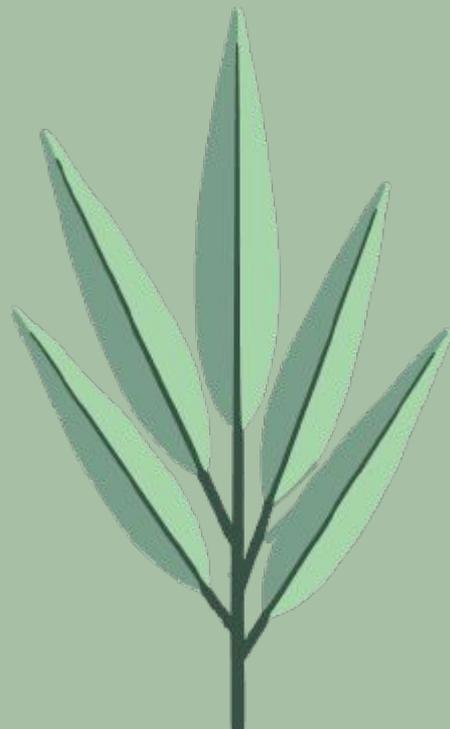


Wello

Student Wellness, Re-visualized



Our Team



Neha C.



Victoria D.



Ingrid F.



Isha K.

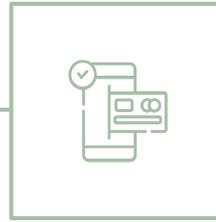
Overview



Problem &
Solution



Design
Evolution



Next Steps



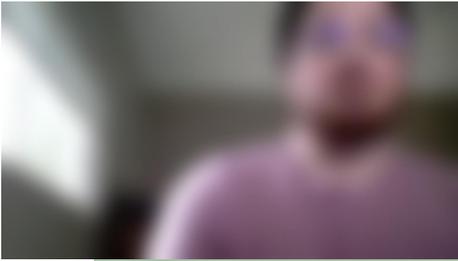
Summary

How might we better connect
students with their school's
wellness resources?



Problem

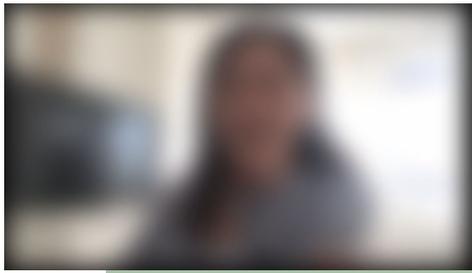




“
My university provided **inaccessible**
and **ineffective** resources to the point
that they **weren't worth exploring.**”

—Danny, recent Indiana University grad





“
*The university has good intentions with the
mental health programming that they
schedule but when I’m overwhelmed, [the
programming and resources] can often **feel**
just like another obligation.*”



—Alice, current graduate student at the
University of Michigan

Point of View

We met

Alice, a pre-professional graduate student at the University of Michigan.

We were amazed to realize

The high volume of institutional support offered for student wellbeing felt like another obligation.

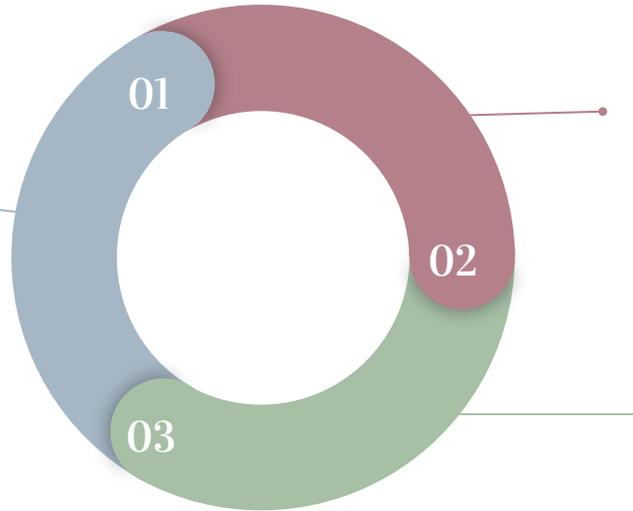
It would be game-changing if

Students could navigate and leverage university resources without feeling overwhelmed.

