

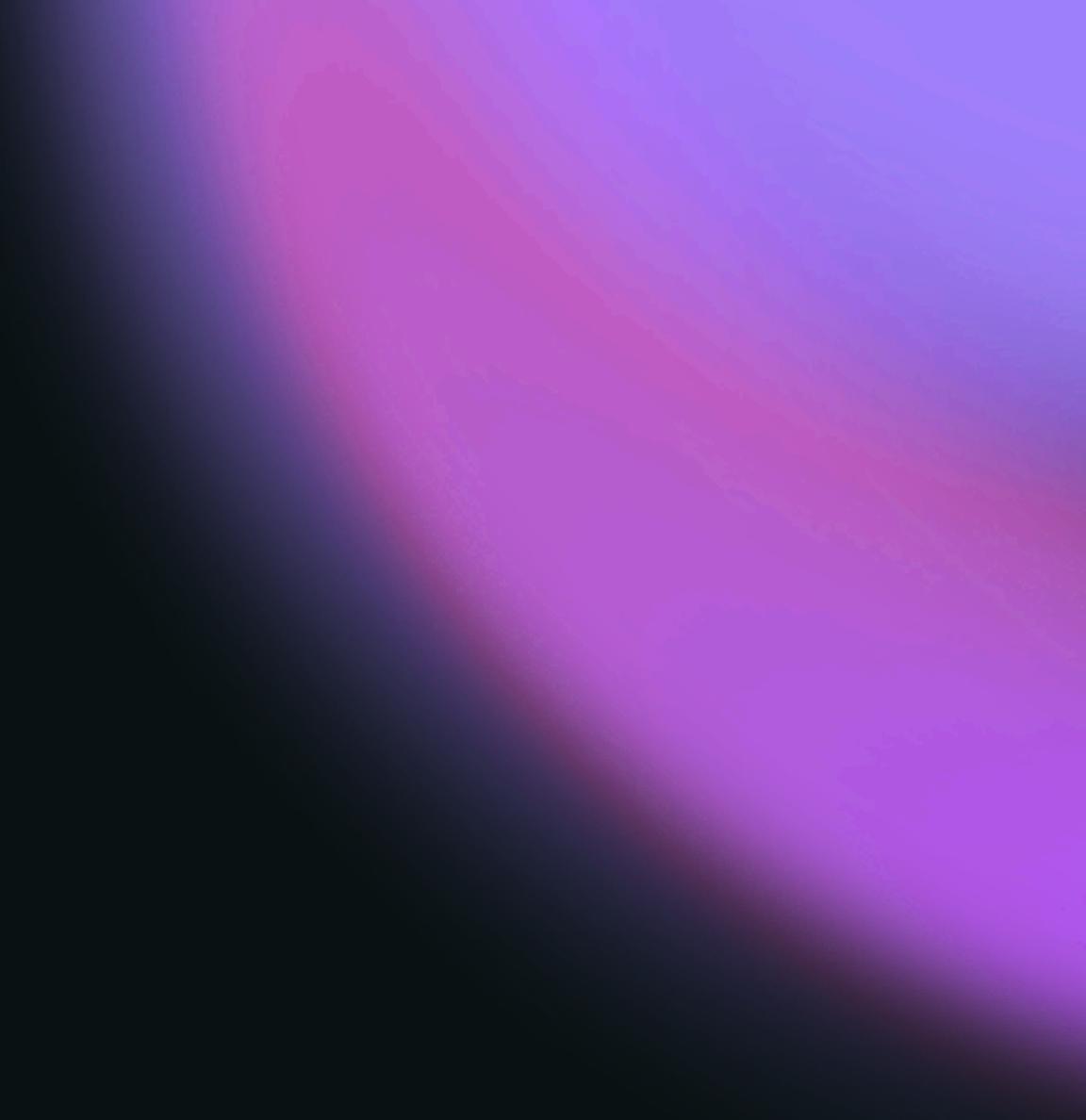
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# StudySafeAI

An AI-powered study  
& wellbeing assistant  
for students

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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

