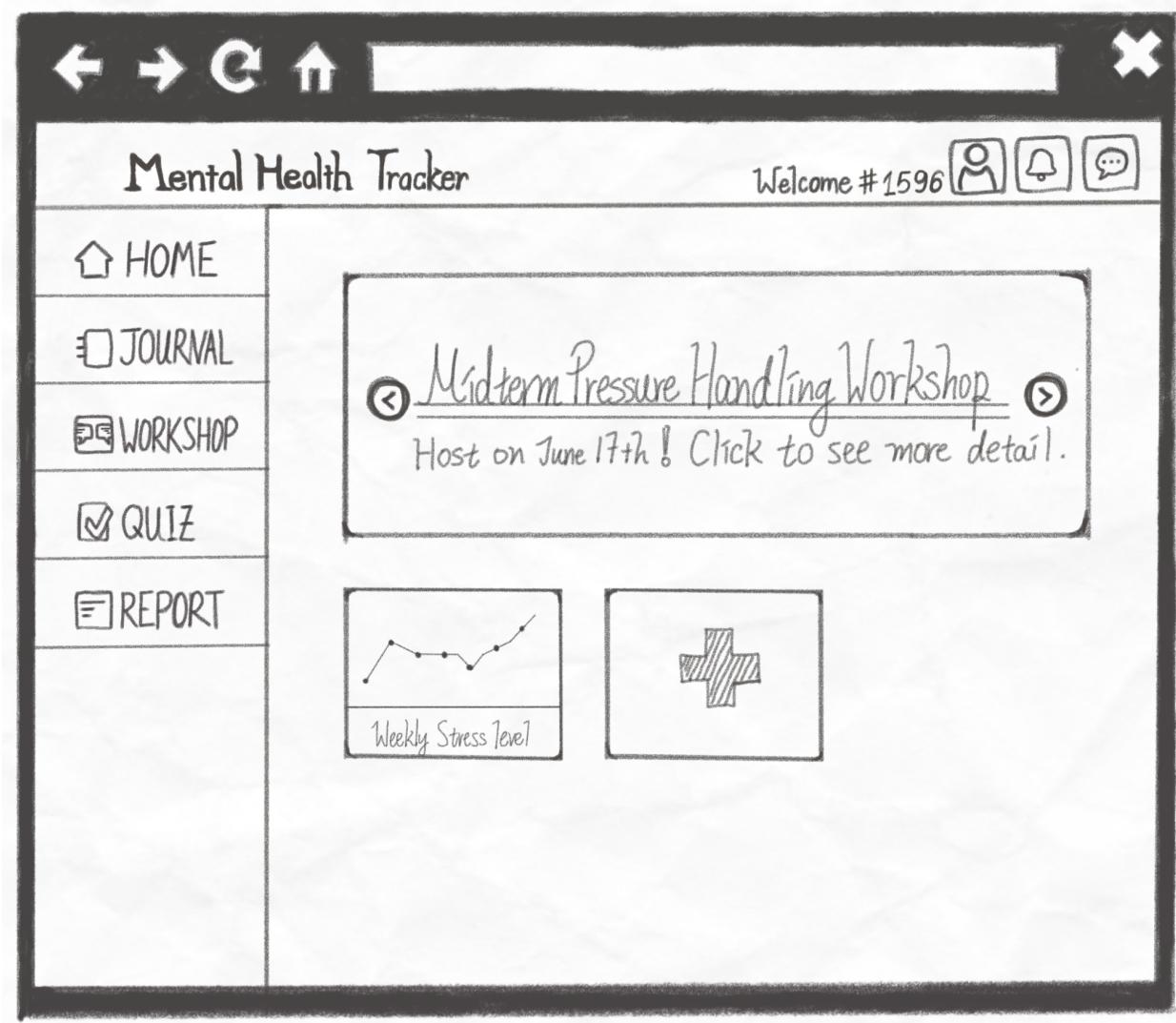
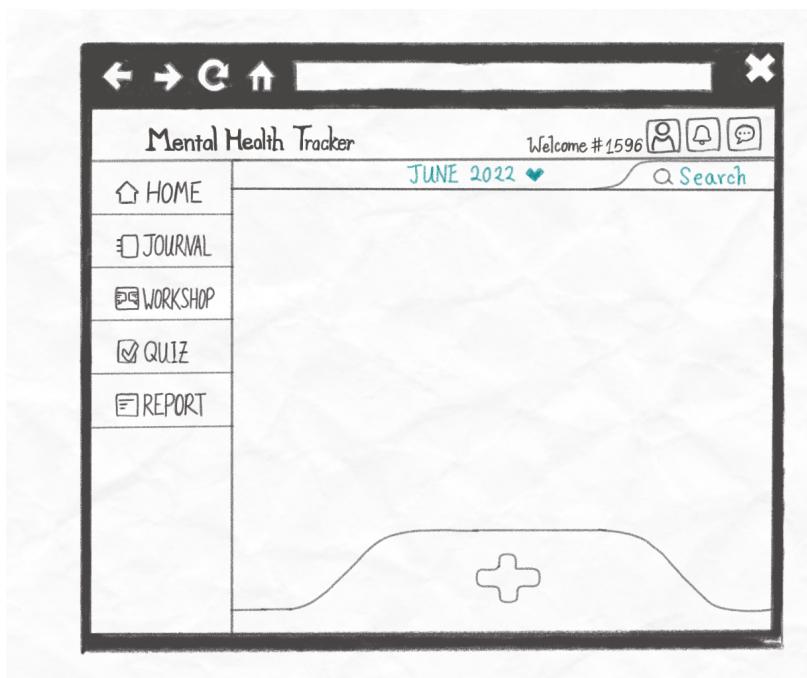


