



Innovate Wellness Challenge 2024

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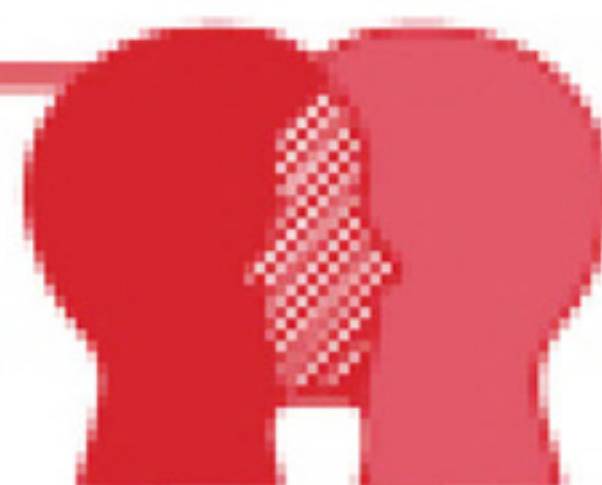


Be well. Feel well. Do well.

Top Idea:

ConnectUS: Nurturing Minds, Nature, and Community

1. EMPATHIZE



Audience:

- UConn students who experiencing stress issues
- Organization dedicated to student mental health and environmental sustainability
- University Administrative who are committed to improving the quality of life for students

Observation, Consultation & Feedback:

We conducted a survey among UConn undergraduates about their stress levels, connection with everything around them, and attitudes towards the climate crisis:

- * 64.3% of respondents consider social media a significant part of their lives.
- * 71.5% feel they are under some level of stress.
- * 71.4% rarely engage in outdoor activities.
- * 64.2% have a low inclination to focus on the climate crisis.



Name: Yifan Hu

Major: Communication

Bio: As an international student, I know how stressful when we have to adapt to a new environment, so we pay attention much attention to ourselves, which causes us to ignore the environment around which is not good. Therefore, I want to let students understand we have many different ways to release our stress and see this world.

2. DEFINE



Insights, Problem, Action Steps:

Insights:

- UConn students are grappling with heightened isolation due to academic pressures and the pervasive impact of social media.

Problems:

- This isolation disconnects them from their personal introspection and also from the larger environmental context.
- Students are intentionally and unintentionally ignoring environmental issues.

Action:

- We are committed to creating a website with AI chat to rebuild students' connection with the things around them.

Actionable Problem Statement:

- Excessive self-focus among students leads to weakened connections with peers and the environment, negatively impacting both students and nature.
- Ignoring environmental concerns exacerbates global climate issues. Lack of adequate support leaves students feeling more adrift and depressed.



Name: Xuanting Liang

Major: Sociology

Bio: Alienation problems and isolation problems are what I always focused on recently. We live in a fast life pace and profit-leading world, so we gradually losing our original selves. It's important to know who we are and what we truly need. But most of the time the school didn't teach it and students considered they didn't need it.

3. IDEATE



Idea Generation:

Why Interaction Website?

- Easy to approach without time and space limit
- Easy to collect data and build databases
- Cheap and easy to maintain

Why AI?

- Person-to-person interactions are often complicated
- Not easy to turn into a social or hook up app
- it is easier to control the data and avoid some malicious words
- Real-time, personalized support to students

Why Interactive mapping feature?

- Visualize the popularity of a location
- Sense of solidarity
- Help people discover more fun, healing outdoor places

Why a white puppy with a red scarf?

- Lost toys from childhood
- It is a metaphor for people's lost original self
- Meaning that people begin a journey of reconnecting with their original selves

Why reward system?

- Motivate people to do something altruistic or close to nature