Problem Overview

The Problem:

laborious and *ineffective*, making the prioritization of wellbeing feel burdensome



Existing Solutions:

Wellness centers, CAPS, RAs, Headspace and Calm

Why These are Inadequate:

impersonal and burdensome to navigate

Solution



**Our Mission is to transform
student wellbeing into an
effortless, effective, and
personalized social experience.**



Solution Overview

Introducing **Wello**, a mobile application for students to directly visualize and address their health and wellness.

Wello leverages AI to connect students with personalized wellness resources, provided by their school, that best fit their needs.





Wello

A resource navigation tool that is more **visually soothing, reflective, and action oriented**



Receive personalized wellness resources from your school



Journal and log your mood



Send and receive support from friends



Wello

A resource navigation tool that is more **visually soothing, reflective, and action oriented**



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Application of AI

Applying NLP + ML to recommend wellness resources and events based on journal entries

How did
frustration
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your day?

I've been having a really hard day. I turned in an assignment that I worked on for four days straight only to find that I missed a section, so then I ended up turning it in late. I also had plans with a friend that ended up getting canceled last minute, and I was really looking forward to it.

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“missed a section”

→ “ended up turning it in
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“plans... that ended up
getting canceled”

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Applying NLP + ML to recommend wellness resources and events based on journal entries

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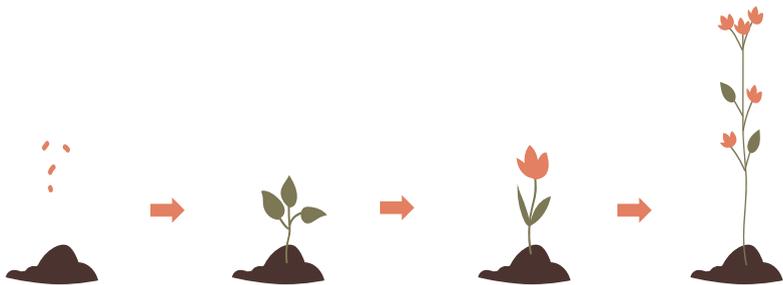
Staying Focused
in Remote Classes

Center for Teaching and Learning

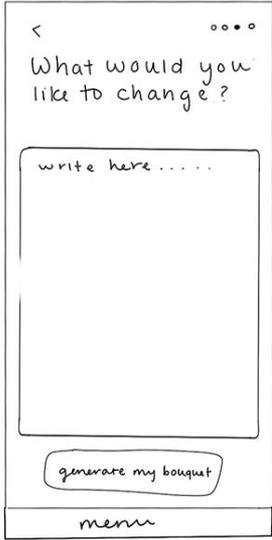
OCT 23 Asking for
Accommodations

Tips from your AAD

OCT 18 Paint Night with
Cardinal Nights



Design Evolution

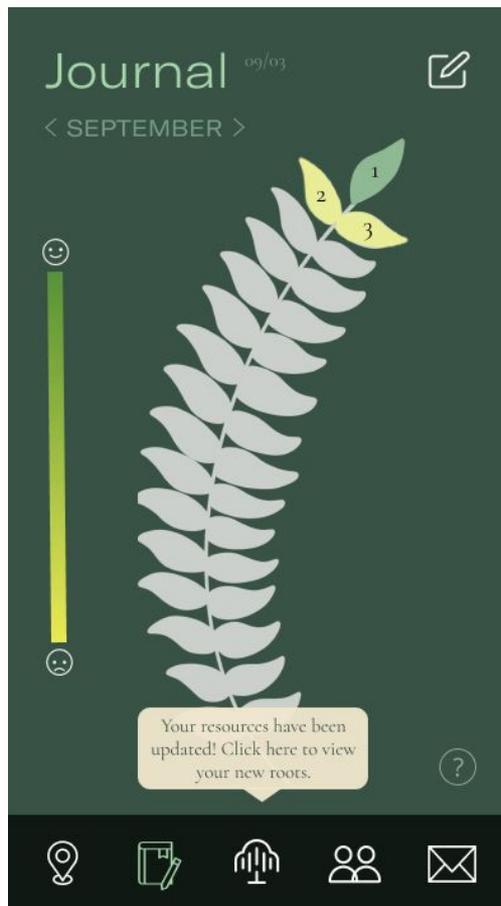


Low-fi Prototype

Initial Med-fi Prototype

Final Med-fi Prototype

Making
resources feel
personalized
and accessible

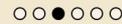


Using onboarding to clarify the willow and leaf metaphors

Your Willow Tree



You can find your resource roots, personalized based on your activity and journaling, below your willow.



