**Interview Guide**

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

Hard to balance my time under a heavy work load

Not easy to cooperate with a foreign student due to the different culture background

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

Don’t know the effective ways to handling stress / my methods of handling stress do not effect

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

It consumes a lot of my energy / feel tired on keeping doing this

Do not know the appropriate way to solve the conflict with my friends (when we quarrel, etc.)

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

Eat snacks / drink milk tea… eating what I like makes me feel good

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

Thinking more about the others’ feelings, even I need to sacrifice myself

• How do you handle social communication?

Be aware of who you are and who you represent.

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

Blue devil.

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

Music therapy?