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# StudySafeAI

An AI-powered study  
& wellbeing assistant  
for students



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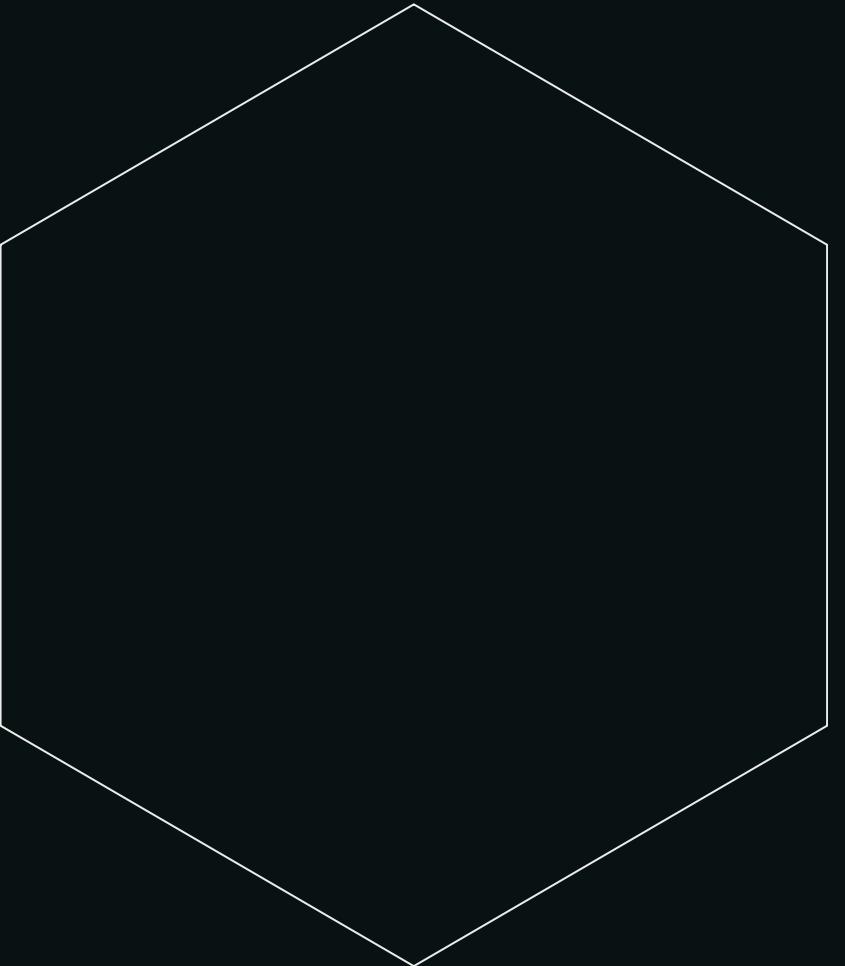
AverixAI Hackathon 2025



Students are overwhelmed and  
burning out.

- Heavy academic workload
- Poor time management
- Rising stress during exams
- No early warning before  
burnout

Students are  
burning out.



Introduction

# – WHY THIS MATTERS

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Stress  
reduces focus  
and  
motivation

Students often  
push  
themselves too  
far

Support  
usually  
comes too  
late

There's no  
simple tool  
built for  
students

# — — OUR SOLUTION

StudySafe AI helps students study  
smarter, not harder.

- Creates balanced study plans
- Detects early stress signals
- Encourages healthy habits
- Designed specifically for students

