



Be well. Feel well. Do well.

Innovate Wellness Challenge 2022



Top Idea:

Personalized Resource Map

1. EMPATHIZE



Audience:

1. Students who feel overwhelmed receiving bulk emails and announcements that highlight UConn activities, research studies and resources.
2. Students who would benefit from a more streamlined process that gives them a personalized list of UConn resources at the time they need them the most.

According to an article posted in academicinfo, "One thing many college students never discover over their two or four years in college, are the impressive resources available on campus for preparing them for a career, for learning effective writing and studying skills, for health, physical, emotional and mental and for student activities."

<https://www.academicinfo.net/campus-life/smart-students-take-full-advantage-of-campus-resources>

Observation, Consultation & Feedback:

4. Our group discovered that even though all of us have been attending UConn for years none of us knew how to use or find the sources the University provides for students. This made us think how many more students are going through this issue and how many more incoming freshmen will have to go through the same predicament.



Name: Sabrina

Major: Human Development & Family Sciences

Bio: Sabrina is a graduate student studying bias and mental health among emerging adults. She is interested in building technology solutions that aim to address the needs of the community.



Name: Samantha

Major: Allied Health Science

Bio: Samantha is a senior studying Allied Health. She is currently a UConn Sexpert, and is interested in PA school for grad school.

2. DEFINE



Insights, Problem, Action Steps:

1. Our tackling issue is finding a way where students are able to utilize and locate all of the necessary resources they need.
2. That's why we want to design a survey for students that will generate a "personalized" list of resources they may be interested in based on their answers. This survey is meant to help streamline the process of connecting students to potential resources on campus based on their specific needs. Each personalized resource list will come with infographics that provide a simple summary of the resource based on categories (Finance, academic, Residential life, etc) as well as a link to their page for a more thorough description.

Actionable Problem Statement:

4. Finding resources on campus can be a challenge. There are so many resources available it can be difficult to know exactly where to look for what students may need. Students may also have multiple needs to address like finance, mental health, food insecurity, etc and may not know what's even out there.



Name: Sarah Wen

Major: Human Development & Family Sciences

Bio: Sarah is a Registered Dietitian Nutritionist (RDN). She is a 2nd year PhD student in the Human Development and Family Sciences (HDFS) doctoral program. Her current research interests include both qualitative and quantitative research to inform the design and evaluation of community nutrition interventions.

3. IDEATE



Idea Generation:

Would you like a personalized resource map for college success?

Survey Design:

- Mandated (or enticed with gift card or some kind of raffle) to complete during orientation so that students are introduced to resources they anticipate they may need or are interested in learning more about
- Survey will be available at all times but encouraged/mandated at orientation for students so they know it's there
- Quick survey- less than five minutes
- Resource categories are created (finance, mental health, food insecurity, scholarships, etc) that students can choose from in survey to learn more about

"Personalized" Resource list:

- Infographics created showing potential resource options based on categories survey user suggested
- After survey is completed email w customized resource list sent out to survey user
- There will be a standard set of infographics made based on each category
- Infographics will be short and engaging- this is a short summary and a suggestion of resource options for people.
 - Ex: Category- Academics
 - Need help with a writing assignment? Try the W center!
- Links to website of resources will be provided for students for more information
- Infographics should be updated on a yearly basis to reflect any potential changes or additions in resources
- Anyone helping with the project would receive volunteer hours for their involvement.
- Translating services will be used as well to make sure each infographic does not have a language barrier so that international students can utilize it.



Name: Elizabeth

Major: Psychology

Bio: Elizabeth is a senior Psychology student. She plans to go to grad school to acquire her PhD. She is interested in going into the clinical field to help individuals who are struggling with disorders or other critical issues that restrain them from connecting with others or living a typical life.