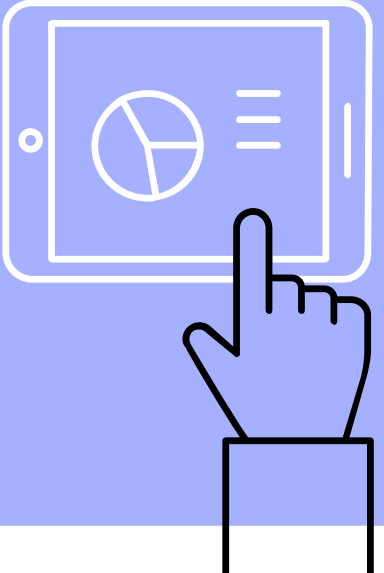


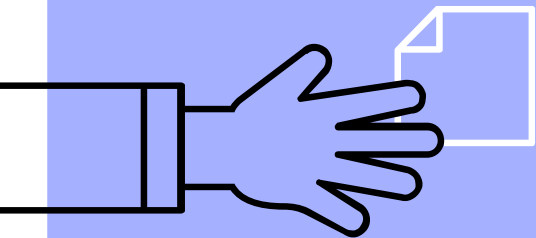
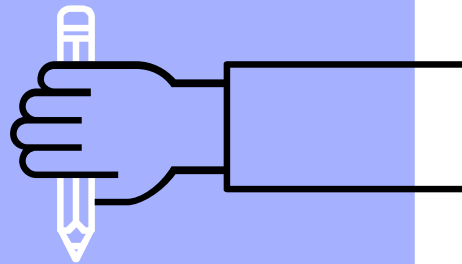
CARING FROM WITHIN: TEAM 1



Aaron Han, Derek Chung,
Michelle Xu, Tristan Wang



1. INTRODUCTION



MEET THE TEAM



Aaron Han

B.S. MCS, c/o 2022

M.S. CS, c/o 2023



Michelle Xu

B.A. Econ, c/o 2022

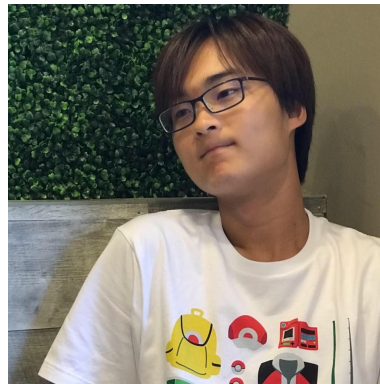
M.S. CS, c/o 2023



Derek Chung

B.S. CS + Music, c/o 2022

M.S. CS, c/o 2023



Tristan Wang

B.S. CS, c/o 2023

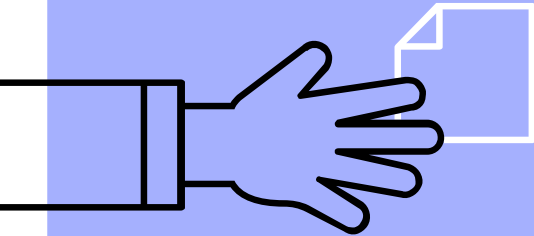
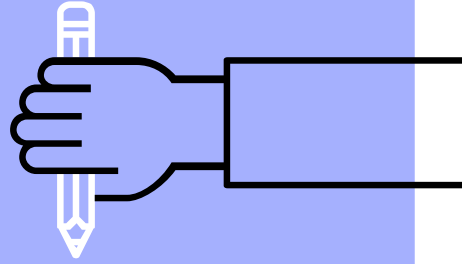
“

Problem Domain

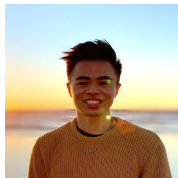
Changes brought by the COVID pandemic has amplified many mental health issues among our communities. Therefore, we will be focused especially on **tackling the issues affecting one's well-being as a result of the pandemic.**