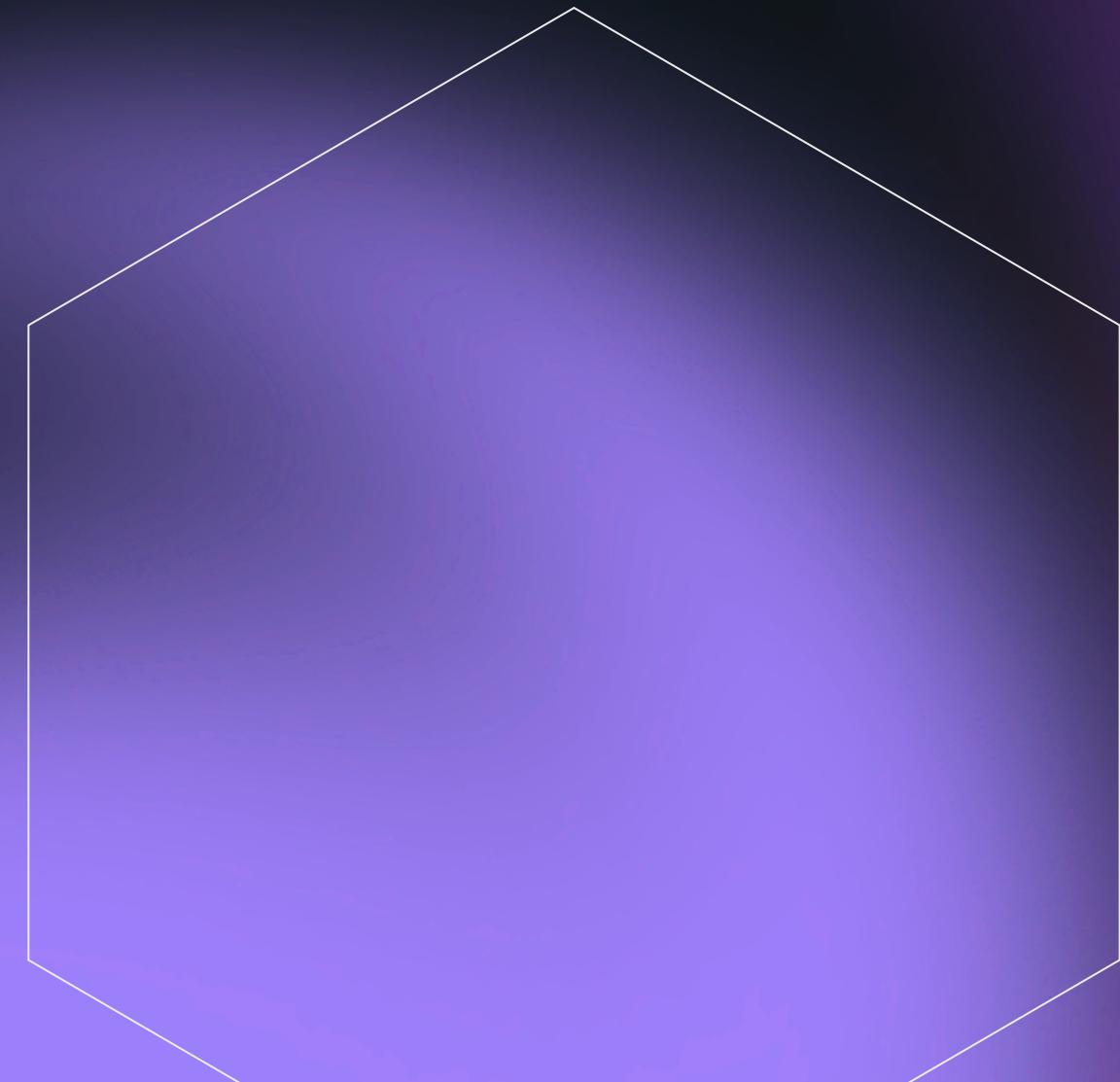
AI analyzes  
study inputs  
and deadlines

Natural language  
processing  
detects stress  
from text

Workload  
adapts based  
on stress level

# HOW THE AI WORKS

Using software  
and algorithms to  
analyze genetic  
data.



## AI built with responsibility first.

- **No diagnosis or medical advice**
- **Encourages breaks and balance**
- **High stress triggers supportive guidance**
- **Promotes reaching out to trusted adults**

## Who does this help?

- **Middle & high school students**
  - **Helps prevent burnout early**
  - **Improves focus and consistency**
  - **Easy to use, no login required**

StudySafe AI

# Study smarter, stay balanced.

StudySafe AI helps you build a friendly study plan, check your stress level, and keep a healthy balance. It's not a medical tool, just a supportive study buddy.

Mode: Normal Week

## PLAN STATUS

No plan yet

Generate a plan to save it.

## PROGRESS

0% complete

## BURNOUT RISK

Low

Score: 0/100

## Subjects (comma separated)

Math, Science, English

## Upcoming deadlines

Math test Friday, English essay next week

## Study hours per day

2

## Stress level (1–5)

3

## Student mode

Normal Week

## Stress & mood check-in

How are you feeling about school today?

Check in

## Burnout risk indicator

Low

Based on your check-in, self-reported stress, and study hours.

## Student mode

Normal Week

Modes adjust study intensity and AI tone.

Generate study plan

## Burnout risk indicator

Low

Based on your check-in, self-reported stress, and study hours.

Your study plan will appear here after you generate one.

Write one small goal you can finish today.

Finish science summary notes

Save

Tracks stress trend and consistency from your recent check-ins.

Complete a few check-ins to see your trend.

Trend: Flat

Consistency: 0%

Burnout: Low

Keep logging check-ins to build your weekly insight.

Your stress check results will appear here after you check in.

What felt challenging, and what helped even a little?

Write a few sentences...

Reflect

Finish science summary notes

Save

Tracks stress trend and consistency from your recent check-ins.

Complete a few check-ins to see your trend.

Trend: Flat

Consistency: 0%

Burnout: Low

Keep logging check-ins to build your weekly insight.

What felt challenging, and what helped even a little?

Write a few sentences...

Reflect

Focus timer

0 sessions

25:00

Focus session · A steady focus rhythm helps build consistency.

Start

Reset

Default rhythm is 25/5 minutes.

Quick tip

New tip

Start with the easiest task to build momentum.

Daily balance checklist

- Drink water
- Move for 5 minutes
- Take a screen break
- Ask for help if stuck