

DIGIEDUHACK SOLUTION CANVAS



Title of the solution:	Mentalspace: Bienestar y Aprendizaje en Equilibrio	Team name:	HEADSPACE
Challenge addressed:	Digital Citizenship: skills and knowledge for the common good	Challenge category:	Well - being in digital education
Background of the team: <small>(multiple selections possible in case of mixed teams)</small>	<input checked="" type="checkbox"/> Higher Education Students <input type="checkbox"/> Teachers <input type="checkbox"/> Others (please specify)	<input type="checkbox"/> Researchers Primary <input type="checkbox"/> School Students <input type="checkbox"/> Professionals <input type="checkbox"/> Secondary School Students	

Describe it in a tweet

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

Mentalspace is the app that combines mental well-being and academic success for students. With AI, forums, and self-care tools, it offers emotional support, scientific resources, and community. Improve your mental health and perform at your best in university life!

Solution

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?

We are proposing an application called **Mentalspace**, designed to provide comprehensive support to university students by combining mental well-being, academic, and community tools. Key elements include an AI-powered search engine to facilitate access to scientific articles, a self-care chatbot, discussion forums, breathing exercises, and psychological support from advanced psychology students. Our technologies encompass AI for the search engine, cloud storage, and APIs for multimedia resource integration. The main objectives are to improve emotional well-being, facilitate access to academic resources, and foster a supportive community among students. To implement this proposal, we foresee development in three phases: prototype construction and testing, functionality integration, and official launch with adoption campaigns. We are considering challenges such as data protection and infrastructure maintenance, but we are confident that strong technical support and a robust platform will ensure the app's success. To evaluate our impact on digital education, we will measure user engagement, satisfaction, and retention, as well as the positive impact on their academic performance and emotional well-being.

Target

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 for our solution is university students who seek to improve their mental well-being and academic performance in a challenging and often stressful environment. These students will benefit from the app by gaining access to emotional support tools, such as a self-care chatbot, relaxation exercises, and a forum where they can share experiences and find empathy. Additionally, they will have access to academic resources like a scientific article search engine and collaborative spaces in courses and student chapters, which will facilitate their learning, help them manage academic pressure, and improve their soft skills. Our solution is relevant because it addresses specific student needs, such as stress management, academic organization, and strengthening the university community. To fully engage this group, we plan an initial phase of testing and feedback, where students can suggest improvements. Additionally, we will encourage active participation through rewards and vouchers, ensuring that each feature is designed to meet their particular needs and create a positive, enriching experience.

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?

Mentalspace is a unique app that integrates mental well-being and academic support in one place, designed specifically for university students. Unlike other applications that separate these approaches, Mentalspace offers a comprehensive ecosystem where students can access scientific resources through artificial intelligence, relaxation exercises, peer support forums, and psychological assistance from advanced psychology students. This not only enhances academic performance but also addresses emotional needs, strengthening mental health and a sense of community in university life.

Transferability

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

Yes, Mentalspace can adapt to other educational contexts and disciplines, expanding its impact beyond the university. In high schools, for example, it could help students manage stress during exams or challenging situations by offering relaxation exercises, emotional support, and educational resources. In the corporate environment, it could be used in workplace wellness programs to improve productivity, stress management, and foster a supportive environment among employees. Its comprehensive approach to wellness, academic resources, and community makes it relevant in various learning and personal development settings.

Context

What is the current or future problem you're trying to solve? How does your solution align with DigiEduHack 2024 annual theme? How does your solution confront the challenge posed by the hackathon organiser and how does it address the challenge category?

The problem we are addressing is the impact of stress and anxiety on academic performance, which affects students' concentration, motivation, and well-being. Mentalspace tackles this challenge with a digital platform that combines emotional and academic support, helping students manage their emotions and improve productivity.

The solution aligns with the theme of DigiEduHack 2024, offering an innovative tool that uses artificial intelligence to reduce stress and promote a healthier educational environment. By integrating mental well-being with learning, Mentalspace addresses the hackathon challenge of transforming education through technology, creating a more inclusive, efficient, and well-being-conscious experience for students.

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?

Mentalspace can transform education by integrating mental well-being with academic performance, reducing stress, and improving students' focus. It promotes self-care and emotional intelligence, contributing to greater motivation and performance.

Social impact: It fosters a culture of support and empathy among students, reducing the stigma around mental health and creating an inclusive environment. Students can share experiences and receive emotional support, enhancing their well-being.

Environmental impact: By digitalizing resources, it reduces the use of physical materials and contributes to a lower carbon footprint, especially by reducing the need for physical travel.

Scenario: At a university, Mentalspace provides tools to reduce stress and improve productivity, promoting a healthier and more productive environment. As it is adopted by more institutions, it will have a positive global social impact.

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?

Once we have the Mentalspace prototype, we will begin pilot tests at universities to gather feedback and improve the experience. In the medium term, we will expand the solution to high schools and corporate programs, adapting its features to their specific needs. In the long term, we will aim to replicate it in other countries and establish partnerships with educational institutions and companies to integrate it into their wellness and academic development programs. We will ensure sustainability through continuous updates, technological innovations, and predictive analysis tools, guaranteeing that the app continues to evolve and meet user needs.

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?

This team is made up of four passionate students, each bringing unique skills. Nathaly Condori Borja, an Industrial Engineering student, is focused on Industry 5.0 and contributes her experience as the Project Director at WIE, where she has developed leadership and empathy skills while raising awareness about academic stress. Emanuel Ancco Guaygua, Research Director at IDI UPC, specializes in sustainable construction, AI, and educational initiatives; his analytical abilities have allowed him to excel in competitions and bring innovative ideas to the table. Araceli Meza Corrales, a Civil Engineering student, is known for her dedication and drive for continuous improvement; her time at COMETE has shown her strengths in organization, teamwork, and active listening. Ginette Espino Tafur, also a Civil Engineering student and Delegate of ANEIC UPC, is passionate about researching career-related innovations and brings to the team her skills in project management, creativity, responsibility, and team spirit. Our team plans to continue working together, whether in consolidating this app into a real version or exploring future projects in civil and industrial engineering.