# 20/02/2021

# Re-Planning

# **Suggestions from Professors:**

# Key: pinpoint a problem!

# Narrow it to “very UST”

# Specifically Align to the problem of anxiety or/and depression of UST students

# Or even examining anxiety, depression(eg. Examination anxiety)

# UST students don’t have friends -> no connection to others, isolated, disconnect

# Personal touch and two-way communication

# Develop a platform to connect students -> building social connection, bonding, sense of belonging

* + Randomness of bumping into one another -> missing in the pandemic

# Resources

# 50 students from different schools -> mentor

* + Wellness center can collab with us with peer mentors but we need to have a common goals
  + Dr Silver will discuss with her colleagues to see if it’s possible
  + New cohort of peer mentors => so maybe link up with senior peer mentors
  + Peer mentors are now changing ways to reach out to students amid the pandemic -> very flexible

# 

Problem:

# No clear objective, don’t have a Problem to Solve

# We find a solution and then find a problem

# paUST no threats? -> they are doing perfectly

# 

# 

# Agenda/ Problems

|  |  |  |
| --- | --- | --- |
|  | Items | Allotted time |
| 1 | Discuss what problem we want to solve? → Narrow down to one specific problem  Examples:   * Loss of Community   + Making depression/ other mental disorders harder to discover/ improve * In UST:   + ~~Examination Anxiety(can’t change UST exam exam)~~   + Social Anxiety(pandemic)     - Hard to communicate to people even we want to make friends     - NOT FEASIBLE   + **Depression**     - People don’t realise what exactly they are feeling       * Naming the emotions is important in counselling process     - People don’t open up to another person and pandemic makes it worse(Can we solve it?)     - Hard to solve/alleviate depression       * People cannot get out of the depression cycle themselves       * Have to seek counselling   + ~~Insomnia(low/uncertain effectiveness of meditation)~~ |  |
| 2 | What features are best to combat this problem? (Choose 2(?) at most; quality > quantity)   * ~~Meditation Feature~~   + Not sure the effectiveness   + Youtube will be chosen over app * Social Connection Feature (somehow) * **Journaling -** * Daily Interactive Tasks   + Maybe customized |  |
| 3 | How to differentiate our app from other apps? How to make it UST-centric? What do the students want; will they use the app? |  |
| 4 | CONGRATULATIONS!! Let’s hope our idea gets accepted this time around :,)) |  |
| 5 | DEADLINE: Thursday we should give a ~5-slide presentation to Professors about what we are going to do, differentiating from our previous plan  THINGS TO DO: think about how to answer the following questions:   1. Brainstorm how features can solve depression, and specifically what problem in Depression? 2. Brainstorm how we gonna customized the app to UST 3. How can we provide enough motivation to UST students to use it |  |

# 

# Minutes

|  |  |  |
| --- | --- | --- |
|  | Items | |
| 1 | Target audience   * People who are showing ‘light’ symptoms   + To prevent them from falling into deeper cycle of depression   Objectives (candidates)   1. Entertained to not fall in to the cycle of depression 2. Encourage them to talk to counsellors/people who want to offer help | |
| 2 |  | |
| 3 |  | |
| 4 |  | |
| 5 |  | |
| 6 |  | |
| 7 |  | |