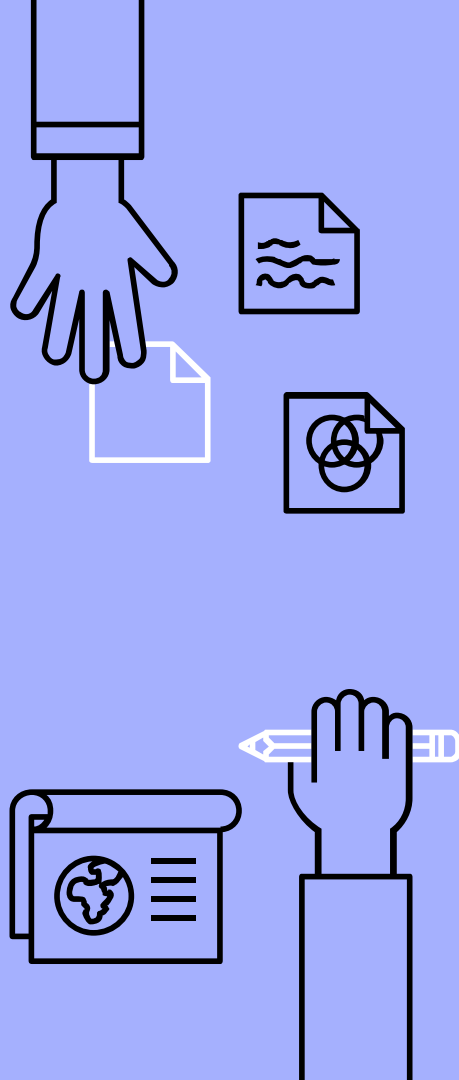
2. NEEDFINDING METHODOLOGY



PARTICIPANTS



Angelo, former Stanford alum



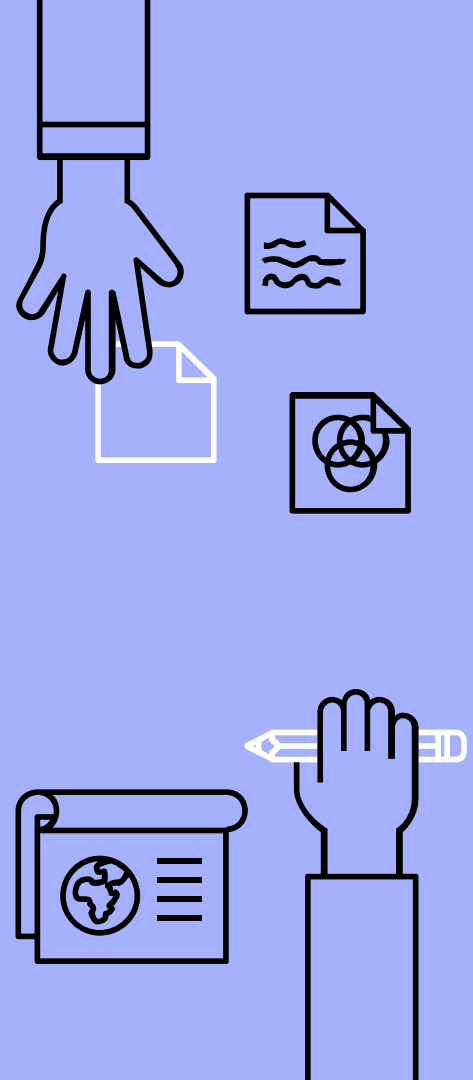
PARTICIPANTS



Angelo, former Stanford alum



Chris, Economics professor



PARTICIPANTS



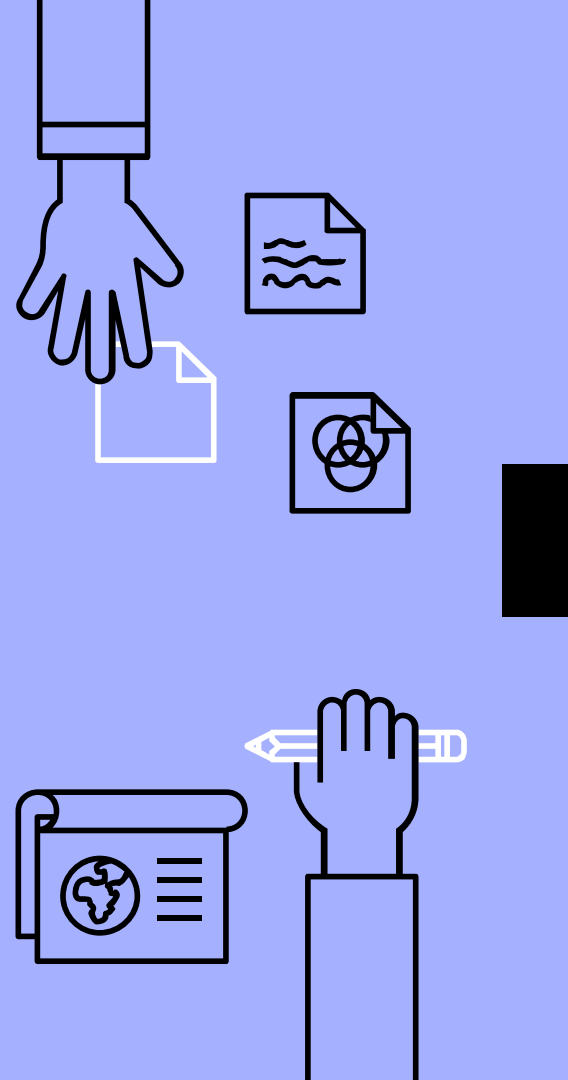
Angelo, former Stanford alum