Skip

Your Journal



You're provided a journal where you can track your mood and write journal entries. The vine serves as a visualization of your mood.



Skip



User Interface

Tasks



Task 1

Explore your willow and the recommended resources



Task 2

Create a new journal entry and log your mood

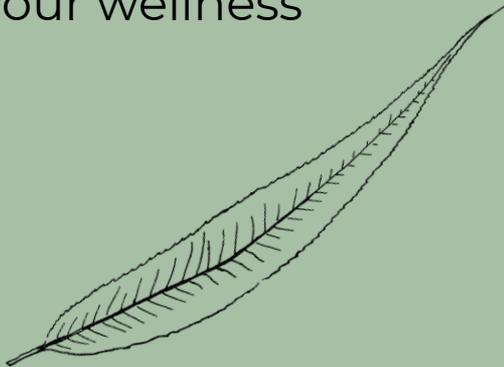


Task 3

Send an audio message to a friend

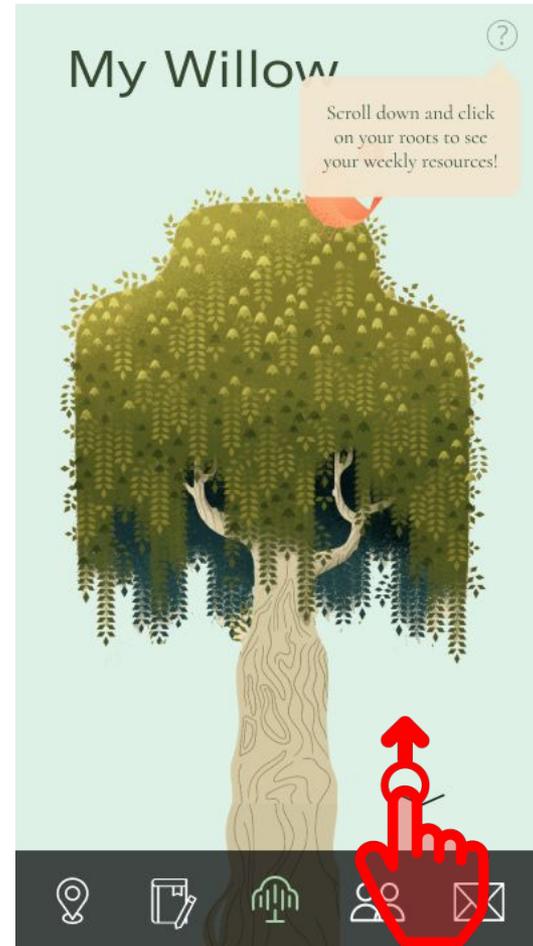
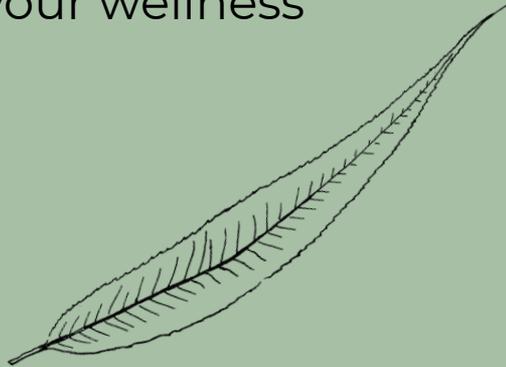
Task 1

