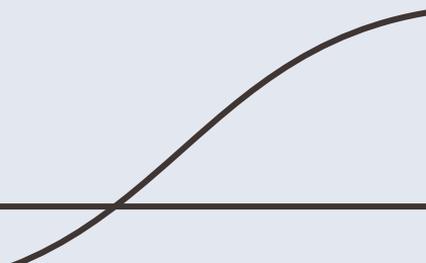


Needfinding

Technology for Mental Health

Riley, CJ, Grace, Ginelle



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Takeaways

Our team



CJ Indart

CS Undergrad in
HCI



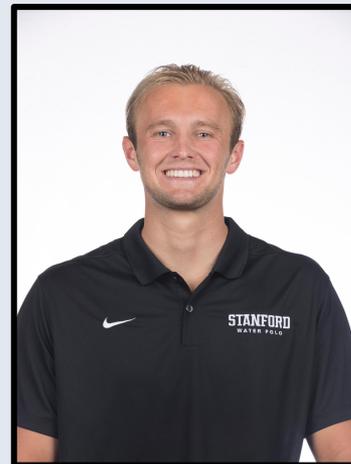
Ginelle Servat

SymSys Undergrad in
HCI



Grace Miller

CS Undergrad in AI

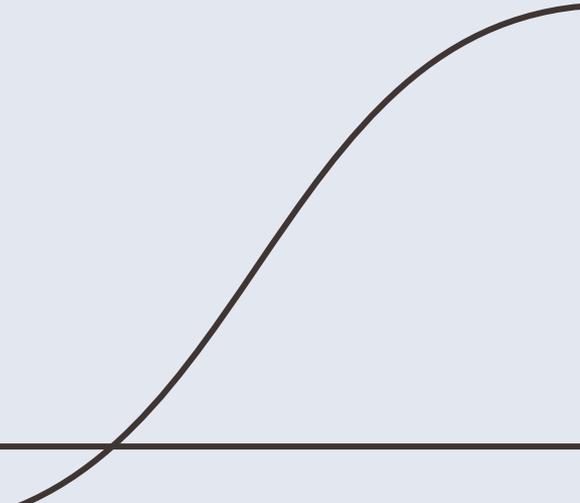


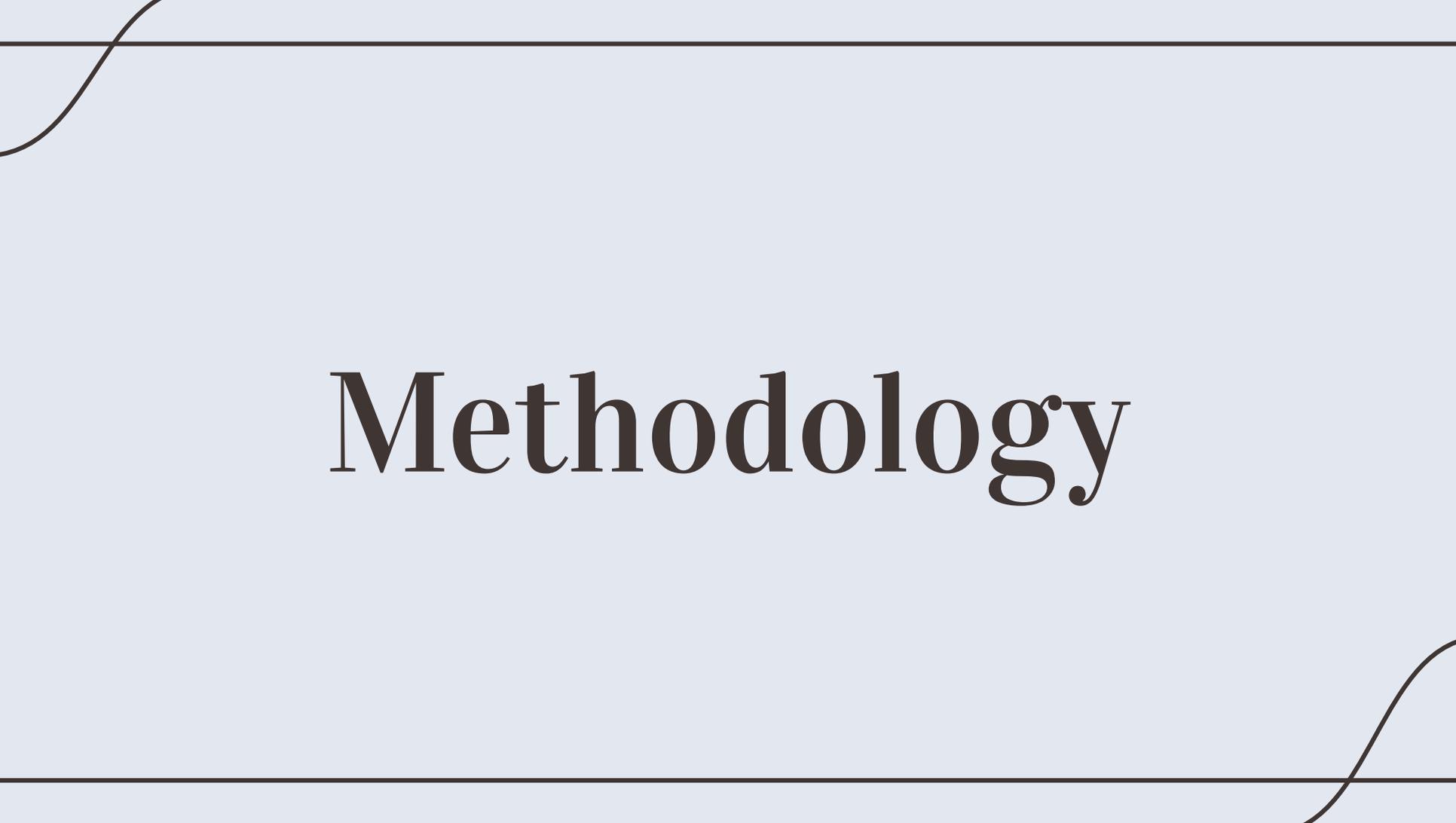
Riley Pittman

CS Undergrad in AI,
CS Coterm in HCI

Problem Domain

- College- and newly post-college-aged students in the US
- Focused on concerns about post-graduate life





Methodology

Participants

Sara

Graduate student
studying school
counseling in Iowa City

Alexandra

Community college
commuting student from
North Miami

Emily

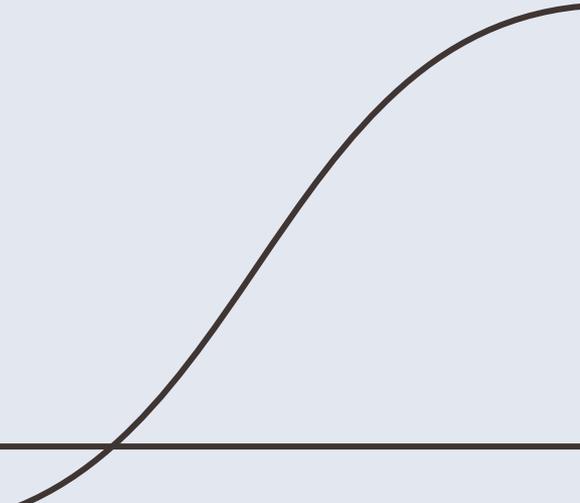
Undergraduate
student-athlete at
Stanford

Trevor

College graduate &
behavioral therapist job
seeking in Menlo Park

Emily

- Junior field hockey player at Stanford studying MS&E
- CJ recorded and took notes
- Riley asked questions



Emily

Say

Junior field hockey player at Stanford University -- MS&E Major

"Did you ever think of changing your major?"
"Yes, **unfortunately**"

She came back to school early for the Ajax DRIVE program -- "life changing/career changing"

Took the internship because it was really convenient (on campus, only 2 weeks, right before her preseason training)

Studying for investment banking over the summer, would have wanted an internship to do with that

"Combined both the learning aspect of the business and finance world while bringing in other leaders in the industry and having them talk about how they got there"

Biggest stresser is probably networking

Hard to specifically find ex Stanford athletes in finance that can help

Have to know somebody to get your foot in the door (IB)

Randomly found the internship program in Stanford email newsletter

Says that LinkedIn isn't super helpful because it's hard to find the right people to talk to

Think

Questioned major (CS, MS&E, SymSys)

Thinks the Ajax DRIVE program needs to grow and be offered to more students

The internship program wasn't advertised well enough

Wishes there was some sort of finance internship she could have gotten this past summer

networking is hard to do at a large scale while pursuing degree and athletics

She needs to work harder than people at other schools because there's no finance classes

There needs to be more finance courses at Stanford that teach finance technicals

She doesn't have enough time to study/network since she's a student-athlete

Wishes there was a better way to connect with athletes in finance and alumni

Do

Takes classes for MS&E and SymSys

Participated in Ajax DRIVE internship, business information

She looks at a Stanford email newsletter for opportunities

Reaching out to alumni field hockey with interested majors for jobs (Econ, MS&E, etc.)

