

DIGIEDUHACK SOLUTION CANVAS



Título de la solución:

WellMind: Emotional Well-being Extension for University Students

Desafío abordado:

Digital Citizenship: Skills and Knowledge for the Common Good

Nombre del equipo:

InnovaEduTeam

Categoría del desafío:

Digital Well-being and Mental Health

Descripción de la solución

WellMind is an extension designed to address the emotional and psychological issues faced by university students due to intensive technology use in the academic context. It offers:

- **Screen Time Control:** Monitoring and recommendations for digital breaks to prevent screen overexposure.
- **Emotional State Tracking:** Daily check-ins and constant logging of the student's mood.
- **Mindfulness and Relaxation Exercises:** Integrated tools within the academic routine to reduce stress.
- **Access to Professional Support:** Direct connection to university wellness services for those needing additional psychological support.
- **Interaction Analysis:** AI-based interpretation of class interactions, including chat, tone of voice, facial expressions, etc.

Implementation Plan:

1. Development of the extension with time monitoring and mindfulness tools.
2. Pilot testing at a university to gather feedback.
3. Product evaluation and adjustments.
4. Official launch.

The final product is an extension that promotes mental health and digital well-being, enhancing students' academic performance and quality of life. Additionally, it will be evaluated through well-being surveys, usage metrics of the extension, and a reduction in cases of academic burnout.

Contexto

The problem we face is the high level of stress and anxiety among higher education students in Lima, Peru, caused by the intensive use of technology in academic settings, especially after the shift to digital educational models. According to Peru's Ministry of Health (2024), 80% of university-aged young people experience some level of stress, and 30% report symptoms of anxiety due to academic workload and hyperconnectivity. Our challenge is to provide a solution that helps students manage these emotional issues and reduce the negative effects of technology on their well-being, promoting a healthy balance between academic and personal life through self-care practices and digital management tools.

Grupo objetivo

University students between the ages of 17 and 23 who experience high levels of stress and anxiety due to academic workload and continuous digital exposure. WellMind would help manage time and emotional well-being, promoting a balance between academic and personal life. Additionally, it will support and accompany the academic development of students with any psychological diagnosis, mild or severe, in times of crisis.

Impacto

WellMind's impact focuses on reducing stress and improving the emotional and academic well-being of students and teachers. It is expected that at least 60% of users will experience a reduction in anxiety and stress levels, along with a 20% increase in academic focus and productivity, measured through semi-annual surveys on perceived well-being and performance. Additionally, 70% of users are anticipated to activate personalized recommendations for breaks and mindfulness, reflecting a positive and voluntary adoption of the extension.

Descríbelo en un tweet

Emotional well-being at your fingertips. WellMind helps you manage academic stress with mindfulness exercises and emotional support. #DigitalWellbeing #StudentMentalHealth

Innovación

WellMind is unique in its approach, combining digital time monitoring, emotional tracking, and direct access to university support services, all tailored to the academic context. Unlike other solutions, it adjusts self-care recommendations based on the student calendar and specific emotional demands, providing personalized support during critical moments such as exams. Its integration with AI facilitates the analysis and understanding of interaction patterns to adapt recommendations in real time. This makes it an innovative and disruptive tool in digital mental health.

Transferibilidad

WellMind is adaptable to other educational levels, such as schools and training programs. The mindfulness and emotional management modules can be applied across different age groups, and the time management functionality is useful in both educational and work contexts.

Sostenibilidad

In the medium term, WellMind will sustain itself by incorporating new features based on user feedback and expanding to more educational institutions through subscription plans. In the long term, the solution has the potential to become a comprehensive well-being resource for Higher Education Institutions, expanding to include additional emotional support modules and partnerships with educational platforms, thus ensuring its continuity and relevance as a mental health tool in the academic environment.

Equipo de trabajo

We are the ideal team to develop WellMind thanks to our experience in entrepreneurship development, which enables us to address both the strategy and the operational aspects of the solution. Each team member contributes skills in project management, business model design, and feasibility analysis, ensuring a comprehensive and sustainable approach. We have worked together in a coordinated and efficient manner, in an environment where every idea and effort enhances each other. We are committed to continuing our collaboration and improving WellMind in the future to maximize its impact on student well-being.

<https://youtu.be/eSoD3eQn8yY>

<https://www.figma.com/proto/hdx1kaqL5wKIM9hAyWEaeh/Prototipo-28H?node-id=8-2525&node-type=frame&t=pt9jsCajw3SgaD19-1&scaling=min-zoom&content-scaling=fixed&page-id=0%3A1&starting-point-node-id=8%3A2525>