**Interview Guide**

• What are the biggest challenges you have as a student?

One of the biggest challenges is planning of my career fair. My bachelor major is Computer Science and my graduate major is Software Engineering. Computer Science aims at solving real world problems and making innovations of human being society. Software Engineering is kinds of works that designing tools to make our lives comfortable. Both are good areas, to choose which one is one of the biggest challenges in my student age.

• What are your biggest frustrations when it comes to handling stress?

When I found that choice is much more important than working hard, I usually feel helpless and frustrated.

• What are your biggest frustrations with respect to handling relationships (not necessarily romantic) as a student?

The biggest frustrating things is to decide if this person deserves me to keep a long-life relationship, someone might leave me a good first impression, but they might heart you in the future. And fortunately, I met some close friends during the time as a student, like Rui.

• What are the ways that you are currently managing stress? Why?

Playing some table games, watch series, movies, etc. As playing table games means playing with friends, that makes me relax. Watching movies means alone, staying alone can help me just escape from the problems for a while and this can lighten the feeling of stress.

• What are the ways that you are currently managing relationships? Is there anything that you wish could be done better?

Concerning other’s feelings, spending more time listening other than just saying what you think is right.

For me I need to make more friends and be patient with engaging with them even though I don’t like him at the first time.

• How do you handle social communication?

Just be outgoing and optimistic, don’t show much emotion to the people who meet at the first time.

• Can you tell me about resources you’ve used on campus to support managing your mental health?

Gym.

• [If didn’t mention tech above] Can you tell me about any technology you’ve used to manage your mental health?

I love meditation.