Has planned out her path towards networking and finding a job

Studied a lot during the summer for investment banking

Has to study on her own for banking through Wall Street Prep, Youtube, etc.

Uses LinkedIn for networking

Searches through Stanford athletics rosters to find LinkedIn profiles

Last year, she did networking and tried to get a job for this past summer, but wasn't able to get one

Feel

Overwhelmed

Lucky/
Thankful

Unsatisfied

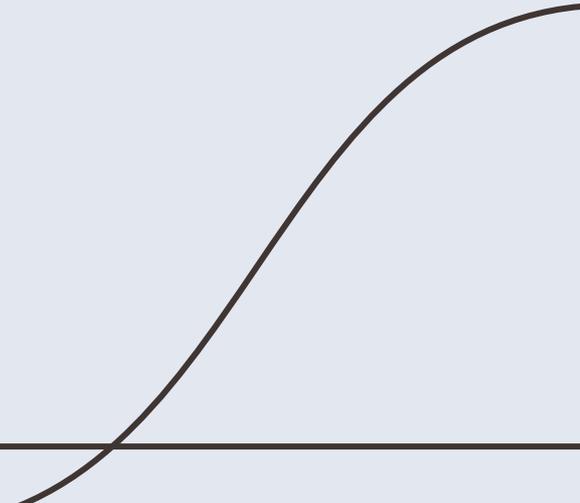
Enjoyed summer internship

STRESS

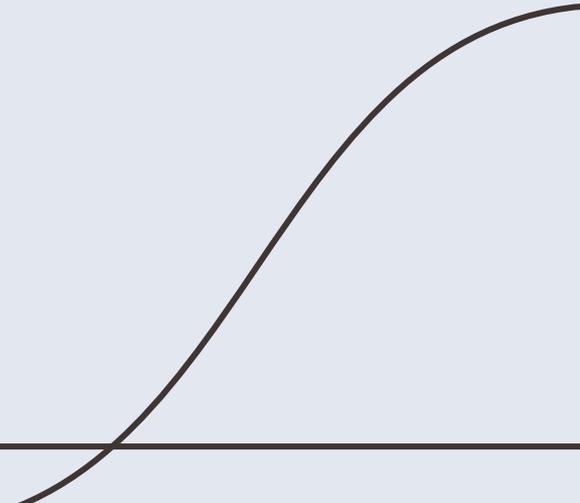
Happy

Annoyed

Key Quotes/Findings

- Her “biggest stressor is networking” and finding a job
 - Wishes it was easier to connect with former Stanford athletes in finance and the professional world
 - She uses LinkedIn, but it’s “hard for her to find the right people”
- 

Alexandra

- 3rd year community college student in Miami studying Cybersecurity
 - Manages a part-time job while being a leader in the classroom
 - Ginelle interviewed, took notes, and recorded
- 

Alexandra

say

managing full-time school with a part-time job, along with her personal and social life and hobbies, within 24 hours is the most stressful aspect

Ginelle

second stressor is transportation to work

....

a lot of her friends are taking more classes per semester than her

Ginelle

"school is just a thing that helps you" but that the steps you take from there are on you

Ginelle

loves concerts - her first Motley Crue concert was so thrilling and energizing that "you become one with the song"

Ginelle

"according to my counselor i'm projected to be a hacker but how accurate is that?"

Ginelle

she would rather not attempt to talk to future employers at job fairs

Ginelle

"i don't plan i just go"

....

there is no waiting period in her day-to-day life, there is always somewhere to be

Ginelle

she doesn't help her future self

Ginelle

"out of sight, out of mind"

....

she's never considered networking in a professional sense when communicating with classmates

Ginelle

think

delaying pain for pleasure is worth it in the end

Ginelle

the future is not promised

Ginelle

the present is more valuable than the future

Ginelle

overplanning can be an overlooked stressor

Ginelle

about the slope between carefree and recklessness

Ginelle

it's important to be reliable when other people are around

Ginelle

people are responsible for their own actions, or lack thereof

Ginelle

if a stressor is put off long enough, it will disappear

Ginelle

that she is in a constant cycle of dealing with stress caused by past decisions

Ginelle

music, whether enjoyed live or recorded, provides a refreshing feeling of un-worried

Ginelle

do

has a lot of "actually, on second thought" moments where she contradicts herself or reasons the opposing way of thinking

Ginelle

compares herself to her peers despite being in different circumstances

....

when it comes to long-term stressors, she avoids them

Ginelle

self-reflects her current state in young adulthood and questions how much the decisions she makes today will change as time goes on

