

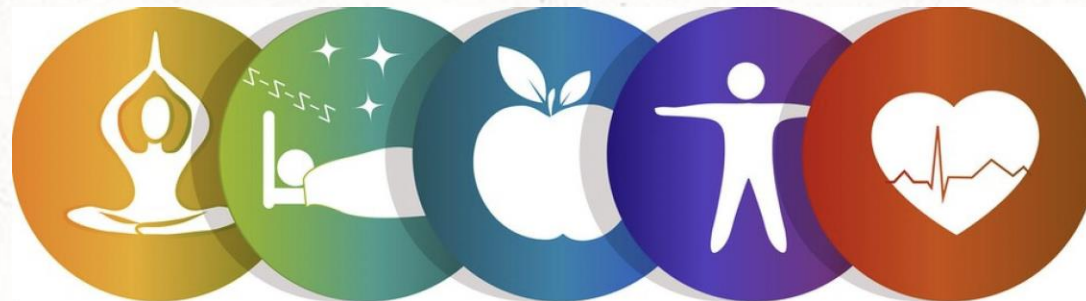
AU Cares- Final

A Health and wellness application for helping students in their transition to college life

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Problem Description

- College presents both unique opportunities for growth and stressors
- Many students are too busy or too distracted to take the time to honestly evaluate the mental and physical components of their well-being
- Even when they recognize health shortcomings, they may not know the right steps to take
- COVID-19 pandemic in particular has exacerbated students' health concerns and made them less likely to do things like exercise and socialize



Project Definition

Motivation/Rationale for the project:

1. To encourage and motivate students to follow healthier physical and mental lifestyles.
2. To educate students about health and wellness.
3. To connect students with through social opportunities and exercise activities.
4. Provide a space for students to reflect on their health trends.