SECTION 2 - Combined Lo-fi Prototype

Dashboard



Task 1: Journaling



Mental Health Tracker

Welcome #1596

HOME

JOURNAL

WORKSHOP

QUIZ

REPORT

Emotion

Weather

Relationship

Meal

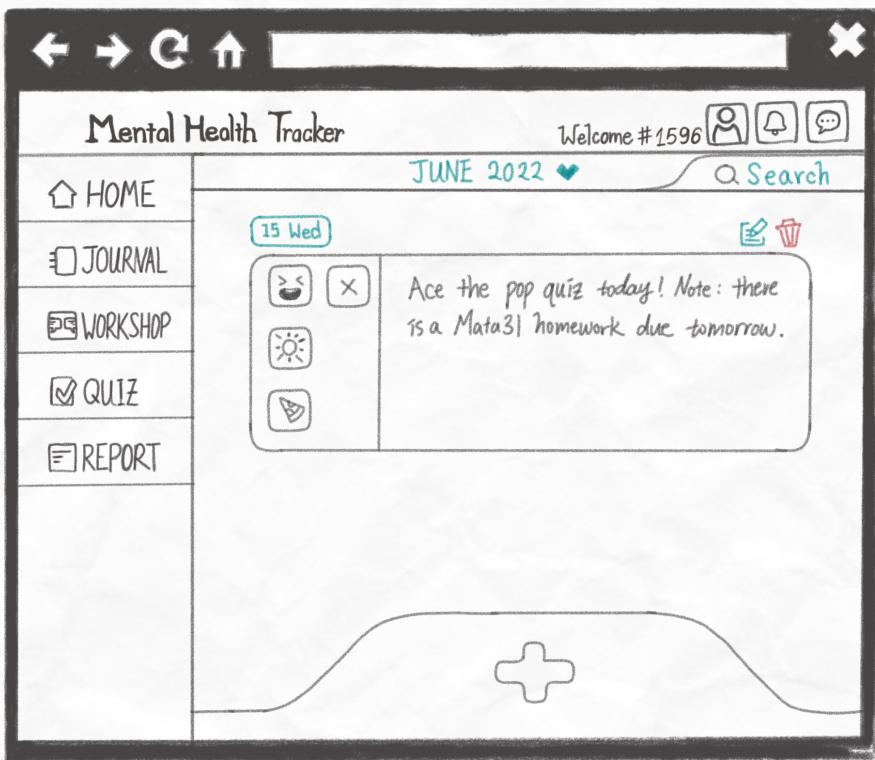
Write your journal.