Ginelle

travels often in order to attend concerts often

Ginelle

takes initiative at school, bringing classroom communication together

Ginelle

develops fix-like symptoms, hypochondria, and hyperactivity from stressors

Ginelle

procrastinates a lot

Ginelle

spends most of her money on concerts and related travel

Ginelle

only plans and sets the bigger events and lets the in-between arrange themselves when the moment comes

Ginelle

distracts herself from stressors

Ginelle

listens to music to tune out stress-related hyperactive thoughts

Ginelle

feel

indecisive when it comes to making a choice on whether a long-term

Ginelle

an unpredictable future looming over

Ginelle

ashamed to prioritize her free time + joy

Ginelle

a lack of control when it comes to taking action to not cause future stress

Ginelle

inadequate or that she's falling behind academically due to prioritizing her short-term happiness

Ginelle

a need to be reliable for others

....

a cognitive frustration in being okay with her choices while still being unhappy with the consequences afterwards

Ginelle

proud when seeing classmates collaborate together to produce exemplary work

Ginelle

that maybe this could be a risky approach to living

Ginelle

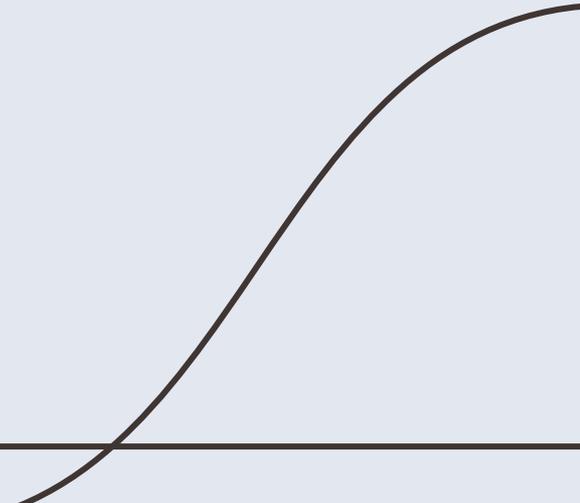
a strong association between academics and stress

Ginelle

Key Quotes/Findings

- “Out of sight, out of mind” is how she approaches the future.
 - Fears an imbalance between her future and staying true to her passions.
 - Two types of stress: while there was a big stressor placed on academics as the immediate surrounding environment, there was not a connection made between it and long-term post-graduate career plans.
-

Sara

- Graduate student at the University of Iowa studying to be a school counselor
 - Collegiate rugby player hoping to go pro
 - Graduates college in spring 2025
 - Grace interviewed and took notes
- 

Sara

Say

- Main stressors are finances and lifestyle post-graduation
- Her graduate program does an excellent job of connecting students with job opportunities
- Confident about her choice of career path
- Career path is extremely dependent on location of school district and regional government policies
- Chosen career path provides relatively low pay
- Currently in a difficult transitional period characterized by uncertainty
- Rugby team is a good fallback for mental health and emotional support

Think

- More worried about post-graduate lifestyle than about finding jobs specifically
- Concerned about potential challenges with lifestyle impacting her performance at work
- Unsure how to make friends at work outside of rugby
- Trying to determine location based on state and licensure policies, proximity to family and “vibes of the place”
- Concerned about cost of living
- Hoping to play rugby professionally post-graduation, so location choices are also restricted by availability of athletic opportunities

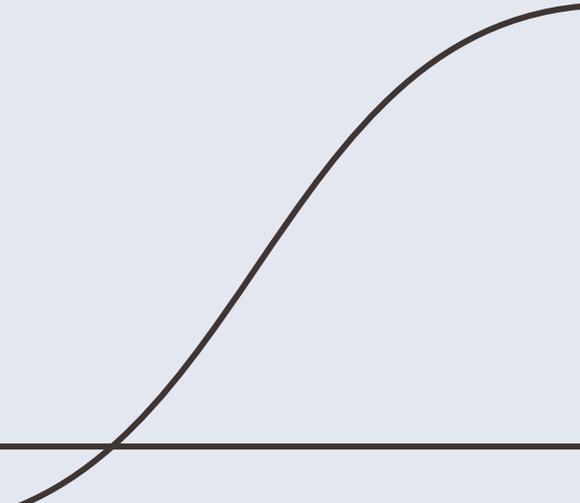
Do

- Plays rugby at the collegiate level
- Actively pursues professional rugby opportunities
- Seeks jobs via Indeed, LinkedIn, Handshake
- Talks to school advisors and goes to career center
- Goes straight to the school district to ask about school counselor openings
- Relies heavily on rugby team socially and emotionally
- Journals
- Goes to therapy
- Meditates