Explore your wellness
willow



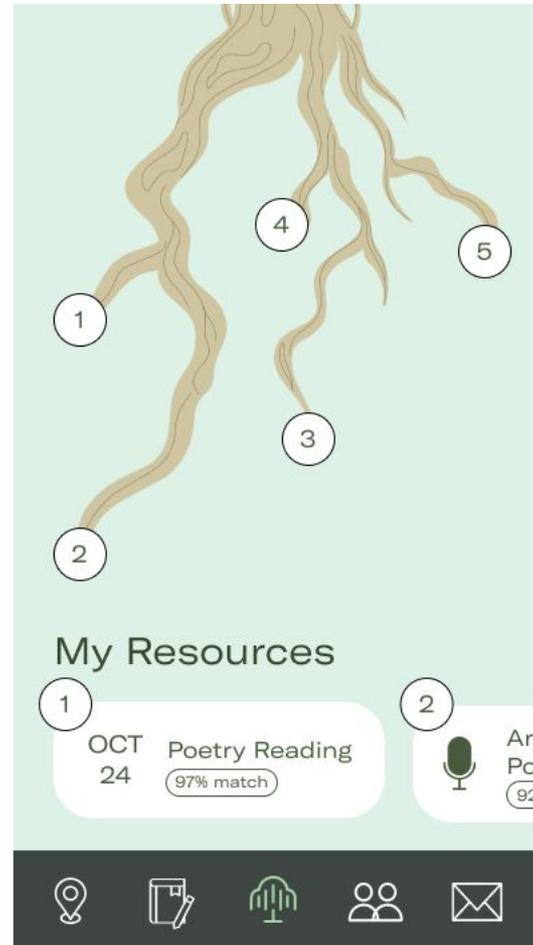
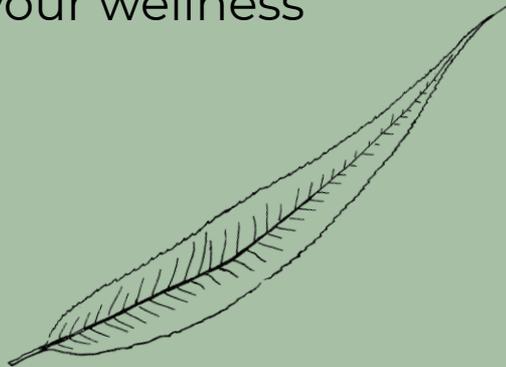
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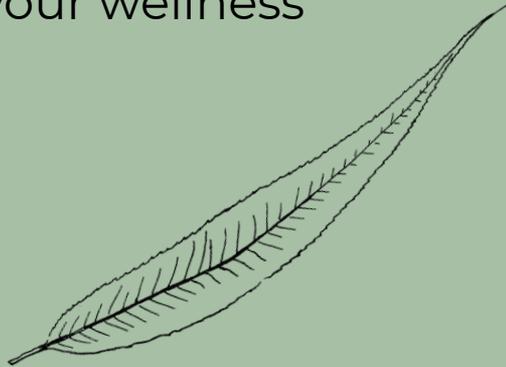
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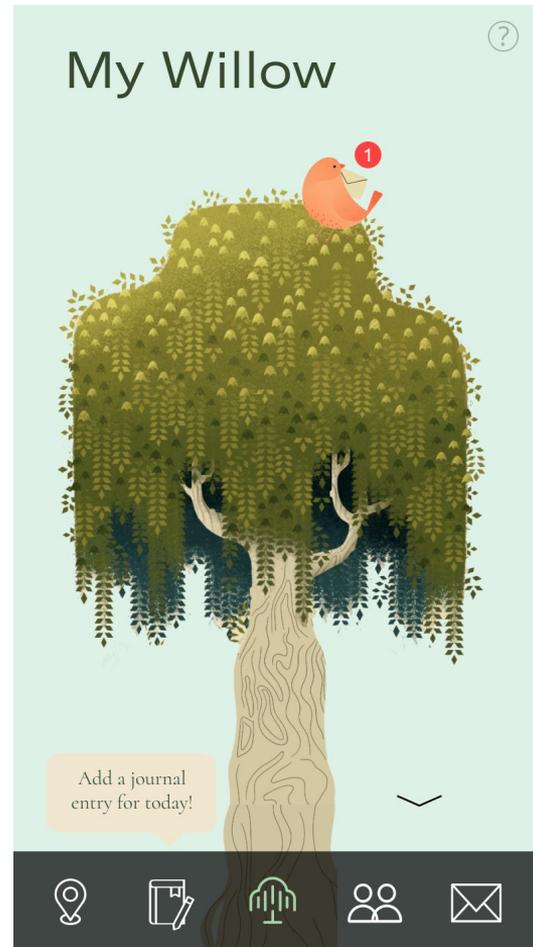
Task 1