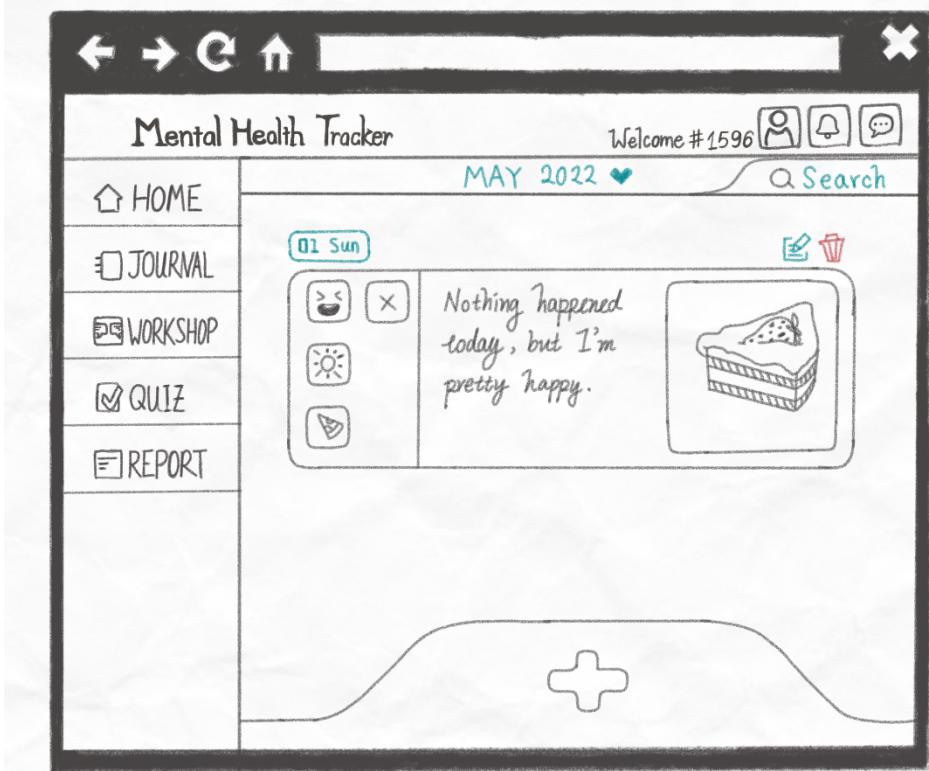
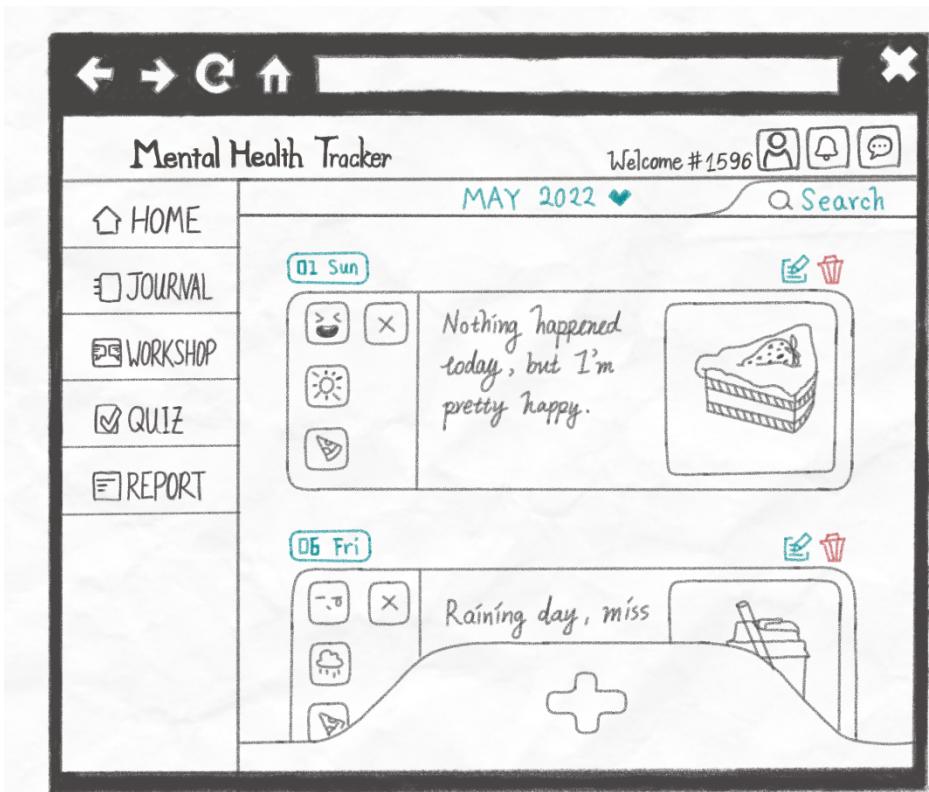
Ace the pop quiz today! Note: there is a Mata31 homework due tomorrow.

