Wishing Well

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<table>
<thead>
<tr>
<th>Key Terms</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental wellness</td>
<td>Self-driven, differs from mental health</td>
</tr>
<tr>
<td>Checking in</td>
<td>Monitoring personal and peer mental wellness</td>
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<tr>
<td>Reaching out</td>
<td>Asking for extra support from people around you</td>
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</tbody>
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Problem: Motivating Conscious Reflection & Interaction

- **Reflection:**
  - Difficult to perform conscious self reflection on a regular basis

- **Interaction:**
  - Difficult to check in with friends in a meaningful way through social media

![Diagram showing the equation: healthy body + healthy mind = happy life]
Initial Paper Prototype
Initial Paper Prototype: Creating Content
Initial Paper Prototype: Creating Content
Initial Paper Prototype: Creating Content
Initial Paper Prototype: Interacting with Content
Initial Paper Prototype: Interacting with Content
Testing Process

- 2 heuristic evaluations
- 3 usability tests
Testing Results

● Heuristic Evaluations
  ○ Unintuitive navigation
  ○ Lack of onboarding

● Usability Tests
  ○ Unused customization feature
  ○ Confusing “knock” interaction
  ○ Ineffective homepage
Final Paper Prototype
Final Paper Prototype: Creating Content
Final Paper Prototype: Interaction with Content
Hi, Michael!

Today is Sunday, February 26.
How are you?

Add an entry

Add an entry

February 26, 2017
7:34 pm
CSE Atrium
Pretty empty, a little chilly
- sunny
open
content

It's sunny outside, so I walked around with Bobby today. Got to catch up with him, I haven't talked with him in a few weeks.
Hi, Michael!
Today is Sunday, February 26. How are you?

Add an entry
Summary

- Onboarding the user efficiently
- Maintaining balance between personal reflection and peer interaction
- Conveying the correct interaction of checking in on friends
- Emphasizing creating entries over customization of entries
Honesty & Vulnerability
Regular Care
Positive & Healthy Relationships

Wishing Well
Hi, Michael!

Today is Sunday, February 26.
How are you?

On this app, you can add diary-like entries to a personal calendar.

Each entry has sections to guide your response, but you can skip a section if you’d like.
Check your friends

Check your friends’ public entries to see how they’re doing.

Ping your friends

You can interact with a friend by pinging them in the upper right corner. This sends your friend a message asking how they’re doing.
February 26, 2017
7:34 pm
CSE Atrium
Pretty empty, a little chilly

It's sunny outside, so I walked around with Bobby today. Got to catch up with him, I haven't talked with him in a few weeks.
February 10, 2017
2:53 pm
Seattle Center
3
stressed
nauseous
dishheartened

A little bummed because I just missed my bus. I’m also started to get sick, which sucks because I don’t have time to be sick this week. Two midterms and an essay coming up.