



DIGIEDUHACK SOLUTION CANVAS

Title of the solution:

Challenge addressed:

Background of the team:

(multiple selections possible in case of mixed teams)

X Higher Education Students

Teachers

Others (please specify)

Team name:

Challenge category:

Researchers

Primary School Students

Professionals

Secondary School Students

Solution description

What is the final product/service/tool/activity you're proposing? What are its main elements, technologies and objectives? Could you please include a brief implementation plan with some key overall milestones, resources required and eventual barriers foreseen?

How could your solution be used to enhance digital education nowadays? How could its success be measured?

Mind is a mobile app that promotes mindful digital habits among university students. It evaluates the quality of use with a Digital Diet Score (0-100), classifies consumption as nutritious, neutral, or exhausting, and activates Smart Nudges, positive gamification, and a Rescue Mode that connects with psychologists via Kunan Salud in cases of sustained risk. It integrates native APIs (ScreenTime iOS; Digital Wellbeing/UsageStats Android) for a reliable Tracking Engine, an AI layer for classification, and Firebase/Node for authentication, data, and notifications. Privacy: local-first approach, minimal metadata, encryption, no ads, and control to delete data. Includes an optional environmental module (Digital Footprint) that estimates Wh and CO2e avoided and an Eco Mode that suggests lowering brightness and silencing non-priorities while studying. Plan (4 weeks): S1 research and benchmarking; S2 structure and key screens; S3 final prototype and features; S4 privacy, improvements, and beta Resources: team of 4 + 1 mentor, Figma/Illustrator, UPC library, and collaborative tools. Challenges: biases, perfectionism, bugs, and copy. In education, anticipate peaks of distraction (e.g., before exams) and redirect to higher-value behaviors; Rescue Mode provides a human touch when the score drops. Success: ↑ Score and nutritious minutes; ↓ exhausting minutes, nighttime use, and pickups; good retention and NPS; if Eco Mode is activated, the estimated Wh/CO2e trend is reported.

VIDEO: https://www.youtube.com/watch?v=j2yeD_2tdCs
PROTOTYPE: <https://acortar.link/6NoPkm>

Target group

Who is/are the target group/s of your solution and how will they benefit from it? Why is your solution relevant to them? how do you plan to engage these groups so you fully meet their specific needs?

The target audience is Gen Z students (18–28) in higher education in Latin America, especially Peru, who suffer from distraction, doomscrolling, and loss of academic focus due to excessive cell phone use. They will benefit from better study continuity, less nighttime use, fewer interruptions, more “nutritious” time, and a wellness score that shows progress; optionally, the Digital Footprint module shows estimates of energy/CO2e avoided, reinforcing motivation. Mind is relevant because it evaluates the quality of use, delivers timely nudges, provides partnerships with psychologists if the risk persists, and maintains total user control with minimal metadata. To engage them, a closed beta will be run on campus with volunteers, university wellness support, and ambassadors to collect feedback. It will be iterated quickly with in-app surveys, prototypes in Figma, and weekly review of metrics (score, exhausting vs. nourishing minutes, nighttime use), adjusting nudges, gamification, and accessibility (contrast, font size) for mid-range/low-end phones.

Impact

How will your solution catalyse changes in education and what impacts will it have at social and environmental level? Could you provide examples or scenarios illustrating how such changes and impacts might unfold?

Mind catalyzes changes in education by converting phone usage data into pedagogical decisions: it detects patterns of distraction, guides healthy limits with timely reminders, and translates the quality of digital time into a well-being score, resulting in students with better focus, continuous study sessions, and less procrastination. On a social level, it reduces anxiety about digital overexposure and facilitates early access to psychological support through our partnership with Kunan when the score worsens, especially benefiting students with high emotional stress. Environmentally, the opt-in “Digital Footprint” module translates habit improvements into estimates of energy and CO2e avoided by cutting out unnecessary scrolling. Scenarios: during exam week, it anticipates excessive nighttime use, sends preventive reminders, and the student sees an increase in their score with fewer interruptions; in courses with assignments, it suggests 60 minutes of Eco Mode, then showing the nutritious minutes gained and environmental estimates; when it detects a sustained drop in scores, it offers to connect with a professional, achieving stabilization of usage patterns reflected in metrics, sustained changes that result in more quality time for studying, less anxiety, and a more conscious relationship with technology.

Describe it in a tweet

How would you describe your solution in a short catchy way with maximum 280 characters?

It's 2 AM. You have an exam, but you're still scrolling. The Mind breaks this cycle in 3 steps: Your Digital Diet Score, AI-powered nudges, and a Rescue Mode with online therapists. Mind doesn't judge. It understands.

Innovativeness

What makes your solution different and original? Are there similar solutions or approaches currently available or implemented by education sector practitioners? If so, why and to what extent is your solution better?

Unlike solutions that only show time, Mind analyzes content quality, predicts moments of risk, and acts with personalized nudges; it adds a human component (a real psychologist) and an educational environmental indicator. Unlike blocking apps or Screen Time/Digital Wellbeing, it avoids punishment and provides actionable guidance and support. The mobile-first approach tackles where 80% of the problem occurs and leverages official APIs for reliability and less friction.

Transferability

Can your solution partly or fully be used in other education/learning contexts or disciplines? Could you provide any example?

The core of the app (native tracking, AI classification, Score, intervention, and referral) is portable to other contexts, for example: secondary and technical education (study habits), and other corporate digital wellness programs through the B2B channel, such as with Kunan. The rules and content change, but not the structure.

Sustainability

Once you have a prototype, what are your plans for a further development, implementation upscale and replication of the solution? How do you see it working in the mid- and long term?

Following the prototype, we will evolve to MVP with a freemium B2C model and institutional B2B model. The improved implementation strengthens privacy/security and optimizes performance; replication is modular, changing only content by context. In the medium term, it operates at a low variable cost, and users remain because they create routines with streaks, visible progress, and useful nudges. In the long term, it is sustained by quarterly updates to the AI model, revenue diversification (subscription + agreements), and monitoring of retention, NPS, and reduction of “exhausting” minutes.

Team work

Present the members of your team.

Why are you the perfect team to develop this work and what are the competencies you all bring in so the solution is developed successfully? What is your expertise within the thematic field concerned? Are you planning to continue working as a team in the future? If so, why?

Gianella (UX/UI), Mariana (well-being/ethics), Miguel (mobile/AI), Kelly (product/metrics), and our mentor Manuel Acevedo (strategy/partnerships, direct contact with Kunan Salud). We are a complementary team with experience in Gen Z and privacy; we will continue working together to bring the MVP to campus pilots.