Explore your wellness
willow



Task 2

Fill out a journal entry



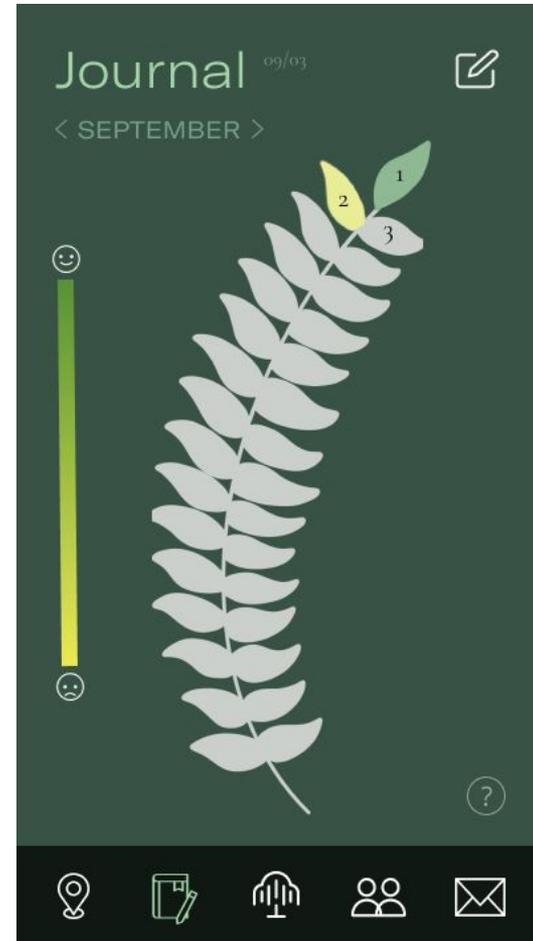
Task 2

Fill out a journal entry



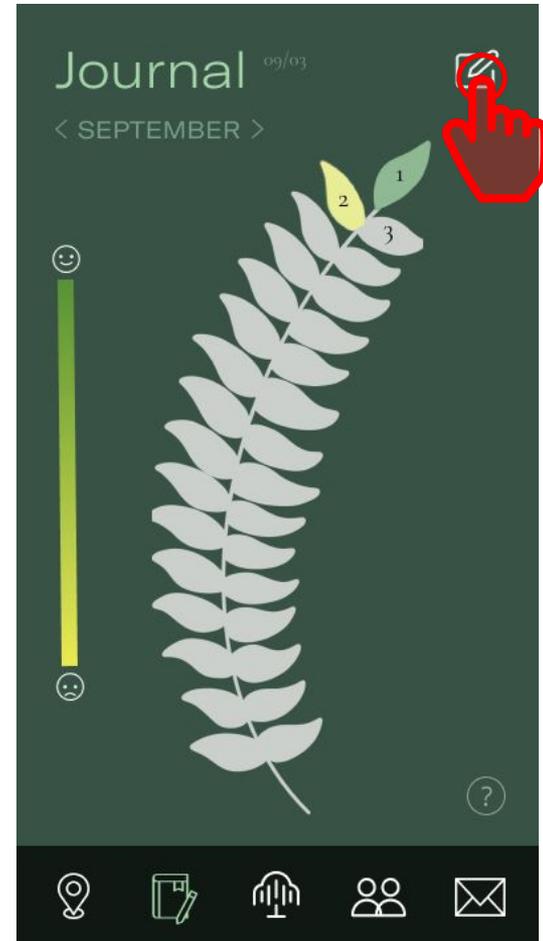
Task 2

Fill out a journal entry



Task 2

Fill out a journal entry



Task 2

Fill out a journal entry



< SEPTEMBER 02

How are you feeling today?

