



— Paul Trust, Clodagh Carr, Rie  
Matsuzaki —

# Problems

- Stress
- Loneliness
- Work-life balance
- Motivation



# Evidence for a mental health crisis in graduate education

[Teresa M Evans](#) , [Lindsay Bira](#), [Jazmin Beltran Gastelum](#), [L Todd Weiss](#) & [Nathan L Vanderford](#) 


## Stress and burnout in psychology doctoral students

### Coping with loneliness: A doctoral students

Hania Janta, [Peter Lugosi](#)  & Lorraine Brown

Pages 553-571 | Received 22 May 2012, Accepted 02 Aug 2012, Published online: 23 Oct 2012

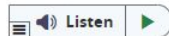
[Yvette Rico](#) <sup>1</sup>, [Eduardo L Bunge](#) <sup>1</sup>

Affiliations  expand

PMID: 33108215 DOI: [10.1080/13548506.2020.1842471](#)

## Researcher burnout: An overlooked aspect in mental health research in times of COVID-19

[Manoj Kumar Sharma](#) <sup>\*</sup>



Research Article

## How can universities better support the mental wellbeing of higher degree research students? A study of students' suggestions

[Tracii Ryan](#)  , [Chi Baik](#)  & [Wendy Larcombe](#) 

Received 05 May 2020, Accepted 02 Dec 2020, Published online: 25 Jan 2021

# Impact



**Individual Wellbeing**

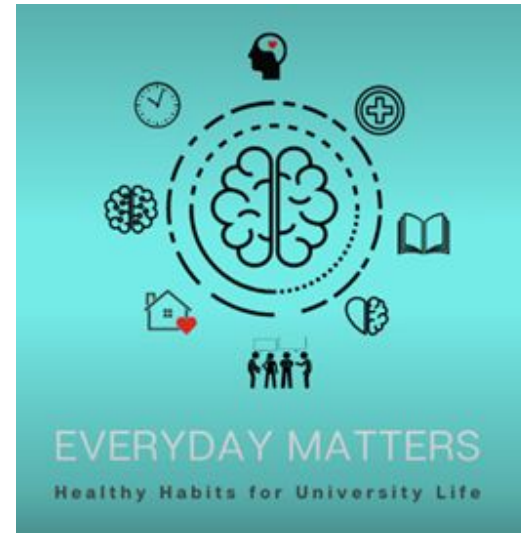


**Better Connection**



**Better Performance**

# Current solutions

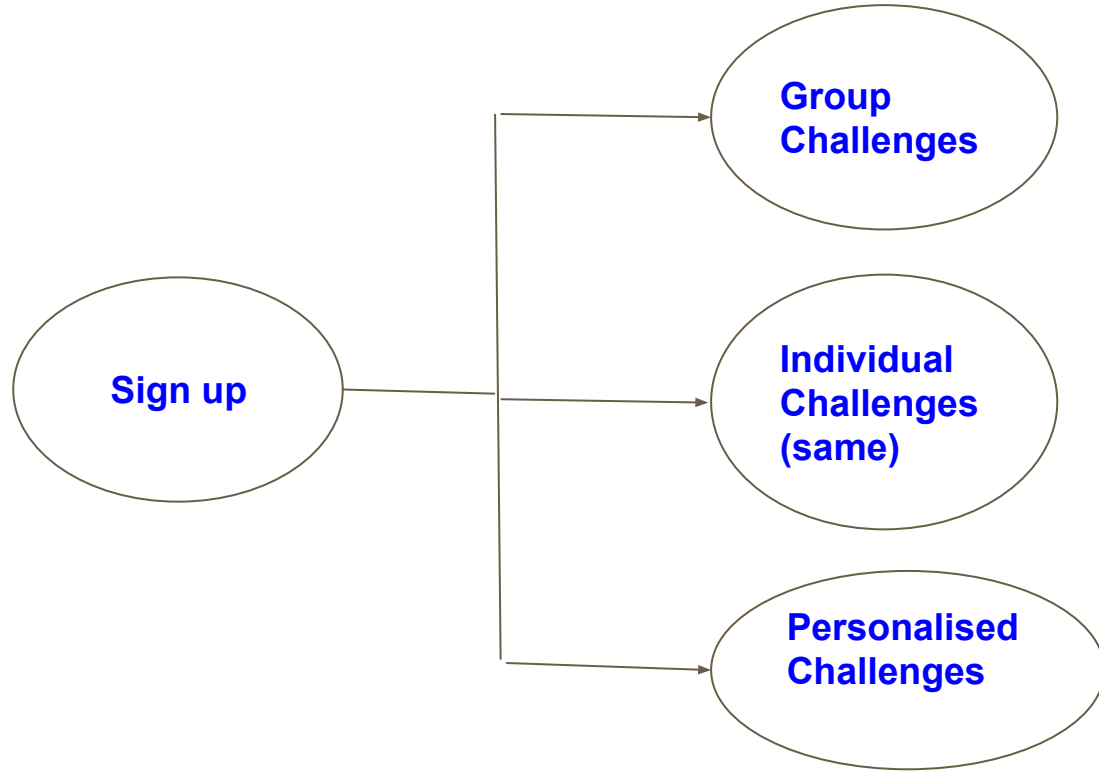


# Presenting UCCheckin

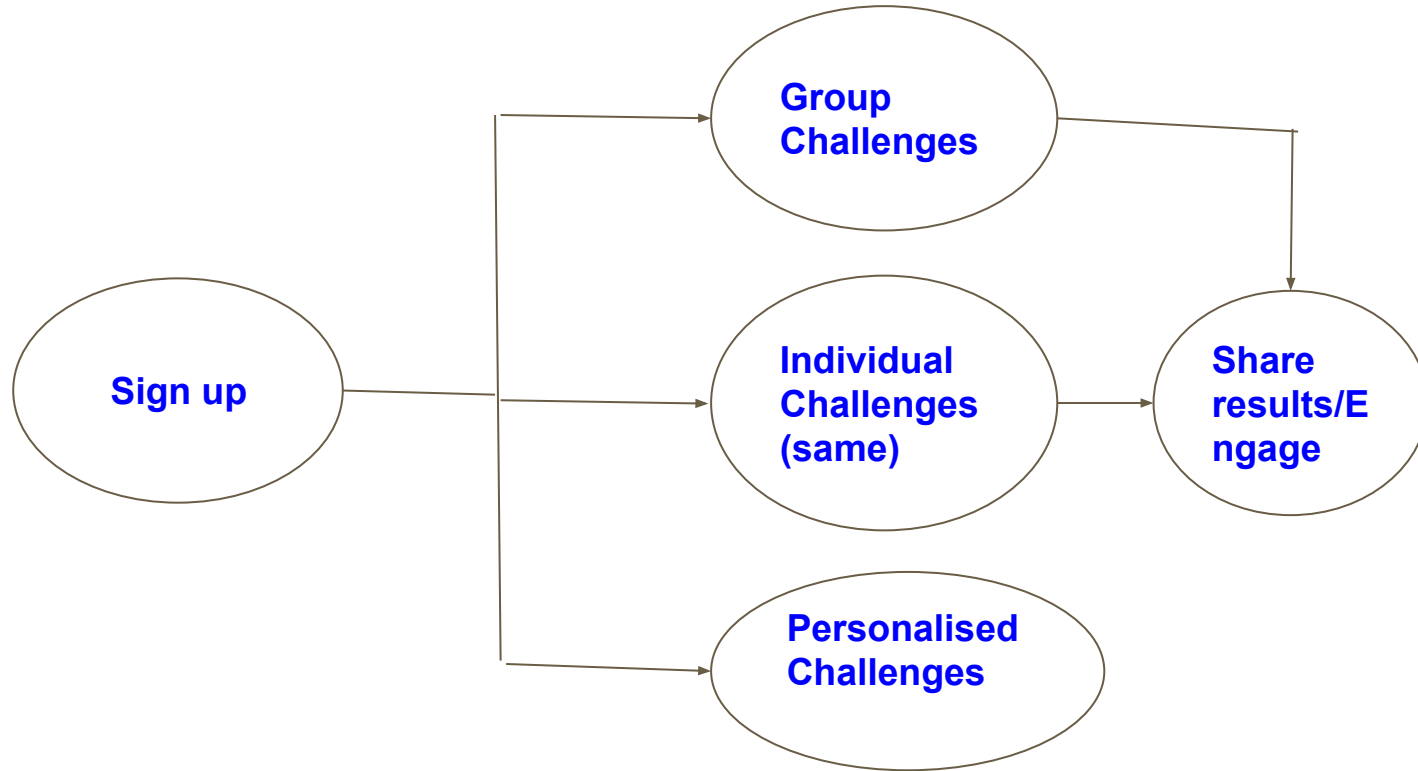


**Sign up**

# Presenting UCCheckin

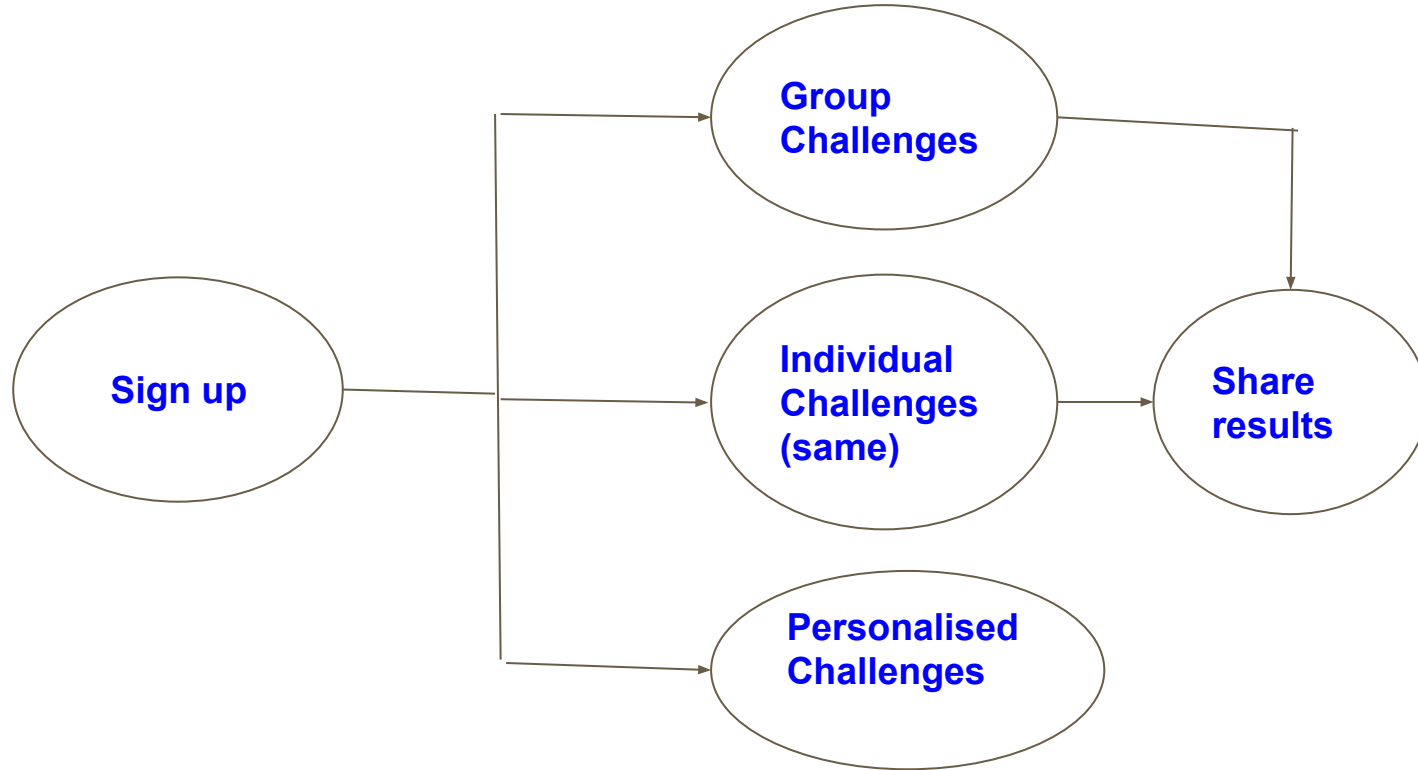


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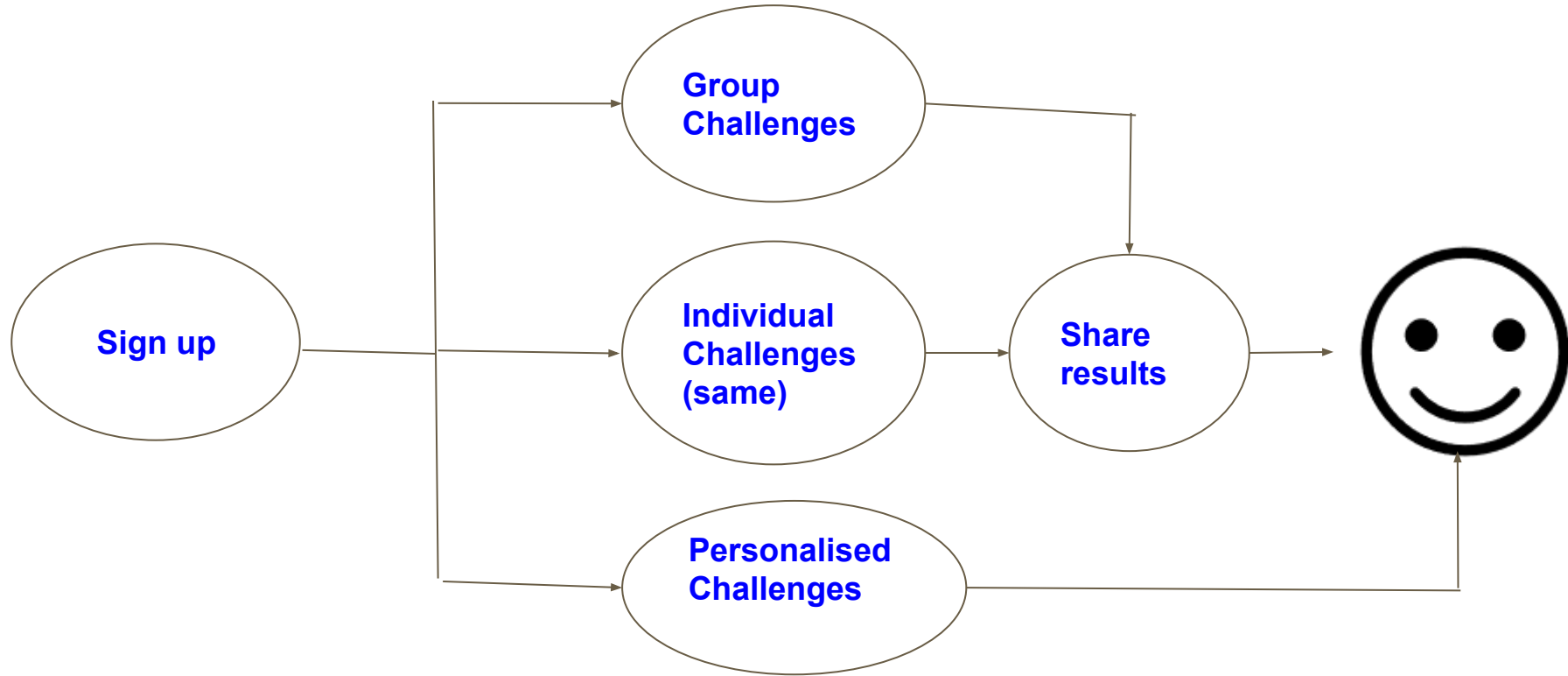




