**Team 6**

**Term Project Final Report**

**Intro to ITWS**

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**Introduction**

Mental health is a common issue that many college students experience every day, with the huge amounts of workload and other factors that students have to deal with in college. Balancing everything, like classes, social life, extracurricular activities, scholarships, financial aid, etc., is a huge amount of work for anyone and it is normal for many students to experience issues relating to mental health. We wanted to help fix that by creating a website that would be able to cater to this audience of college students and provide resources that can help to alleviate stress. Our website is a free resource that can easily be accessed and navigated by college students, and we hope it is a major help for those that struggle with their mental health during their time at college.

**Mental Health Form**

For the mental health form, we used what we learned from Lab 5 with form validation and also Quiz 2 with the implementation of some jQuery widgets. The page for the Mental Health Form consists of 2 forms, both of which are fieldsets within a field. Each of the fieldsets had their respective submit button, with form validation that updated accordingly to what parts of the forms were filled out and what parts were not. The form validation for the first part of the form uses a jQuery function that returns an array of every element that contains something that is asked for, and in this case as long as the length is equal to 1 that means that the form is good. The second part of the form is more like Lab 5, where there are 3 input fields, one of which is a ‘textarea’. The form validation then checks to see which ones are empty and which ones are not, and will send an alert based on that.

**AJAX Implementation**

The website also has the capability of using AJAX with the provided JSON file of submitted product recommendations, although at the time of writing this the saving of the product recommendation to the JSON file hasn’t been implemented yet so right now we are inserting some manually inputted recommendations instead. The JavaScript reads in all of the recommendations of the JSON file and appends them to an array, and then selects a random index and displays that within any ‘div’ tag with the id ‘product\_reccomendations’.

**User interface**

When developing our website, we always were mindful of the fact that the most effective design for a product is a simple one. So, we wanted to make sure our user interface and overall look of the website was very simple (but not too simple so that we could still style things and give the site a bit of flair) so that users won’t have a hard time navigating through our website. To accomplish this, we had a basic theme for our site (same color across pages, same fonts, etc.) and we had links on every page that would link to other pages, including return links to the homepage and hub pages. We also split up a lot of the main content on the site into various categories/pages so that the user wouldn’t get overwhelmed with a lot of content on one page. On the homepage, we have 4 main content areas: a title area, a link bar, site description, and common tips for relieving stress. The title area contains the site title and a motivational quote that randomly changes every time the page is loaded (using JavaScript). The link bar is a navigational tool that contains links to the major pages of the website. The site description text area contains a description of our site and descriptions for each of the major pages. Finally, the common tips text area contains some common tips for relieving stress, just so users can feel a bit comfortable and know what our site will offer when they first visit our site. From the homepage, the user can visit our 3 major pages: the Stress Alleviation Categories, the Mental Health Form, and Other Helpful Resources. The Stress Alleviation Categories page is a hub page that contains links to the various main content of our website. The Mental Health Form page contains a form/survey that asks users how they are doing and what products they recommend. The form then outputs its own product recommendation for the user. The Other Helpful Resources page contains links to other websites and apps that can also help with relieving stress, in case the user wanted to find something else that they were looking for. As mentioned earlier, the user interface and design on these pages are the same as the homepage and the rest of the site overall, just so the user can have an easy time navigating and looking through our website.

**Quotes, Products, etc. (Jasmine)**

On the website, the homepage has a Stress Alleviation Categories page and when users click on that link, there are links that go to Mental Health Statistics, Daily Quotes, Sample Schedule, Products for Relaxation, and Healthy Foods and Drinks. On these pages CSS and HTML are used. The purpose of these links under the Stress Alleviation Categories page is to help reduce college students’ stress. The Mental Health Statistics page provides real statistics from our own research on the amount of college students that are greatly affected by their mental health. On the Daily Quotes page, we provided quotes that students can read during anytime of the day including morning, afternoon/evening, night, or during stressful times. When the user clicks on one of the following links, morning, afternoon/evening, night, or during stressful times, they will see five quotes with the person who stated the quote. For the Sample Schedule page, this provides users an example of a Monday schedule for a Freshman student Computer Science major named Brandon Williams. This sample schedule gives users an insight on how to balance time with their academics and time for distress. Users will obtain organization skills with the sample schedule providing time frames of when they should start and complete their tasks. The last column is a completion column where students can put check marks on whether they completed the task or not. For the Products for Relaxation page, there are products we suggest for students to use during their free time, and we also provide websites where students can purchase these products at an affordable price. Some of the products are a mandala coloring book, a deck of self-care cards, essential oil diffuser, and more. These products can be found on websites such as Amazon, Barnes and Noble, Uncommon Goods, and more. The last link is the food products page where students are recommended food and drinks they can have to stay healthy. On the Healthy Foods and Drinks pages, there are descriptions on why it is important to eat or drink the products. This page also explains the nutrients and fibers these products have.

