



A HAPPIER ME APP

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DESIGN CHALLENGE

- **Goal: promote good well-being practices for vietnamese students**
- Environmental Concern: air pollution and biological weapons from war still affect the environment
 - Youth concerned about future living environments
- Family Expectations: strong emphasis on family values, and family financial struggles
 - Youth pressured in career and academics
- Social Isolation: mass migration from Vietnam for work
 - Youth lose large portions of community, facing alienation
- Cultural Stigma: limited understanding of mental health issues
 - Youth lack people to talk to

PARTNER ORGANIZATION

“A Happier Me helps people develop positive life-changing habits, cultivating inner strength, enhancing wellbeing and nurturing healthier communities.”

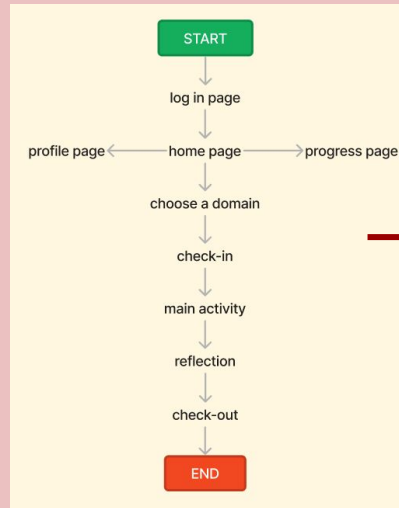
a happier me

Activity and Content based on Social Emotional Learning Framework

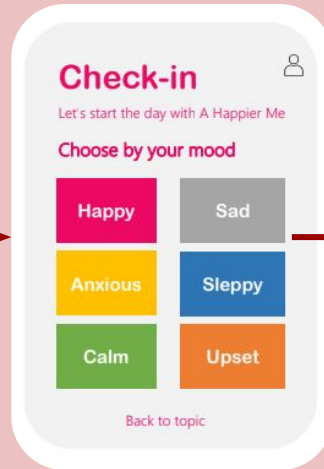
TOPIC	DAY 1 to DAY 7			
PERSONALITY TRENDS	Check-in	Mindful Moment of the Day	Reflection	Check-out
VALUE				
REFLECTION				
COMFORTABLE BEING ME				
HAPPINESS				
GOALS & DESIRES				
DISTANCE				
FAITH				
CHANGE				
A PLEDGE TO MYSELF				

PROTOTYPING (DESIGN)

User Flow



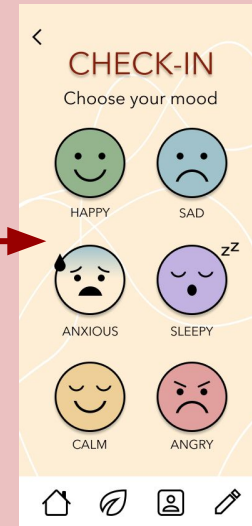
Lo-fi Prototypes



Branding

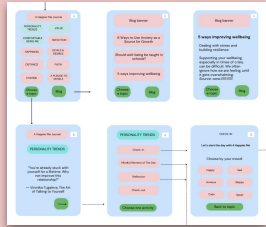


Hi-fi Prototypes

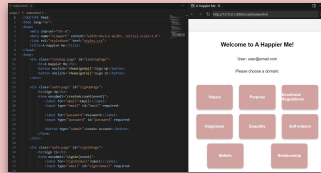
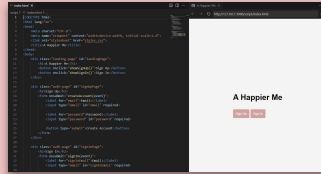


PROTOTYPING (CODE)

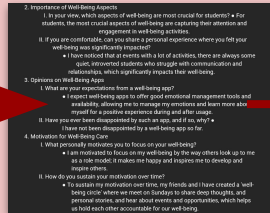
Aligning with Mission Goals



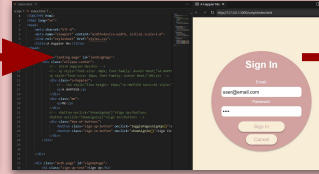
Building the Prototype



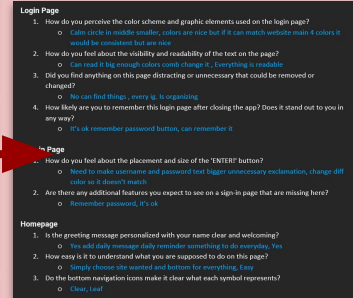
Gathering User Research



Refining the Prototype



Incorporating User Feedback



TESTING/FEEDBACK

- **Figma Prototype:** The color theme and graphics are pleasing, clear, and readable context. Text font should be to a more eye-captivating font.
- **Content and Activity:** The well-being topics are comprehensive and well-organized. Layout gains high attention from users.
- **Profile Page and User Interface:** The profile page is easy to navigate with motivational elements.
- **User rating:** High ratings for intuitiveness, design effectiveness, clarity, and cultural relevance. Only font design is the visual downside.
- **User Suggestions:** Add a “forgot” password feature for the login page, and a daily notification feature.

SOLUTION

- Digital app that guides users through 12 steps to improve well being
- Easy to use and accessible
- Foster better habits
- Improve well-being
- Not time consuming













HI KAIT !

CHOOSE A DOMAIN

values

self-esteem

purpose

beliefs

emotional
regulations

relationship

happiness

diversity

empathy

social
engagement





PERSONALITY TRENDS

Pick an activity

Check-In

Mindful Moment
of the Day

Reflection

Check-Out





CHECK-IN

Choose your mood



HAPPY



SAD



ANXIOUS



SLEEPY



CALM



ANGRY





MINDFUL MOMENT OF THE DAY

Mindful Breathing

This activity takes 3-5 minutes to complete

- Find a quiet space
- Sit comfortably
- Close your eyes (optional)
- Focus on your breath
- Stay present
- Continue for a few minutes
- Be kind to yourself
- End mindfully

Done



PROGRESS HISTORY

1

Happiness

2

Self-Esteem

3

4

5

6

7



Edit Profile | Sign Out



Kait Wong

@kait_10 | Grade: 11

ACHIEVEMENTS

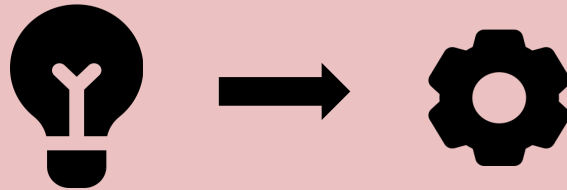


WHY OUR SOLUTION?

- **Desirable & Usable**
 - User interviewees see a need for our product
 - “The app is mostly intuitive and great to use”
- **Feasible & Sustainable**
 - We only have 2 components: front-end design and code implementation
- **Affordable**
 - The goal for the app would be that anyone could download it on the app store for free and students would be able to use it on their phone whenever they want

IMPLEMENTATION PLAN

- Design completed, focus on development
- Baseline features sign in/sign up and domain navigation
- Future development: account storage, personalization, enhanced navigation
- Frequent user testing
- Scale product growth
- Platform support





**THANK
YOU**