Smiley face icon, Arial font, 12pt font, Bold, Italic, Underline, Alignment buttons, Undo, Redo.

Upload pictures.

SAVE





Task 2: Quizzes

Mental Health Tracker

Welcome #1596

HOME

JOURNAL

WORKSHOP

QUIZ (1)

REPORT

Midterm Pressure Handling Workshop

Host on June 17th! Click to see more detail.

Weekly Stress Level

A line graph showing fluctuating stress levels over time, with a small upward trend at the end.

A stylized cross or plus sign icon.

Mental Health Tracker

Welcome #1596

HOME

JOURNAL

WORKSHOP

QUIZ

REPORT

Quizzes

You have **1** outstanding quiz

Quiz 1 [REQUIRED]

Quiz 2 [OPTIONAL]

← → C ↑ | X

Mental Health Tracker Welcome #1596

HOME JOURNAL WORKSHOP QUIZ REPORT

Quiz 1

Do you consent to your answers being anonymously submitted to the counselling team for analysis?

Accept and submit No

← → C ↑ | X

Mental Health Tracker Welcome #1596

HOME JOURNAL WORKSHOP QUIZ REPORT

Quiz 1

Q27. How often are you having trouble relaxing?

Never Often
 Rarely Very frequently

SUBMIT

◀ ▶ C ↑ [redacted] X

Mental Health Tracker Welcome #1596 [User, Bell, Chat]

HOME JOURNAL WORKSHOP QUIZ REPORT

QUIZ 1

How do you feel after taking this quiz?

WORSE NO CHANGE BETTER

Write your thoughts:

SUBMIT SKIP TO RESULTS

◀ ▶ C ↑ [redacted] X

Mental Health Tracker Welcome #1596 [User, Bell, Chat]

HOME JOURNAL WORKSHOP QUIZ REPORT

Thank You for taking this quiz!

Your results:

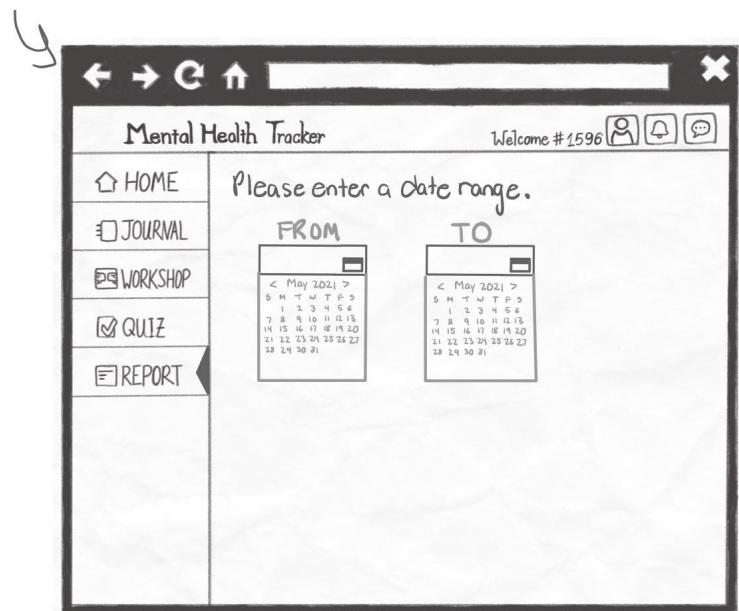
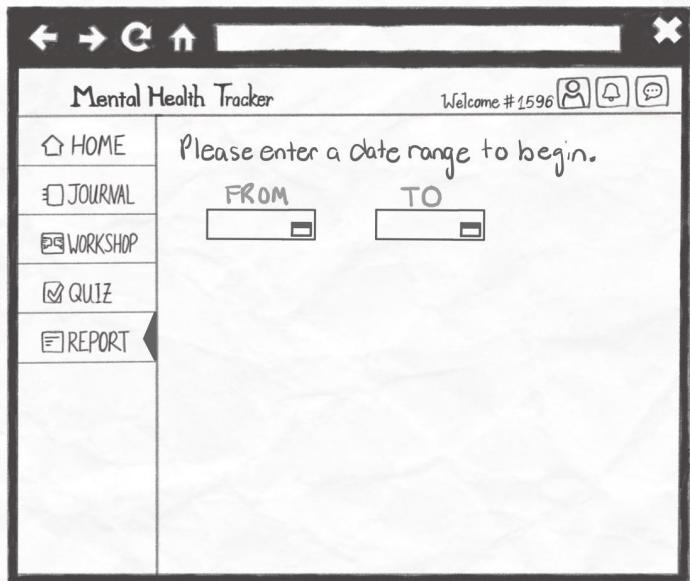
Anxiety: 60

Depression: 45

Stress: 85

Please note that these results are mainly for analytics and do not accurately affect your mental state.

Task 3: View Reports



Mental Health Tracker

Welcome #1596

HOME JOURNAL WORKSHOP QUIZ REPORT

Please enter a date range to begin.

FROM TO
2021/05/01 2021/05/30

SUMMARY
Based on your results ...

TRENDS

The graph displays three data series: Anxiety (blue), Depression (red), and Stress (green). The x-axis represents dates from May 4 to May 30. The y-axis represents the scale of symptoms. Anxiety starts at a moderate level, peaks slightly, dips, and then shows a general upward trend towards the end. Depression starts at a low level, peaks, dips, and then drops sharply towards the end. Stress remains relatively low and stable throughout the period.

Date	Anxiety	Depression	Stress
May 4	High	Low	Low
May 15	Very High	Medium	Medium
May 20	Medium	Low	Medium
May 25	Medium	Medium	Low
May 28	Medium	Very Low	Low
May 30	High	Very Low	Medium

[View Completed Quizzes](#)

Clicks completed quizzes



Mental Health Tracker

Welcome #1596

HOME JOURNAL WORKSHOP QUIZ REPORT

Completed Quizzes

FROM TO
2021/05/01 2021/05/30

- Quiz May 4 2021
- Quiz May 15 2021
- Quiz May 20 2021
- Quiz May 25 2021
- Quiz May 28 2021
- Quiz May 30 2021

Mental Health Tracker

Welcome #1596   

Quiz for May 4 2021

Q1....

Option 1 Option 3
 Option 2 Option 4

Q2....

Option 1 Option 3
 Option 2 Option 4

Q3....

Option 1 Option 3
 Option 2 Option 4

Anxiety Score : 60
Depression Score : 45
Stress Score : 85

NOTES

I Feel like ...

Task 4: Export Workshop to Calendar

TAB #1:

Mental Health Tracker

Welcome #1596

HOME JOURNAL WORKSHOP QUIZ REPORT

Browse Workshops My Registered Workshops

Date Range: From: 2021/05/05 To: 2021/05/06

Sort By

Workshop Name	Date	Available
Better Sleep	2021/05/05	1/3 spaces left +
Mindfulness	2021/05/06	0/5 spaces left +
Filler	2021/05/07	10/10 spaces left +

