

## **T4: Team Assignment #4 – Paper Prototyping Part 1 - IS4300**

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**Rose Bud Thorn**

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### **Briefing for Users**

Our application is called Rose Bud Thorn. This app is designed based on the old girl scout activity called Rose, Bud Thorn. This game was designed to allow people to look back on activities from the day/week and reflect on what was good, bad, and what to look forward to in the future. This small action focused on bettering mental health by not allowing the person to only think about the negatives.

The way the activity is run is as follows. First the user records a rose. A rose is a positive event from their day or week that made them happy or that they consider a victory. Next, the user reflects on their thorn. A thorn is an event that was not good or did not go well. Finally, the user records a bud. A Bud is an event the user is looking forward to in the near future. By completing this simple task people can begin to see a pattern of what makes them happy, and upset allowing someone to focus more on what makes them happy. It also forces them to not only focus on the negative.

The purpose of our app is to combine this concept with access to mental health resources both on-campus and off-campus. Mental health is an issue many college students face and often it can be hard to find resources or where to go next. The aim of this application is to make access to these resources easier while also providing a “journal” of events going on in their life. This information can be very useful for users and therapists for seeing what someone is going through.

Our app will have a few features to assist with our goals. First, the app will have a journal entry feature allowing the user to write entries for their rose, bud, and thorn that will be saved by the date and stored in the app. Similarly, the app will have the ability to see past entries. Most importantly the app will provide easy access to mental

health resources such as UHCS, mental health hotlines, and information on counselors in the area.