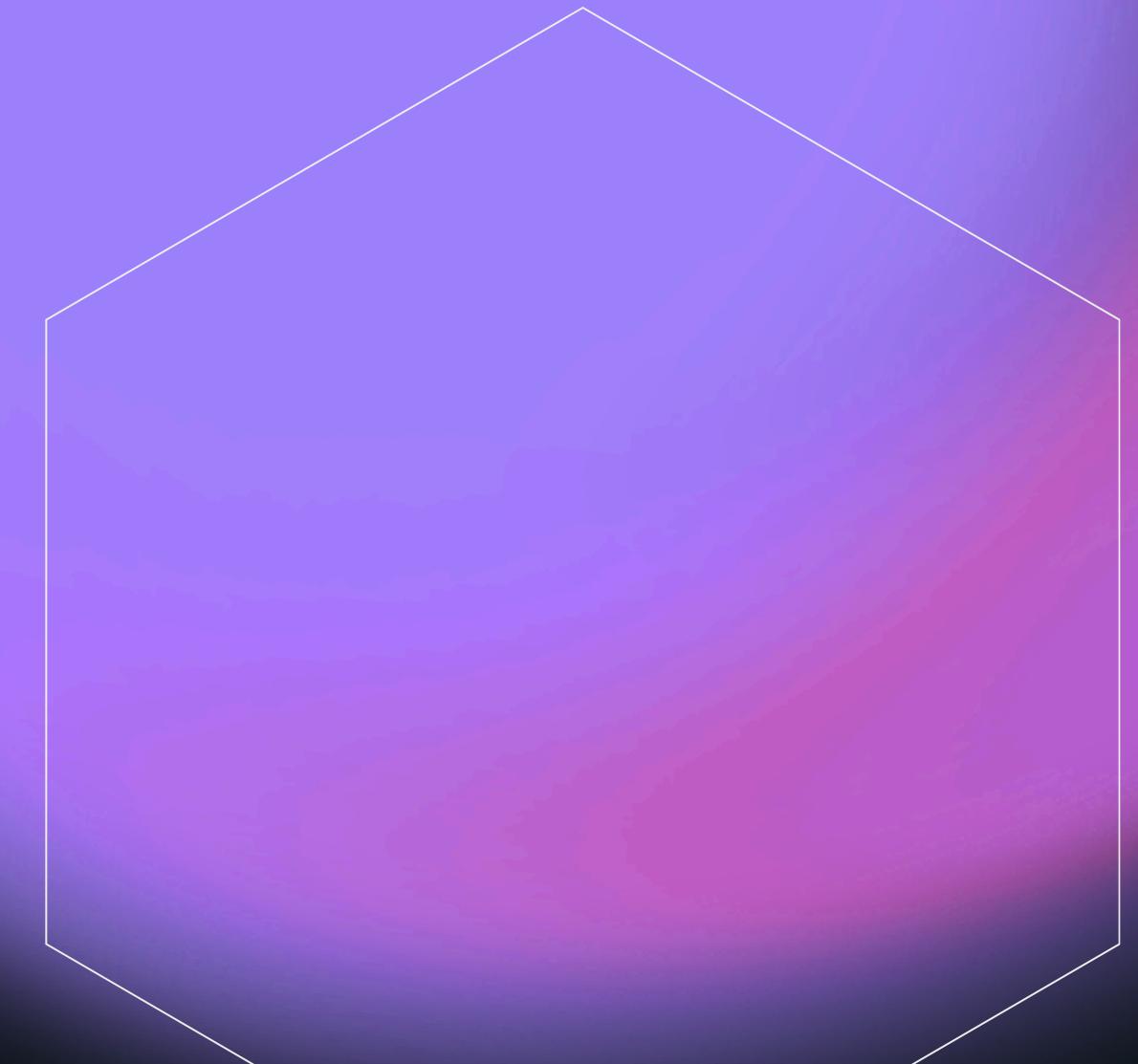
# HOW THE AI WORKS

AI analyzes study inputs and deadlines

Natural language processing detects stress from text

Workload adapts based on stress level

Using software and algorithms to analyze genetic data.



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- **No diagnosis or medical advice**
  - **Encourages breaks and balance**
  - **High stress triggers supportive guidance**
  - **Promotes reaching out to trusted adults**
  - **Middle & high school students**
  - **Helps prevent burnout early**
  - **Improves focus and consistency**
  - **Easy to use, no login required**

## Future Improvements

- **Personalized long-term study insights**
- **Track patterns over time to help students understand when they are most productive or stressed.**
- **School calendar integration**
- **Sync with class schedules, exams, and assignment deadlines for more accurate planning.**
- **Expanded wellbeing support**
- **Add guided break suggestions, focus techniques, and study habit tips based on student needs.**
- **Accessibility enhancements**
- **Improve support for neurodiverse students with customizable layouts, text size, and interaction styles.**
- **Multilingual support**
- **Make StudySafe AI accessible to students from different backgrounds and regions.**

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.

## Reflection journal

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

## • 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.

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

StudySafe AI is not a medical tool. If you feel overwhelmed or unsafe, please talk to a trusted adult, teacher, or counselor.