Chris, Economics professor



Jessie, former Stanford alum



PARTICIPANTS



Angelo, former Stanford alum



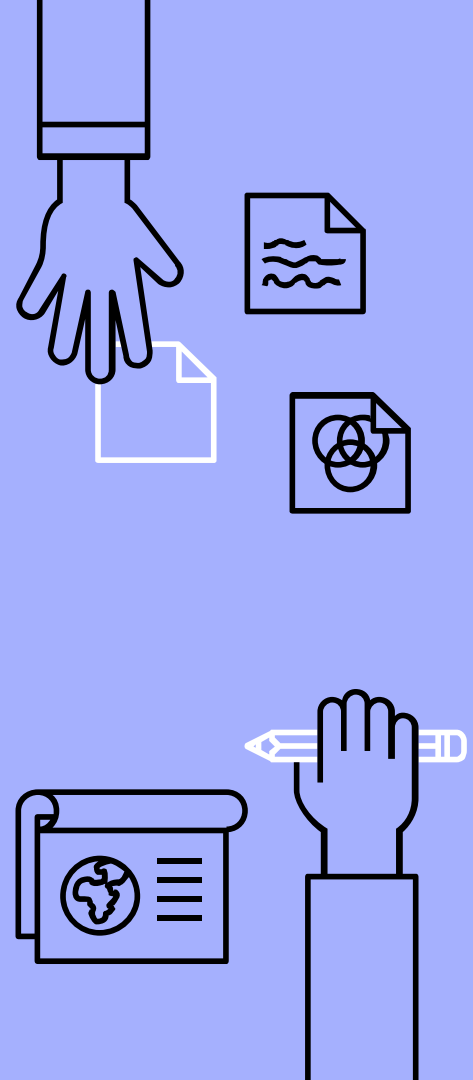
Chris, Economics professor



Jessie, former Stanford alum



Maryanne, Northeastern student



PARTICIPANTS



Angelo, former Stanford alum



Chris, Economics professor



