**Interview Guide**

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

The biggest challenges is that it’s hard to get good grades with great workload. Also, as an international student, language barrier is there and make it more difficult to keep up with native students.

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

Even if I try my best to handle it, I will still feel stress sometimes. At that time, nothing I can do to cheer myself up is the biggest frustrations.

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

It’s hard to maintain a relationship and it’s not easy to hold an activty among friends for me. Also, espeially when I am not that confident, I will feel very stressful to talk with someone excellent.

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

Doing excercises like running.

Because when I run or dance, I can put my mind into it so that I am able to forget about my stress. Also, the chemical material my body secreting during that time can make me happier. Or sometimes I will read books to try to find solutions to my problem that makes me stressed.

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

Using social media to chat with my friends and find common hobbies with them.

I wish there is a better way to organize an activity like an app that my friends can share their feeling and will. Like when I want play a particular table game, I can easily know there are someone who are also interested in this and make it happen quickly.

• How do you handle social communication?

I believe communication is very important part of every one’s life as human are social animals. Some of our values are realized among relationship and communication is definitely the most critical way to handle relationship. Honesty and sincere are valued a lot during communication and I stick to them.

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

Chat and have a walk with my friends. Also, communciate with faculty in career center when I have stress with my job hunting and ask for their support. Gym is absolutely a great place to go when I want to vent my despair.

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

Listening to music using apps and chatting with friends via social media. Using excercising tutor app to do excecise more precisely.