



Helping Students Relieve Stress and Connect with Cook Counseling

Phase 0: Project Identification

CS 3724: Introduction to Human Computer Interaction

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Project Overview

Project Domain: Health

Work Practice: Students seeking mental health counseling, notably at Cook Counseling Center

Issues:

- College Students struggle with mental health disproportionately to adults of the same age (1)
- College students struggle to find the correct resources needed for support
- College students often experience immense stress and are not prepared to deal with it (2)

Social Technology: A way to rank and recommend various mental health exercises/interventions for students based on input from both counselors at Cook Counseling Center and students, either via a mobile app or a website. These social technologies could prove helpful in connecting students on their mobile phones with counselors and their advice.

Stakeholders:

- One stakeholder in this work practice would be stressed out college students who are searching for methods and exercises to help improve their mental health.
- Another stakeholder in this would be the Cook Counseling Center which can make itself more accessible to students and provide the students with the resources required to help improve their mental health and deal with the stress of college.

Work Tasks:

- Some of the activities we are hoping to investigate/design for is getting input from counselors at and students on some of the exercises that they feel work best for helping struggling students deal with stress.
- We can then rank these different exercises to help recommend them to students who require them, and provide guidance about how they can continue to access other mental health resources here on campus.

References

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