**Nielsen’s Ten Usability Heuristics**

**Visibility of System Status**

When users click on the Mental Health Form link, an alert message will first show on the page before the user can fill out the form. The alert says “‘there was a problem: 0 error.” “You must select one of the buttons in order to submit the form” is an alert that shows if the Wellbeing Checkup field is blank. Other alerts are when the user tries to click on the save button and if one or all of the fields are blank, the alert will tell the user what part of the form is blank and needs to be filled.

**Match between System and the Real World**

This website has been created by college students and is also targeted towards college students, so the target audience is one that the developers themselves are a part of.

When creating this website we made sure to provide other resources such as Barnes and Noble, Amazon, and Uncommon to help users find products that they can purchase at an affordable price. These websites are commonly used, making it easier for users to navigate when they are purchasing these products on these websites. It is up to the user on how much or how little they use the website and if they want to follow the guides that have been presented to them.

**User Control and Freedom**

On the Stress Alleviation Categories, Mental Health Form, and Other Helpful Resources pages, there is a Return to Home button on the top right. We made sure that Return to Home was visible for users, making it easier to return to the homepage. Even on the Stress Alleviation Categories page, when the user clicks on one of the links, for example Daily Quotes, there is an option of clicking on the Return to Stress Alleviation Categories page.

**Consistency and Standards**

When making this website, our goal was to make it simplistic for users to navigate. On every page there are headers/titles indicating what page the user is on. Examples of headers on different pages of our website include Stress Alleviation Categories, Mental Health Form, and Other Helpful Resources. Even when users are on the Stress Alleviation Categories page, there are headers when they are on the Mental Health Statistics, Daily Quotes, Sample Schedule, Products for Relaxation, or Healthy Food and Drinks page. The Daily Quotes page is consistent because each quote page follows the same format where there are five quotes and the person who said the quote is included. For the Products for Relaxation, or Healthy Food and Drinks page, there are descriptions on the benefits of these products for college students’ mental health. As mentioned before all pages have a Return to Home button on the top right corner.

**Error Prevention**

As stated before in the Visibility of System Status heuristic alerts will show if the mental health form is not completely filled. This page makes sure that users fill in all parts of the mental health form, which includes initials, product/activity description, link to the product/activity.

**Recognition Rather than Recall**

Our website is fairly easy to navigate, with each page containing links to other pages. The links are also big, easy to see, and are clearly labeled as to where they will take the user.

**Flexibility and Efficiency of Use**

Easy to digest graphs that display statistics are available at the mental health statistics page. The mental health form does not have too many questions for the user and each one has form validation that prompts the user on what they still have to fill out when they try submitting an incomplete form.

**Aesthetic and Minimalist Design**

Our website is made to be very simplistic so that the user doesn’t get overwhelmed by a lot of text or colors. We don’t want the user to feel disoriented when navigating through our site, so we have one consistent theme across all pages of the site, where colors and fonts are pretty much the same on the pages. Additionally, on pages that do have a lot of information, we try to keep the design still simplistic and we try to present that information in the most effective way to the user. An example of this is the custom pie charts we have on the Mental Health Statistics to illustrate various statistics.

**Help Users Recognize, Diagnose, and Recover from Errors**

Form validation, including detailed error messages on what parts of the form still need to be filled out, help users identify and fix problems during the data entry process.

**Help and Documentation**

We provide a description of the site and each of the major pages of the site on the homepage, clearly describing the purpose of the site and these pages and why they’re beneficial to the user.

**Use Case: Brenda Smith**

· New User

· Freshman

· Architecture Major

· Constantly finding herself stressed out with her classes and disorganized with her schedule

Brenda is a Freshman architecture major at Rensselaer Polytechnic Institute. As an architecture major, she spends most of her time in the Greene Building for her classes and to complete her projects. Coming in as a freshman she is very overwhelmed with all of the assignments she has to complete in such little time. With her GPA going down, she is very stressed and her mental health has worsened with her anxiety taking over. She hears about our website and how it caters to college students that are struggling with their mental health. When she goes on our website she looks at the quotes she can read to herself and the products she can purchase to improve her mental health. To help her stay organized she looks at our website’s sample schedule page, helping her put together her own schedule. Her schedule includes when her classes will take place, her lunch/dinner breaks, studying time, and time for relaxation. She ends up purchasing inspiring books and a mandala coloring book from the Amazon link on the Products for Relaxation Page. She reads these books and colors in her mandala coloring book during her relaxation time in the Greene Building. After spending long nights, she makes sure to read the night quotes from our website on her way back to her dorm. Brenda finally takes our Mental Health Form and puts a nine out of ten to describe her mental health (ten being the best). Brenda’s mental health has tremendously improved and so has her GPA because our website provided products to help her distress. Most importantly, our sample schedule helped her make an organized schedule where she makes time for her academics and relaxation.