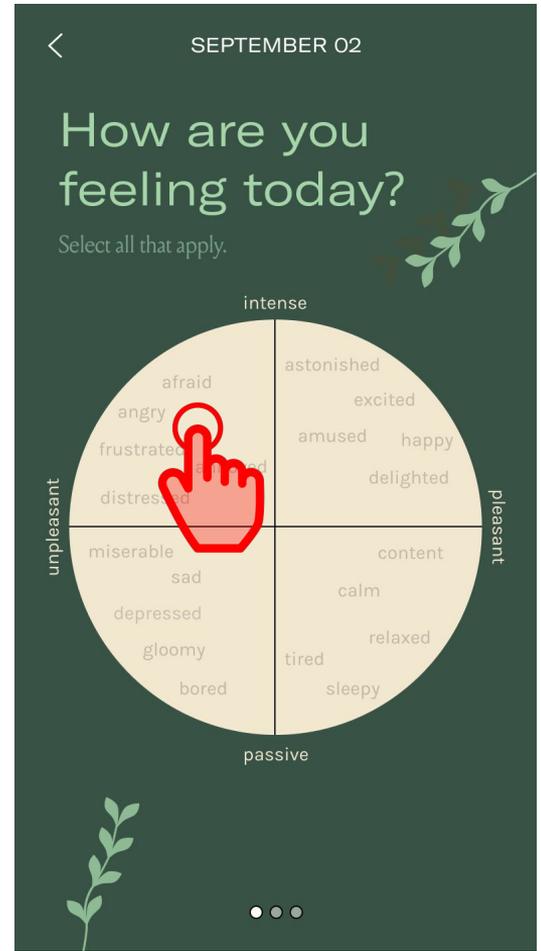
Select all that apply.

intense	pleasant
afraid	astonished
angry	excited
frustrated	amused
annoyed	happy
distressed	delighted
unpleasant	passive
miserable	content
sad	calm
depressed	relaxed
gloomy	tired
bored	sleepy

• • •

Task 2

Fill out a journal entry



Task 2

Fill out a journal entry



Task 2

Fill out a journal entry



SEPTEMBER 03

How did
frustration
manifest in
your day?

| type your response here or
press and hold to record



Task 2

Fill out a journal entry



Task 2

Fill out a journal entry



SEPTEMBER 03

How did
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Task 2

Fill out a journal entry



SEPTEMBER 03

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Task 2

Fill out a journal entry



SEPTEMBER 03

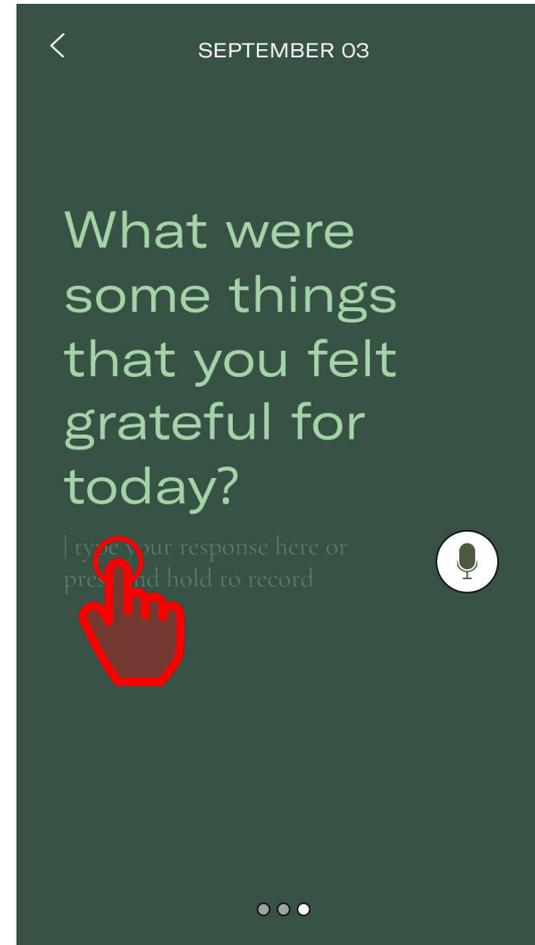
What were
some things
that you felt
grateful for
today?

| type your response here or
press and hold to record



Task 2

Fill out a journal entry



Task 2

Fill out a journal entry



SEPTEMBER 03

What were
some things
that you felt
grateful for
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I had some really yummy coffee this morning, and I felt good getting this assignment out of the way, even though it was late. I also got to call my mom, and that really cheered me up. I'm looking forward to the evening, where I can just read and relax by myself.

