How might we provide college students awareness of their mental wellness so they can better balance their lifestyles?

Why is this important?
The mental and emotional wellbeing of American college students has declined in the past 25 years\(^1\). The stress that these students are subject to is a precursor for more profound mental health issues. We believe that management of this stress will provide a possible solution to avoiding its long term damage.

Our Solution
We created Fulcrum to specifically cater to aspects of wellbeing that college students easily overlook. Being students, we are very familiar with the stress associated with day to day activities, which is why we made our app quick and easy to use, with an emphasis on the four, main areas of wellness associated with overall wellbeing.

Here at Fulcrum, we believe that life is a balance best achieved through self awareness.

By The Numbers
*Anticipated data and results*

![Weighted Wellness Score Chart]

**Q. Do you believe this app increased your awareness of your mental wellness?**

- Yes: 34%
- No: 66%

Difference in wellness scores by week:
- Group 1 - Control Group
- Group 2 - Subjects with Jawbone
- Group 3 - Subjects with Jawbone and App

Where we’re headed
The project has received generous support both internally and externally and we truly believe that it has the potential to succeed and prosper. Once we have completed the pilot study we intend to improve and expand our project by taking the following steps:

1. Improve our app using the feedback and results from the pilot study
2. Perform a second, larger study with the updated app
3. Present our findings at the NASPA 2016 mental health conference
4. Establish programs which integrate and customize Fulcrum to other universities

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1. Source: American College Health Association (ACHA) 2016 National College Health Assessment II Data Report.