1 2 3 →

Clicking on sort by btn

Mental Health Tracker

Welcome #1596

HOME JOURNAL WORKSHOP QUIZ REPORT

Browse Workshops My Registered Workshops

Date Range: From: 2021/05/05 To: 2021/05/06

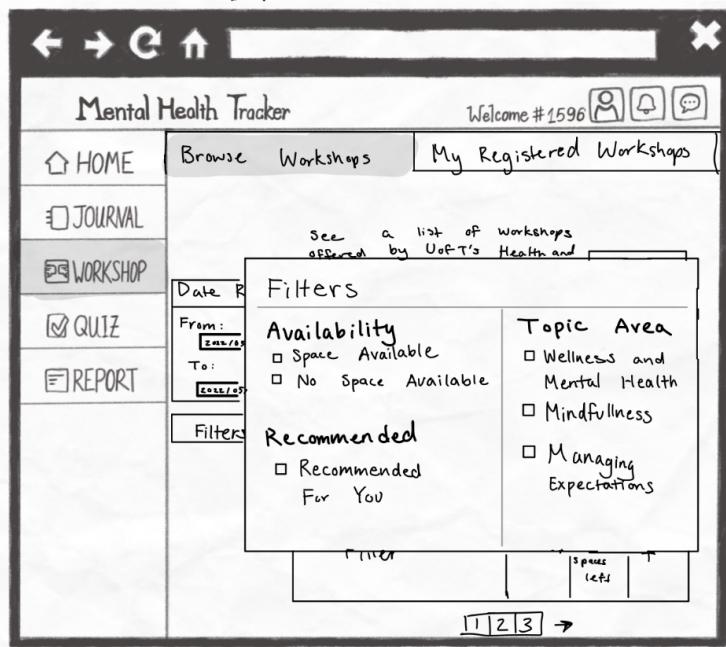
Sort By

Date Desc
Date Asc
Workshop Name Desc
Workshop Name Asc
Availability Desc
Availability Asc

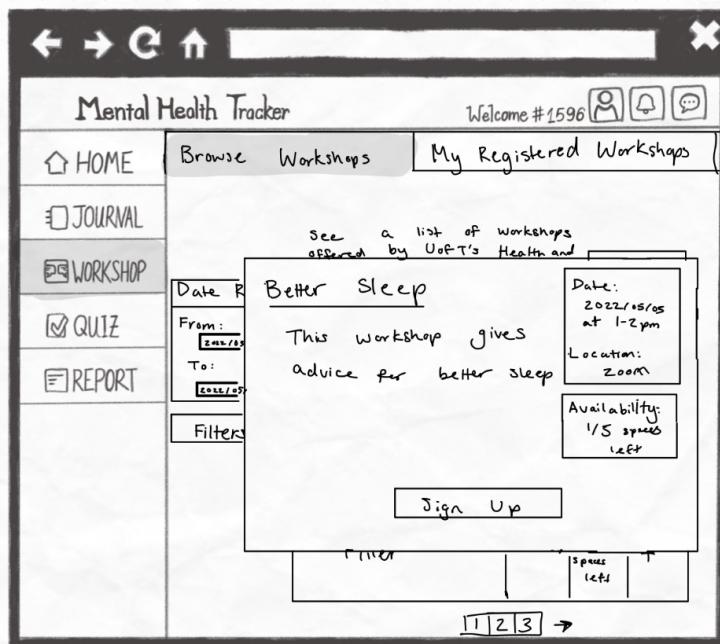
Workshop Name	Date	Available
Better Sleep	2021/05/05	1/3 spaces left +
Mindfulness	2021/05/06	0/5 spaces left +
Filler	2021/05/07	10/10 spaces left +

1 2 3 →

Clicking on filters button



Expanding a workshop row (clicking on the +):