finish



Task 2

Fill out a journal entry



SEPTEMBER 03

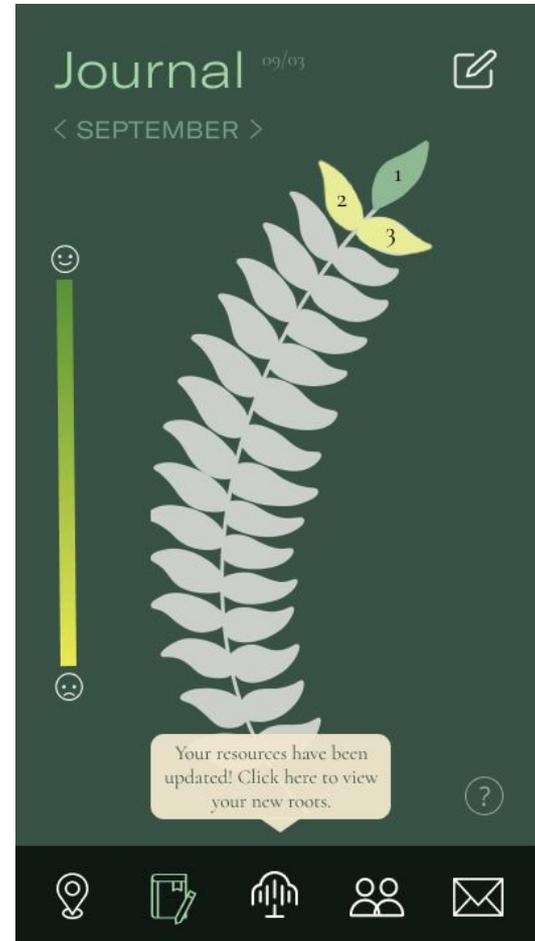
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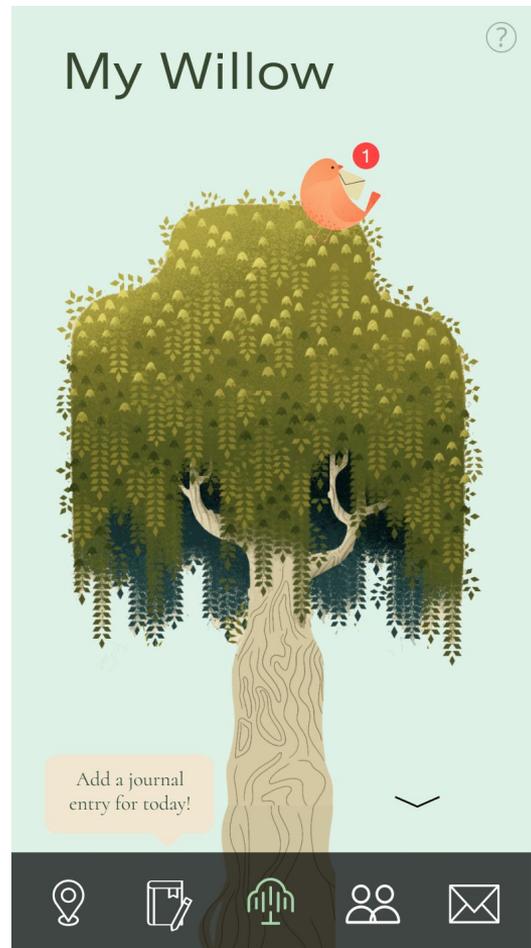
Task 2

