

Knight Foundation School of Computing & Information Sciences

Summer 2025 Senior Design Project

HOWRU.LIFE

Students: Alexander Coronel, Rubens Nicolas, Brian Rufin, Joshua Stone, William Garcia

Mentor: Liane Sangollo, HR Vision Consulting

Instructor/Faculty: Dr. Masoud Sadjadi, Florida International University

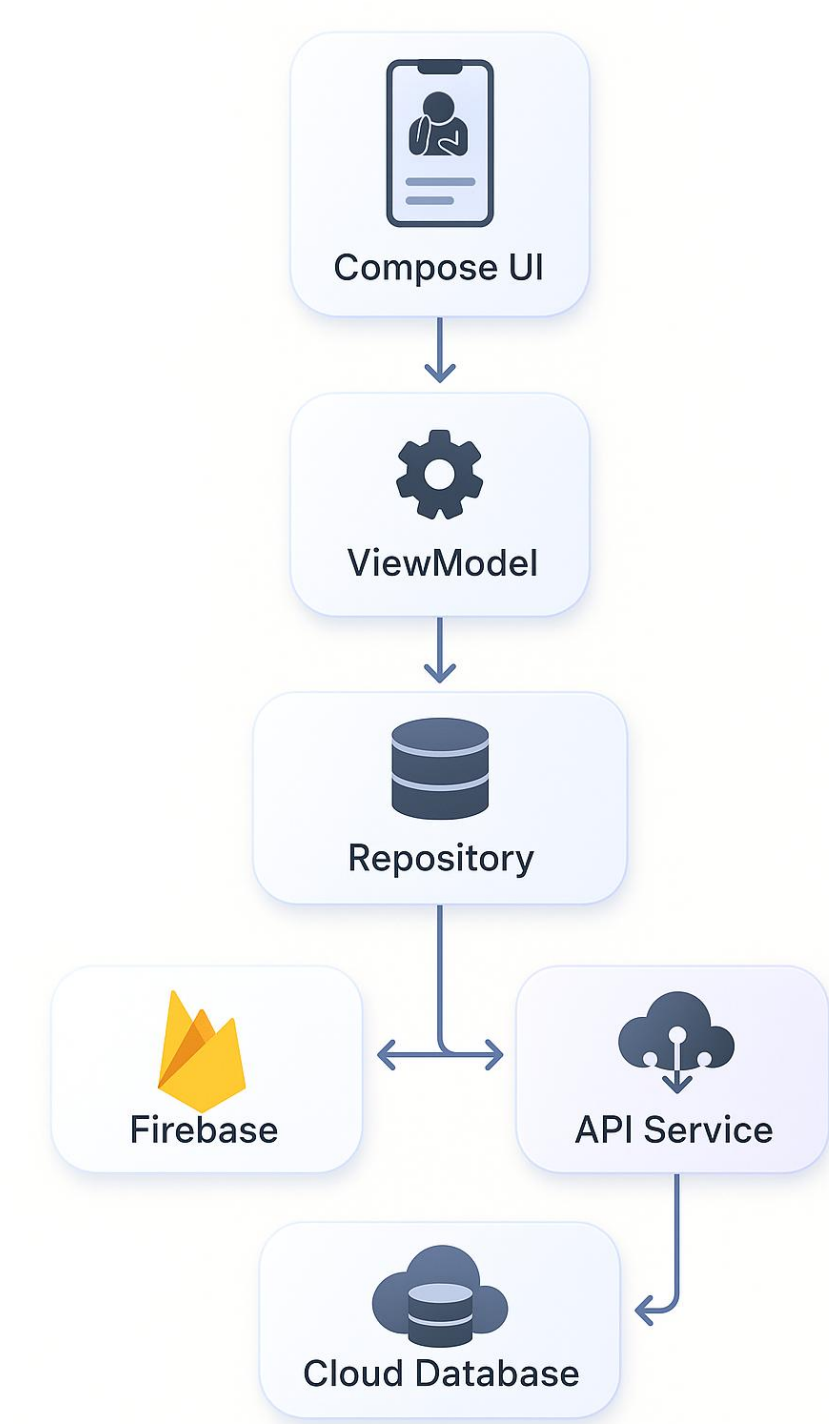


PROBLEM

In today's fast-paced world, many people struggle with anxiety, stress and overwhelming thoughts, but don't always have the tools or support to manage them effectively. Long wait times for therapy, lack of access to mental health services, or simply not knowing where to start can leave people feeling stuck.



SYSTEM DESIGN



VERIFICATION

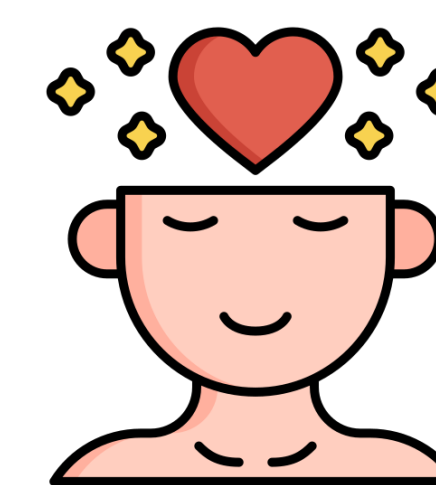
To make sure this app is user-friendly, the team tested the app using the Android Studio emulator. We verified that navigation between screens worked as expected, strategies could be selected and saved, and visual elements displayed correctly. Each update was pushed to GitHub, allowing our group to review code changes and track progress collaboratively. The emulator provided a stable environment for debugging and validating functionality. Future teams can continue testing on more devices and expand feature testing as development progresses.

ACKNOWLEDGEMENT

The material presented in this poster is based upon the work supported by Liane Sangollo: HR Vision Consulting. We/I thank Adrian for his/her/their assistance and mentorship that I/we received throughout the senior design project.

CURRENT SYSTEM

HOWRU.life is a mental health support app designed to five users immediate, accessible help right from their phones. It is filled with features like guided breathing exercise, stress tracking, and daily self-care action pans .The app helps users build healthy coping habits, trach their emotional wellbeing, and take control of their mental health.



FEATURE MAP



SCREENSHOTS



REQUIREMENTS

GitHub: Recommended for collaborations between teammates and allows for version control of the project.

Android Studio: Application used app development such as howRU.life.

Firebase: Used for the backend. Handles data as well as authentication. Access given by Firebase owner.

Google Play Console: This allows you to publish your implementation on the Google Play Store App. Access given by mentor.



CONTRIBUTION/ IMPLEMENTATION

- Brain Rufin - Migrated project from Android XML to Jetpack Compose for a more dynamic UI.
- Alexander Coronel - Added user options for selecting and personalizing Strategies and Actions.
- William Garcia - Introduced a custom field for user-defined Strategies and Actions.
- Rubens Nicolas - Implemented star-based effectiveness rating.
- Joshua Stone - Enabled users to view effectiveness ratings in a log.
- Brain Rufin - Made effectiveness ratings flexible and adjustable over time.



SUMMARY

HowRU.Life is a mental wellness app our team built to help people deal with stress and anxiety in a simple and supportive way. It guides users to recognize what they're feeling, pick helpful strategies, and keep track of their mood over time. We worked together to design something that's easy to use and reliable. Future Capstone 2 students will continue improving it with new features and updates.