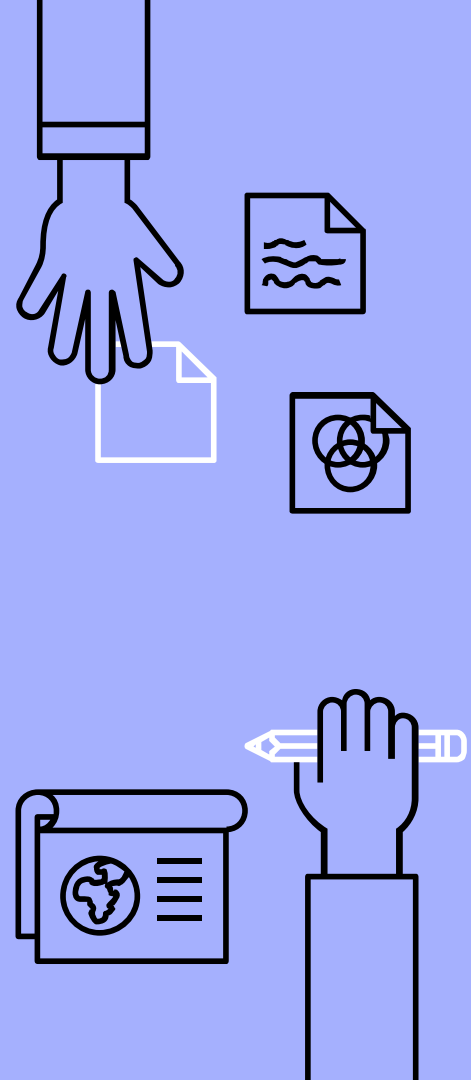
Jessie, former Stanford alum



Maryanne, Northeastern student



Sueanne, piano teacher

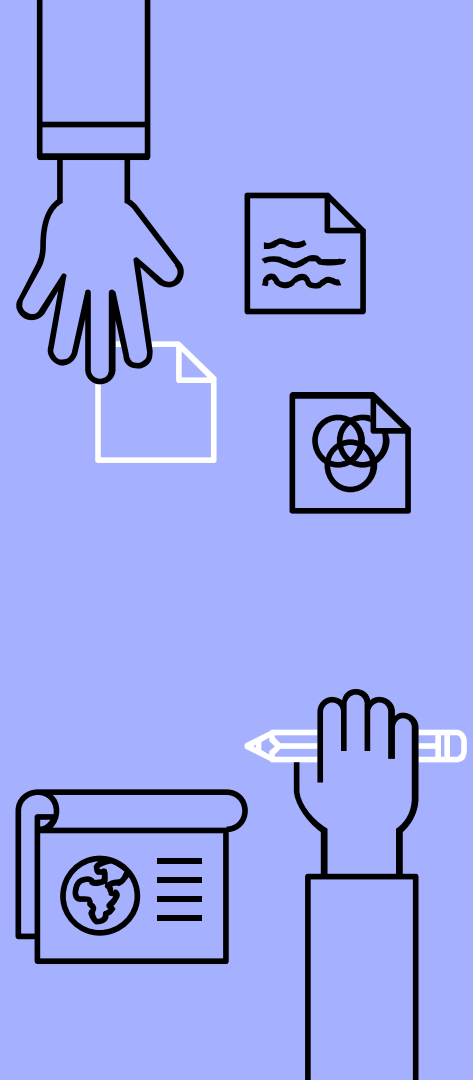


EXTREME USER

Jessie



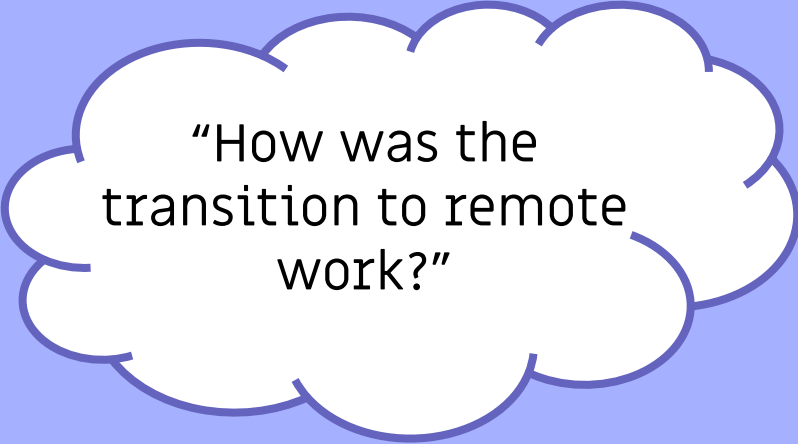
- ▷ Stanford c/o 2020
- ▷ Former Stanford PHE
- ▷ Experience with resources such as CAPS and BetterHelp



