# 07/02/2021

# Agenda

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|  | Items | Allotted time |
| 1 | Decide our ‘measurable’ objectives and our target audience  → Clarify the purpose of what we are making(app/hardware/both) |  |
| 2 | Find out our common time slots (at least 2) |  |
| 3 | Assign general roles |  |
| 4 | Literature Review → divide roles |  |
| 5 | What to do & deadlines |  |

# Minute

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|  | Items | |
| 1 | Measurable Objectives:   1. To raise awareness of Positive Psychology? 2. Improve mental health of students 3. What do we need?    * Social interactions    * Counseling    * Underestimating severity    * Embarrassed    * The stigma around it (Parents or older generations) | How to measure?   1. Percentage of users 2. Send out a Mass email (anonymous)    1. Ask for previous data collected 3. The situation of HKUST students: visit wellness center and possibly discuss with our own friends about their own situations. |
| Target Audience:   * HKUST students   + Can’t meet with people physically   + General atmosphere: caring so much about grades * What do they want? (especially in the situation of COVID19)   + Social events (e.g game competitions, orientation events?)   So… what are we making? → app/hardware/both   * Extension on the tunnel (SSC Project) → Pinocchio team **only working on app**? * Features of the [STEPP(SSC Project) app](https://www.figma.com/file/7yJim3xwrl0lrB2aIQJ3RL/STEPP?node-id=0%3A1):   + Daily tasks   + **Meditation (breath)**     - Provide articles related to meditation     - The importance of meditation (introduce)   + Writing journal   + Experience sharing pages → in HKUST secrets (lack of communication)   + Saving motivational quotes   + Weekly survey * Features of the [Pinocchio app](https://www.figma.com/file/ua8TLPJUIxxPYk53OzkOKL/Pinocchio?node-id=0%3A1):   + 1:1 chat with the mentor     - Problem: if we have many users, we would need to hire(?) many mentors   + Group chat   + Weekly survey → to keep the progress of people (about how they feel)   + **Online/offline events** * **Features we want to add:**   + An online forum ~~(group chat)~~ for ‘non-local’ students (anonymous)     - Share their experiences and how they overcame them??     - Group chats: English (Canto and Mandarin defeat the purpose, keeping the entire project in just English will allow for more inclusivity)     - Experience sharing pages?   + Introduce Study with Me?     - Help you to be productive/motivated   + Online/offline events | |
| 2 | 1. Every Sunday (3 PM HKT) 2. Every Tuesday (6-8PM HKT) | |
| 3 | Roles:   * Leader * Graphic Designer(UI/UX) * Data analyst & Researchers * Application software teamkee | |
| 4 | Literature Review: 1-hour presentation & 15 min Q&A  Literature review Format:   1. Propose problem (**Minjin & Stanley**)    1. Propose statistics of how much students in HK are undergoing depression or something similar       1. Mention how this is a severe issue especially because the concept of ‘mental issue’ is stigmatized **(Sanjana)**    2. COVID-19 Situation: Lack of physical interaction & social gatherings **(Sungbin)** 2. Target audience (**Minjin & Stanley**)    1. HKUST students    2. Understanding and analysis of potential users       1. Conduct a survey? 3. Evaluation of similar tech/solutions: pros & cons    1. Applications       1. 7 cups of tea (**Adhya**)          1. Flaw: you cannot give any advice          2. Only sit and listen       2. Better Help **(Sanjana)**          1. Survey          2. No Chinese offered LOL       3. Breeze app **(Sungbin)**       4. Stoic App (**Tiffany**):          1. Many features including meditation, journaling etc.       5. OpenUp (**Vanessa**)       6. IG Accounts:          1. HKUST secrets **(Sanjana)**          2. HKUST paUST (**Adhya**)    2. 1:1 Counseling (Actual & Virtual Meeting Up)       1. Benefits **(Tiffany)**       2. Limitations **(Tiffany)**       3. Further Barriers (COVID-19)    3. What kinds of services is the HK govt providing now to treat mental health issues (HK) **(Vanessa)** 4. ~~Evaluating Messaging Applications/Forums~~     1. **~~Goop~~**    2. ~~Discord~~    3. ~~Reddit~~    4. ~~WhatsApp etc.~~    5. ~~Kakaotalk~~    6. ~~LINE~~    7. ~~Messenger~~ 5. Solution → Pinocchio (**Minjin**)    1. Explain the need for our product and why it is the most feasible and effective solution    2. Include measurable objectives at the end of the slides | |
| 5 | Tasks & Deadline:   * Contact the Counselling & Wellness Centre - Vanessa * Make the survey to gauge the mental health situation in HKUST (>70 people) | |

Survey questions:

1. Which year are you in?
   1. Year 1
   2. Year 2
   3. Year 3
   4. Year 4
   5. Others: \_\_\_\_\_
2. What school are you in?
   1. Engineering
   2. Business
   3. Science
   4. Humanities
   5. Others: \_\_\_\_
3. Are you a local/non-local student?
   1. Local
   2. Non-local
4. Have you ever been diagnosed with/ doubted you have a mental health condition? (This survey is completely anonymous)
   1. Yes
   2. No
5. If yes, can you please state which mental health condition you had?
   1. Anxiety
   2. Depression
   3. Obsessive Compulsive Disorder (OCD)
   4. Panic Attack
   5. Others: Please state
6. What is your anxiety level? (0-10 scale)
7. What is your depression level? (0 - 10 scale)
8. What do you think is/ are the source(s) of your mental health condition?
9. Study
10. Relationships
11. Family
12. Finance
13. Career
14. Others:\_\_\_\_\_
15. Have you ever visited the wellness center?
    1. Yes
    2. No
16. If yes, what do you think about the services provided by the wellness center? (From 0 - 5 scale)
17. 1 b. 2 c. 3 d. 4 e. 5

10. We are trying to make an app for you. Which features do you think would benefit you the most?

1. Online Forum (Sharing Experiences)
2. Private 1-to-1 Chat with Counsellor
3. Meditation Feature/ Advices
4. Partake in Online/Offline events hosted by us(e.g game competition)
5. Others: \_\_\_\_\_\_\_\_\_\_\_\_

Drafted Email to the Wellness Centre

Dear Sir/Madam,

We are a group of students taking the course ENGG 4930D