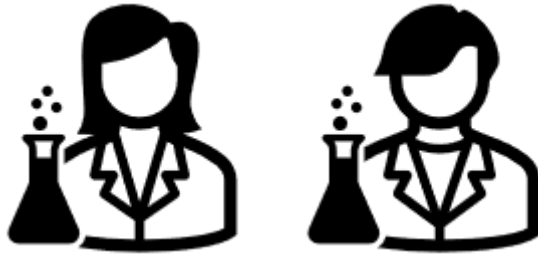
# Presenting UCCheckin



# Presenting UCCheckin



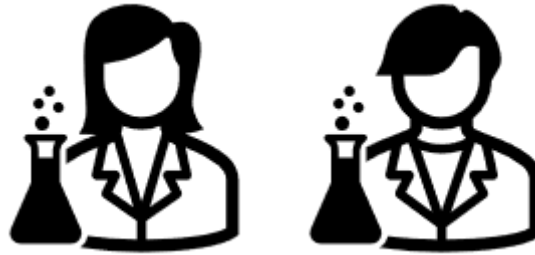
# What's New with UCCheckin?



# What's New with UCCheckin?



## Data Analysis



# What's New with UCCheckin?



## Data Analysis



# What's New with UCCheckin?



## Data Analysis



# What's New with UCCheckin?



## Data Analysis

## Publication



# What's New with UCCheckin?



**Data Analysis**

**Publication**



**Loneliness**



# Beauty off UCCheckin



## Community-Curated Challenges

**Staff & Wellbeing Development and Student Wellbeing**



## Beauty off UCCheckin



## Community-Curated Challenges



**Staff & Wellbeing Development and Student Wellbeing**

## Example challenges



**Memory**



**Mindfulness**



**Exercise**



**Gratitude**



**Creativity**

# How will the future change with our app?



**Individual Wellbeing**



**Loneliness**



**Overall Performance**

# How will the future change with our app?



**Better Wellbeing**



**Better Connection**



**Better Performance**

Thank you

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# References

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Grossman, Paul, et al. "Mindfulness-based stress reduction and health benefits: A meta-analysis." *Journal of psychosomatic research* 57.1 (2004): 35-43.

Evans, Teresa M., et al. "Evidence for a mental health crisis in graduate education." *Nature biotechnology* 36.3 (2018): 282-284.

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