Fill out a journal entry



Task 3

send your friend some
wello wishes



Task 3

send your friend some
wello wishes



Task 3

send your friend some
wello wishes



My Friends

Ingrid's Willow



Neha's Willow



Task 3

send your friend some
wello wishes



My Friends

Ingrid's Willow



Neha's Willow



Task 3

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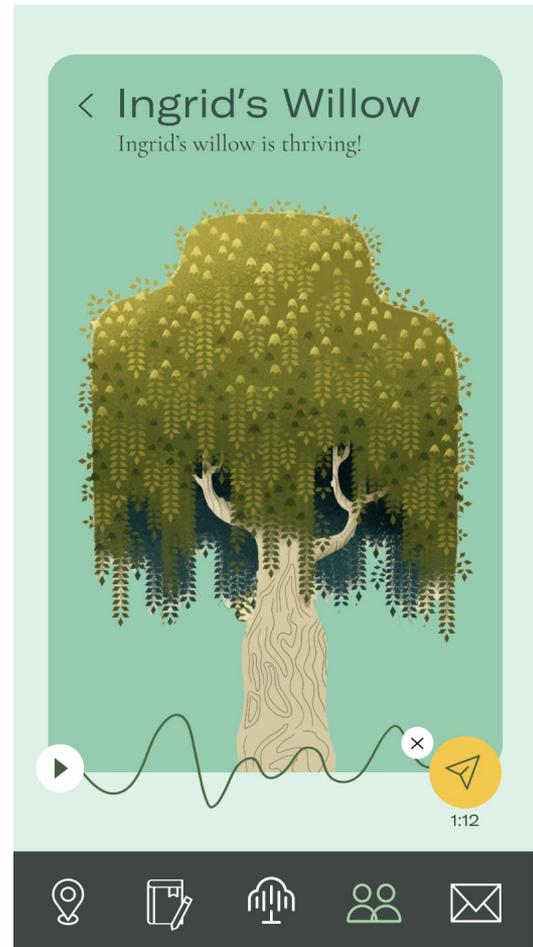
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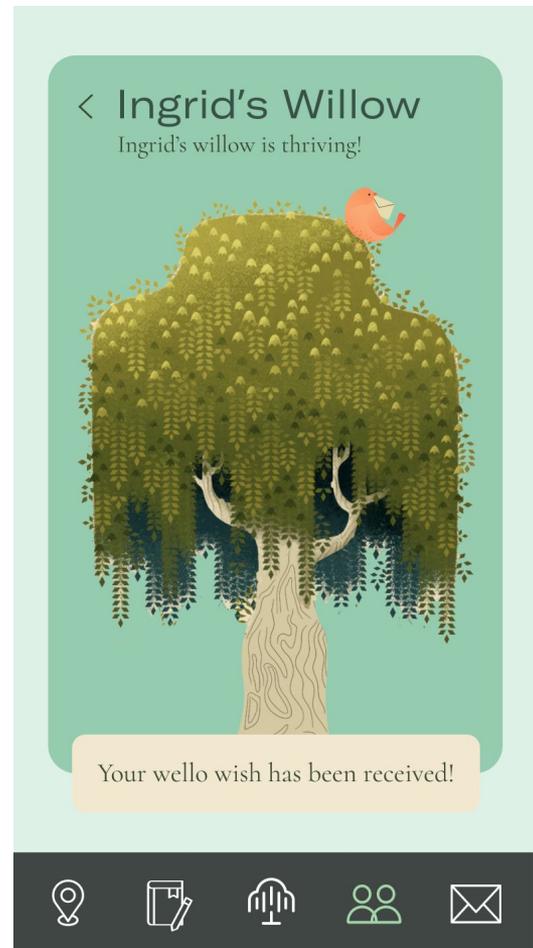
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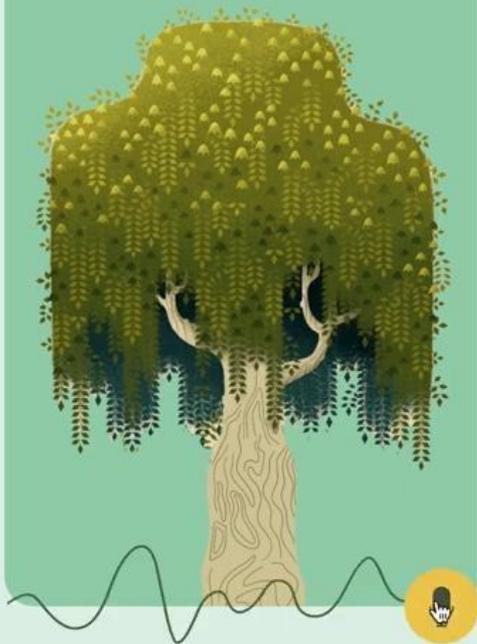


Video Demo

Our final Med-Fi Prototype & Tasks

< Ingrid's Willow

Ingrid's willow is thriving!



Next Steps



For Students

- Prototype the live resource map feature
- Implement the recommender system that suggests resources based on the journal entries

Next Steps



For Schools

- Build out the interface for schools to input information about wellness resources
- Create partnerships with school wellness centers, student organizations, and residential assistants

Summary

Area of Innovation

Using AI to personalize the wellness resources provided by educational institutions

Immediate Impact

Introduce students to actionable wellness resources that they otherwise would not have known about

Long-term Impact

Increased student wellbeing and greater satisfaction with how schools support students

Wello

Student Wellness, Re-visualized

<https://tinyurl.com/stanford-wello>

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Isha Kumar - ishkumar@stanford.edu

CS 377E Designing Solutions to Grand Global Challenges
Autumn 2020