The Interview

The Interview

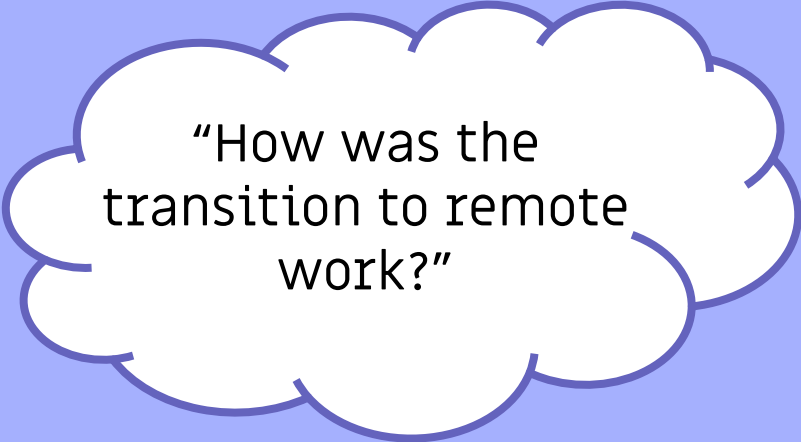
Work



"How was the
transition to remote
work?"

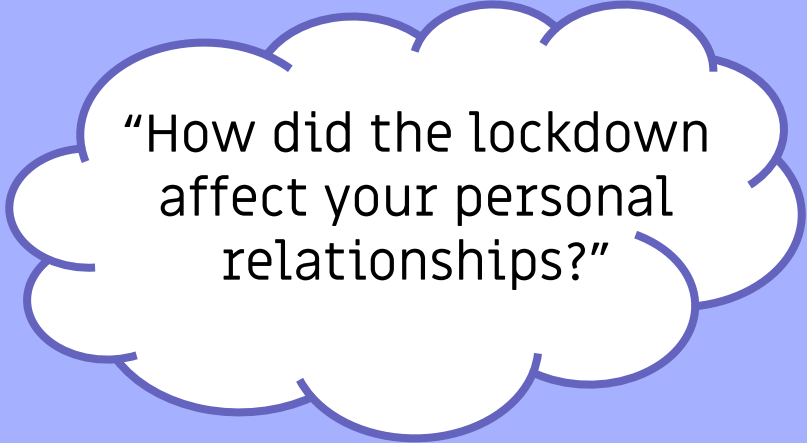
The Interview

Work



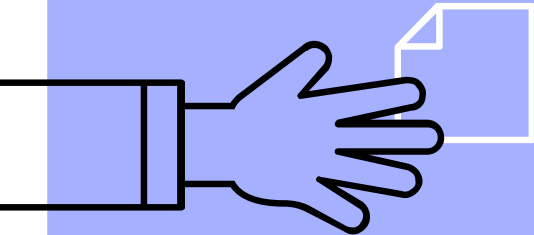
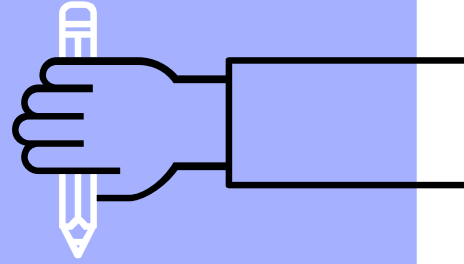
"How was the transition to remote work?"

Social Life



"How did the lockdown affect your personal relationships?"

3. INTERVIEW RESULTS



CONSISTENT RESULTS

- ▶ Increased time at home also **increased tension**



CONSISTENT RESULTS

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- ▶ People **don't get as much** out of remote work



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- ▶ People missed **in-person interactions**



CONSISTENT RESULTS

- ▶ Increased time at home also **increased tension**
- ▶ People **don't get as much** out of remote work
- ▶ There was a **pressure to be productive** with all the time
- ▶ People missed **in-person interactions**
- ▶ Fear of **losing social connections**



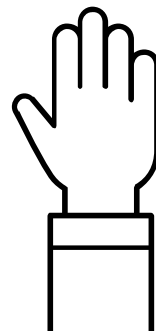
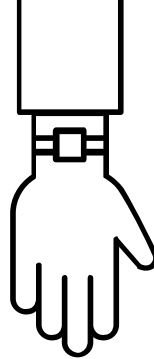
**"We had all sort
of held it
together until
our dog passed
away."**

