**Interview Guide**

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

Get good grades in college entrance examination

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

1、tend to think it worst

2、intensely focus on the negative event and ignore positive side

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

1. Weak ability to make new friends
2. Wait for others to make first move

3、Be afraid of someone to leave

4、Distrust intimate relationships

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

1、Talking on the phone for hours with my friend, which makes me more relaxed

gentle and patient to listen. Also, share tips and ideas

2、Have physical activity like swimming and running, which stimulates various brain chemicals that may leave me feeling happier, and less anxious.

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

1、Regularly communicate with friends and parents

2、Invite my girls to have something fun in weekends

Hope to have more affection, emotional expression towards them

• How do you handle social communication?

1、Join groups and make myself sociable

2、Ask open questions and encourage others to talk more

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

1. one-to-one chat with a trained volunteer
2. connect with support groups who can understand what I am going through.

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