# 09/02/2021

# Timetable until Literature Review

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| Date | | Items |
| 9th | | Refer to the agenda below |
| 11th | Before meeting | Finish the research |
| During meeting | Share what you researched + give feedback to each other |
| 11~14 | After meeting | Additional research/apply feedback |
| 14th | During meeting | Put ppt together + start practicing |
|  |  | |
|  |  | |
| 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 **(Stanley)**    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. 1:1 Counseling (Virtual Meeting Up) **(Tiffany)**    1. Benefits    2. Limitations    3. Further Barriers (COVID-19) 4. 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. Meditation app       1. Calm **(Vanessa)**    3. Gaming feature (**Minjin**)       1. Forest       2. Habitica    4. What kinds of services is the HK govt providing now to treat mental health issues (HK) **(Vanessa)** 5. ~~Evaluating Messaging Applications/Forums~~     1. **~~Goop~~**    2. ~~Discord~~    3. ~~Reddit~~    4. ~~WhatsApp etc.~~    5. ~~Kakaotalk~~    6. ~~LINE~~    7. ~~Messenger~~ 6. 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 | | |

# Agenda

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|  | Items | Allotted time |
| 1 | Finalize the features of the app  → refer to the survey results |  |
| 2 | Should we meet ourselves every Tuesday/Sunday???  (besides meeting with the sight camp people)  Come up common time slots to meet sight camp people |  |
| 3 | [Mindmap - New Idea](https://whimsical.com/pinnochio-EhcCTYuK7mZVpNjKjQq7Br) |  |
| 4 |  |  |
| 5 |  |  |

# Minute

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|  | Items | |
| 1 | Private 1-1 counseling:   * Reservation? (Prioritization: Urgent/ Semi-urgent) * Feature: phone-call/ video-chat | |
| 2 | Meditation suggestions | |
| 3 | Online forum (sharing experience)   * Write an article * How do people overcome their mental illness? (also cloud-source in other sites) * Concern: censored the content, make sure that it is okay | |
| 4 |  | |
| 5 | Objectives of our project:   * Provides a safety net for the people with emotional issues | |
| 6 | [Meeting with Wellness center](https://docs.google.com/document/d/19HrAuvBdAiQ-QuVufScyo0RzK-qIYM7GXxRGFuI5cBo/edit) | |
| 7 | Sum up after the meeting with Wellness center   * **Meditation/Mindfulness feature is ok** * 1 to 1 counselling service is not feasible (peer mentor occupied) → not enough manpower * Online Forum (HKUST secret page) / Secret Santa or Angel: * Objective - Mindmapping   + Personal   + Find your inner peace   + Focus / Concentrate   + Relieve Stress * We can keep 1-to-1 app in the literature review → and why its not feasible :,) * Create an application that focuses on self-development that would benefit HKUST students’ mental health and **create a platform where they are able to learn positive mental habits**   + Game/ Point Function (Interactive Daily Program) → Rewards   + Meditation Feature   + Other possible features: Writing journals/ Typhoon shelter | |