**"I don't want to
be a social
outcast."**

**"My relationship
with my family
worsened
because of all
the time at
home."**

**"I felt like I didn't
get the time I
wanted or
deserved."**

**"I did a lot of work
on my charity
because I would
have felt bored
doing nothing at
home."**

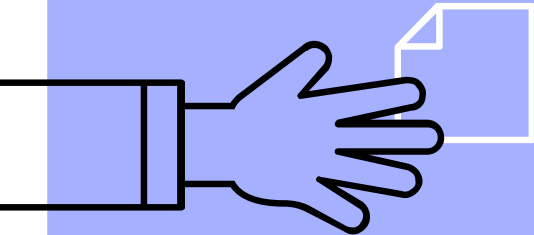
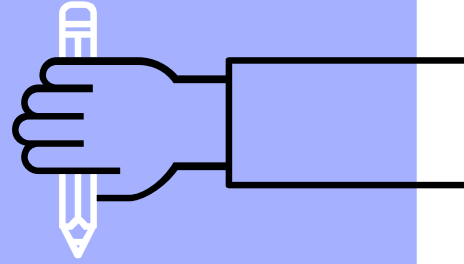


SURPRISES

- ▶ One participant was **not excited for in-person interactions**
- ▶ One participant wanted the entire **school year off** because of the ineffectiveness of online teaching
- ▶ One participant was **sadder that his internship went remote** rather than Stanford going remote



4. ANALYSIS



SAYS

Feel like
workday with
lots of meetings
might
overwhelm me.

It was
fascinating to
see differences
in values among
peers.

**My plans
felt
ruined.**

I felt like I didn't get
the time I wanted or
deserved. I wanted
to wear a white
dress and take grad
pictures.

My dad still believes
COVID is a conspiracy,
and I had to resolve
conflicts by
understanding where
they were coming
from.

Mixed feelings
about remote work,
like the fact that I
can work remotely
and log off, but it
can also be very
isolating.

Something that
was helpful to
me was therapy
via the internet.

Was planning
spring break
during that time
and emotional it
couldn't happen.

Missed hugging
my friends,
suddenly my
best friend was
in Maine.

Felt privilege guilt,
as we were at an
institution that
could afford to
ship things home.

THINKS

In-person
interactions
are not easily
replaceable by
virtual ones.

It's not fair that
some people
are safe at
home and
others are not.

One should be able
to take a break
during work without
feeling negatively
pressured by peers.

People in positions
of privilege should
have less guilt and
feel more grateful
for their life than
those that are not.

Online therapy is
important because
it's so accessible to
anyone and it's just
nice having
someone to talk to.

Criticism without
attempting to see
others points of view is
not conducive to a
healthy relationship,
especially between
family members.

It's important to
respect different
beliefs and
everyone has a
right to their own
belief.

**Mental health
can be
negatively
impacted by
COVID.**

It's pointless trying
to argue with people
who fundamentally
have different
values when it
comes to COVID.



DOES

Deep pauses
before talking
about their
senior year.

Tried to
understand her
parent's different
views rather than
criticize them over
time.

Mentioned luck
several times in
relationship to
school and work,
very lucky to go to
Stanford/work in my
occupation.

**Took naps,
did dishes,
during
online work.**

Really valued
personal
fulfillment over
security/following
an established
'path' to success.

Seemed to veer
off onto other
topics when it
came to some
questions.

Hesitation
about talking
about family,
took a bit of
probing.

Careful wording
when describing
people who had
different values.

Appeared
comfortable at
talking about private
areas of life, such as
socio-economic
status and political
beliefs within family.

FEELS

**Frustrated
— plans
were ruined
by COVID.**

Devastated –
senior spring
was taken
away from her.

Conflicted – not
sure whether
remote work is
good or bad for
her.

Lucky – feels
fortunate for a
lot of the
circumstances
she is in.

Grateful – grateful
that she got closer
with her family
and that they are
all safe.

Cautious – both
for COVID itself
and exchanging
values regarding
it with peers.

Productive – likes
that she can also
get housework
done during the
workday.

Tensions

Friends had different values and didn't care about bringing COVID back to their families.



Tensions

Friends had different values and didn't care about bringing COVID back to their families.

Contradictions

Upset about COVID and lack of in-person interactions but likes remote work.



