

Mind Matters



Demo Day

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HOOK

In 2023, about 1 in 7 children and adolescents aged 10 to 19 had a mental disorder. At Mind Matters, we're dedicated to supporting the mental health and well-being of students on their academic and self-discovery journey through life.

Introductions

Maite: I'm a senior passionate about robotics , coding , and playing the piano.

Rita: I am a rising college freshman studying applied math with an interest in finance.

Minerva: I am a rising senior passionate about math and physics.

Martha: I'm a rising college freshman passionate about computer science, with a love for math, coding, and its applications.

Sindhuja: I am a rising college freshman with a deep interest in the intersection between technology and humanities.



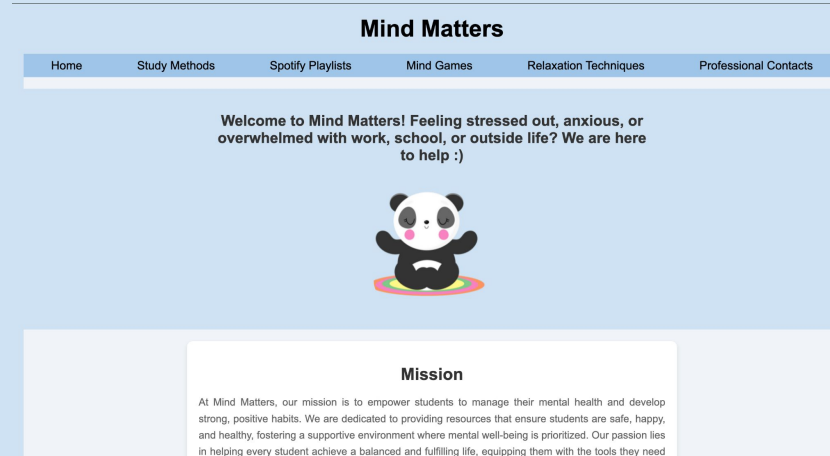
Mind Matters

Feeling stressed out, anxious, or overwhelmed with work, school, or outside life? We are here to help :)

The Functionality of Our Website/App/Chatbot

Our website does the following....

- Provide links to free/affordable mental health resources
- Allow viewers to explore means of de-stressing through study methods, spotify playlists, and mind games
- Display an interactive visual element that changes when a user enters the home page
- Include user friendly navigation with a clear and simple layout
- Links to accredited sources and websites



About Mental Health

Mental health often feels like a buzzword that teachers, counselors, and others talk as you get older and are faced with more and more responsibilities. Many students may know what mental health means, but lack the resources to maintain their mental health and build healthy habits to sustain their wellbeing. By having accessible and convenient resources to alleviate stress, anxiety, and worries that come with maintaining mental health, Mind Matters puts young adults first. Research from the Centers for Disease Control (CDC) found that more than 1 in 3 high school students has experienced poor mental health over the past few years. Furthermore, nearly half of students report persistent feelings of sadness or hopelessness. Our mission is to help students find how to build a system of support and self-help resources that they can trust.

The Process

Initially, we used Canva to create a template outlining our vision. This helped us visualize each page before diving into coding. Next, using Replit, we divided tasks among team members to code each page.

Our focus was on creating a user-friendly experience with a calm vibe, achieved through careful selection of colors and images. As we progressed, we integrated all the separate pages into another Replit website. This stage involved coding and decorating the homepage and navigation menu.

Challenges & Accomplishments

One major challenge was deciding on the color palette and effectively using Flexbox to organize our pages. To overcome this, we revisited the fundamental concepts outlined on the curriculum webpage, ensuring we aligned our choices with our project goals.

One major accomplishment was incorporating all of our web pages together. We initially worked on separate Repls as to not interfere with each other's work and then went through the process of linking them all together using a nav bar and finding a theme that suited our project the best.



Demo!

Future Iterations

Explain to the audience what other iterations you might add to your projects in the future.
Your goal is to answer this question: If you had more time, what would you add to your project?

We would try to integrate these new updates :

Daily Mood Tracker

A daily mood tracker is a tool that allows users to record and monitor their emotional states on a daily basis. Users typically rate their mood on a scale or choose from predefined options (happy, sad, anxious) and can add notes about factors influencing their mood. Over time, the tracker creates a visual representation of mood patterns, helping users identify triggers, trends, and changes in emotional well-being.

Community Forums or Support Groups

Community forums or support groups are online spaces where individuals can connect with others who may be experiencing similar mental health challenges or concerns. These forums provide a supportive environment for sharing experiences, seeking advice, and offering encouragement.



Thank you!

Key Takeaways

After investing time in our final project and participating in curriculum-rich camps, we've gained a wealth of knowledge and skills. We learned and applied principles of user accessibility into our website, making our website visually appealing and user-friendly. We utilized comments and structuring to ensure smooth teamwork and minimal conflict between our code.

Mastering HTML, CSS, and JavaScript has given us confidence in our web development abilities, which we're eager to apply to future projects.

Whether it's creating a website or developing an interactive infographic, we've seen how our skills can be applied in meaningful ways.