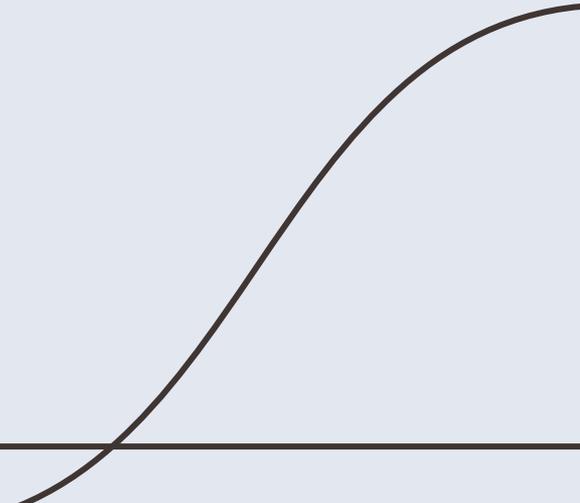
Feel

- Anxious
- Worried
- Concerned
- Uncertain
- Stressed
- Performance anxiety
- Isolated
- Lonely

Key Quotes/Findings

- More concerned about quality of postgraduate life than about finding a job
 - Concerned about isolation and making friends
 - Relies heavily on her sports team for mental health resources and community
- 
-

Trevor

- Recent graduate from Santa Clara University with an undergrad in psychology
 - Living at home and working as a behavioral therapist while pursuing further education in psychology
 - **Edge case - college graduate currently jobseeking**
 - Grace interviewed and recorded
- 

Trevor

Say

- Main stressor is certainty about whether he has chosen the right career path
- “Before this, I never worried about what my future was going to be, because it was so easy in college”
- Worried about “hypothetical incomes 8 years from now”
- “Is this investment worth it? Am I wasting five years of my life to pursue something that’s going to be a dead end?”
- Knew he wanted to be a psych major since before entering college, but previously studied business out of pressure to pursue something more “predictable”
- “You spend 80% of your adult life doing work. If you hate your job, you’re going to hate your life”

Do

- Talks to professors about post-grad opportunities
- Talks to mental health professionals in his life (family friends, etc.)
- Studies for masters at night
- Uses Handshake to look for jobs
- Gym for mental health
- Socializes with post-college age range for mental health

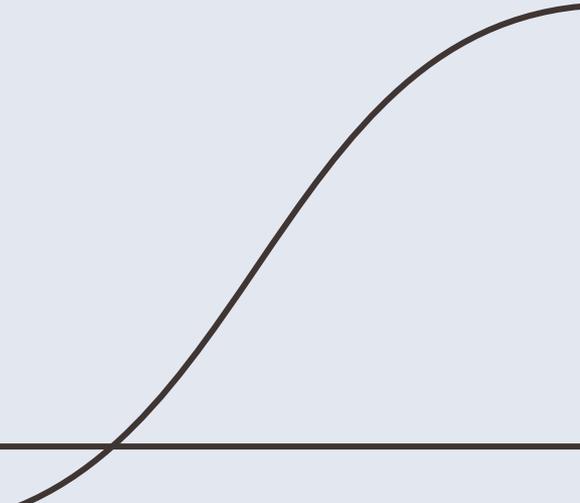
Think

- Concerned about job satisfaction and lifestyle outcomes down the road
- Doesn’t feel well-connected
- Would rather make half as much money and do something he enjoys than do something he hates for the price tag
- Still doubts whether he did the right thing by swapping from business to psychology
- “Doesn’t know enough about what careers are out there” to seriously consider many alternatives
- Worries about whether he’s spending his time correctly in the immediate future, looking for the right jobs
- Wishes class was in-person

Feel

- Anxious
- Focused
- Isolated
- Unrooted
- Serious
- Pressure

Key Quotes/Findings

- Most concerned about job satisfaction and whether he's chosen the right career path
 - Doesn't feel like he has adequate resources to figure this out or explore alternatives
- 
-

Summary & Takeaways

- Impending and recent college graduates feel a lack of resources for genuinely connecting with professionals in their field
 - Both job availability and career fulfillment are concerns
 - Graduates worry about feeling socially isolated after leaving college
 - Stress about the future can lead college students to be avoidant of career objectives
-

Next Steps

- Narrow scope and conduct more specific, targeted interviews with pre-determined questions
 - Interview more non-Stanford students in the Bay Area
 - Interview alumni and professionals about their advice for and willingness to connect with students
 - Randomize interviewees
-

Thank you!