Tensions

Friends had different values and didn't care about bringing COVID back to their families.

Contradictions

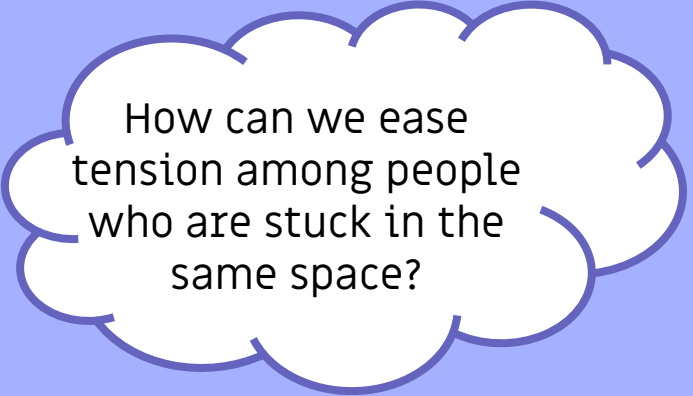
Upset about COVID and lack of in-person interactions but likes remote work.

Surprises

Biggest emotional factor for her was privilege guilt.

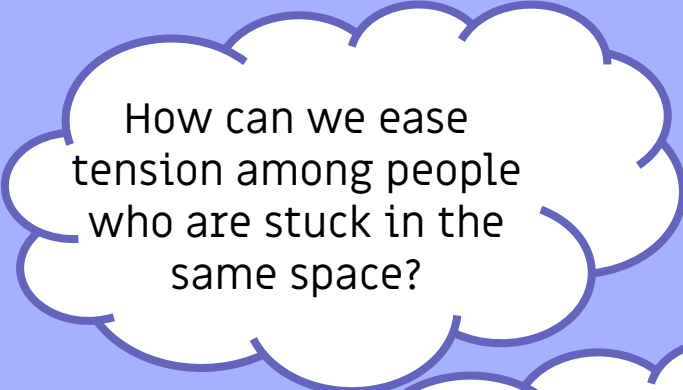


QUESTIONS

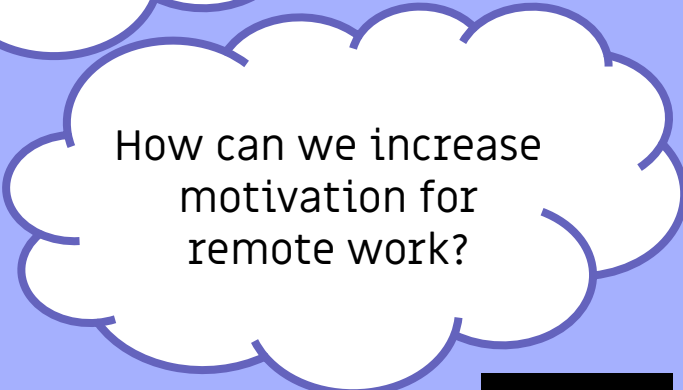


How can we ease
tension among people
who are stuck in the
same space?


QUESTIONS



How can we ease
tension among people
who are stuck in the
same space?



How can we increase
motivation for
remote work?



QUESTIONS

How can we ease tension among people who are stuck in the same space?

How can people use their privilege to help others?

How can we increase motivation for remote work?

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How can we ease tension among people who are stuck in the same space?

How can people use their privilege to help others?

How can we increase motivation for remote work?

How can we manage relationships that include a mismatch of values?

SUMMARY

INSIGHTS

People get into arguments when they're in the same space for too long.



NEEDS

A way to have their own "space" when they physically don't have enough space.

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A way to have their own "space" when they physically don't have enough space.

A way to make them feel engaged with coworkers while being apart.

A way to make productive use of their privilege.

SUMMARY

INSIGHTS

People get into arguments when they're in the same space for too long.

People are not motivated with remote work.

People feel guilty with all their privilege.

People have differences in values when it comes to COVID.



NEEDS

A way to have their own "space" when they physically don't have enough space.

A way to make them feel engaged with coworkers while being apart.

A way to make productive use of their privilege.

A way to maintain relationships that suffer from a difference in values.

THANK YOU!