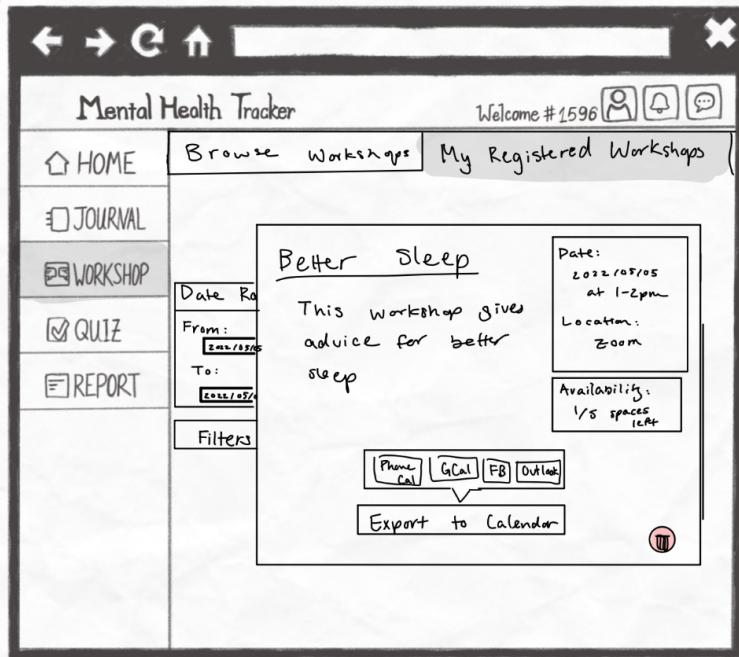
Selecting "My Registered Workshops" tab:

The screenshot shows a mobile application interface for a "Mental Health Tracker". At the top, there are navigation icons: back, forward, search, and refresh. To the right of the search icon is the text "Welcome #1596" followed by three small icons. Below the header is a horizontal menu bar with four items: "HOME", "BROWSE WORKSHOPS", "My Registered Workshops" (which is highlighted in a grey box), and a placeholder for a user profile icon. On the left side, there is a vertical sidebar with five menu items: "HOME", "JOURNAL", "WORKSHOP" (which is also highlighted in a grey box), "QUIZ", and "REPORT". In the main content area, there is a heading "See below your registered workshops" and a "Sort By" button. Below this is a table with two rows of data. The table has columns for "Workshop Name", "Date", and "Registration status". The first row shows "Better Sleep" with a date of "2022/05/05" and a status of "Approved". The second row shows "Mindfulness" with a date of "2022/05/06" and a status of "Wait-listed". There are also "+" buttons next to each workshop name. A "Filters" button is located at the bottom left of the table area.

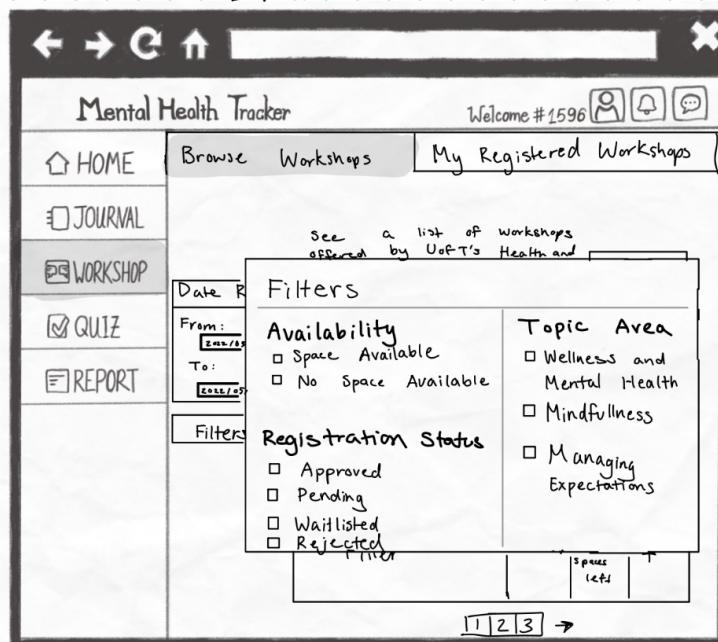
Expanding a workshop row (clicking on +):

This screenshot shows the same application interface after expanding the first workshop row from the previous screen. The "My Registered Workshops" tab is still selected. The "Better Sleep" row is now expanded, showing more details. The expanded row contains the workshop name "Better Sleep", a descriptive text "This workshop gives advice for better sleep", and two small boxes containing "Date: 2022/05/05 at 1-2pm", "Location: Zoom", and "Availability: 1/5 spaces left". At the bottom of the expanded row is a "Export to Calendar" button and a small circular icon.

Clicking on the "Export to Calendar" button:



Clicking on filters btt



Task 5: Responding to H&W Representative

