

Relax, Reset, and Recharge

A virtual reality experience to improve mental wellness among high school students



A field test by Justine Stewart - MND 613

**"MODERN TECHNOLOGY
OFFERS AN OPPORTUNITY
TO SUPPORT STUDENTS
MENTAL HEALTH NEEDS
IN NEW WAYS."**

LearnWell

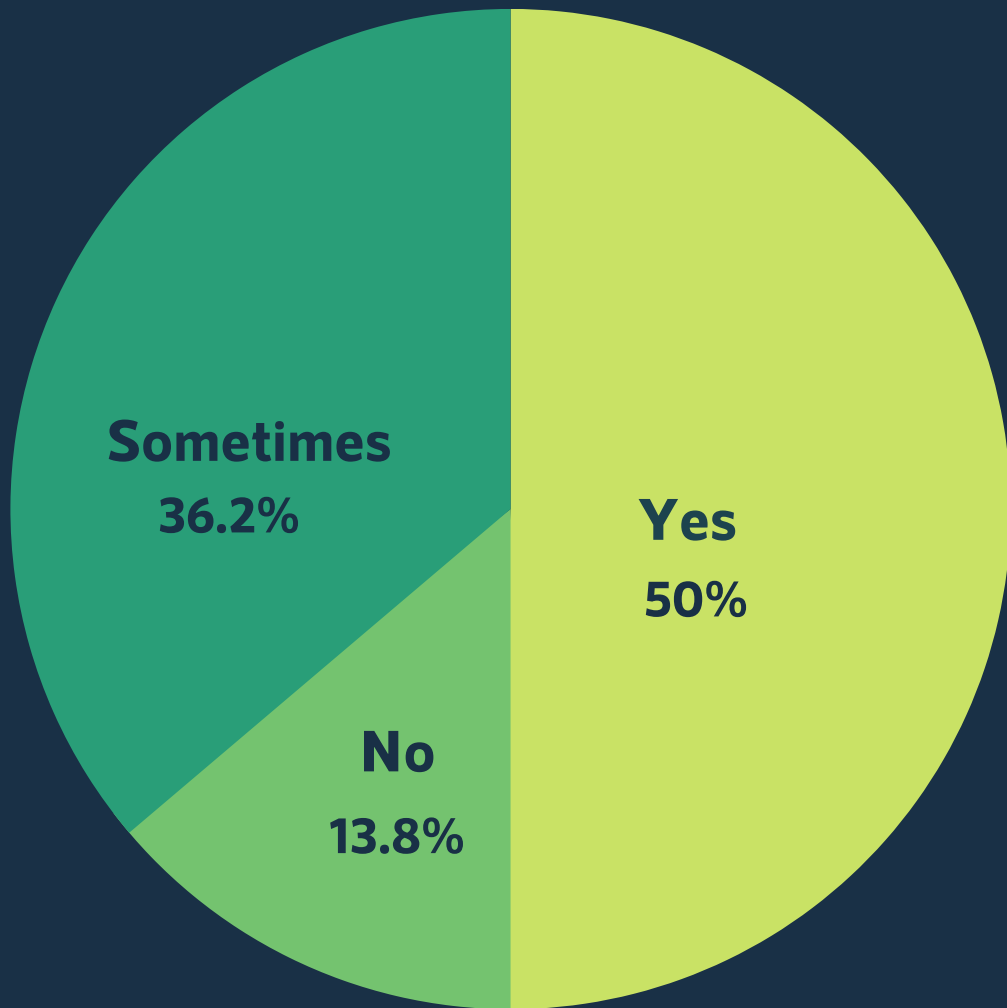


THE PITCH

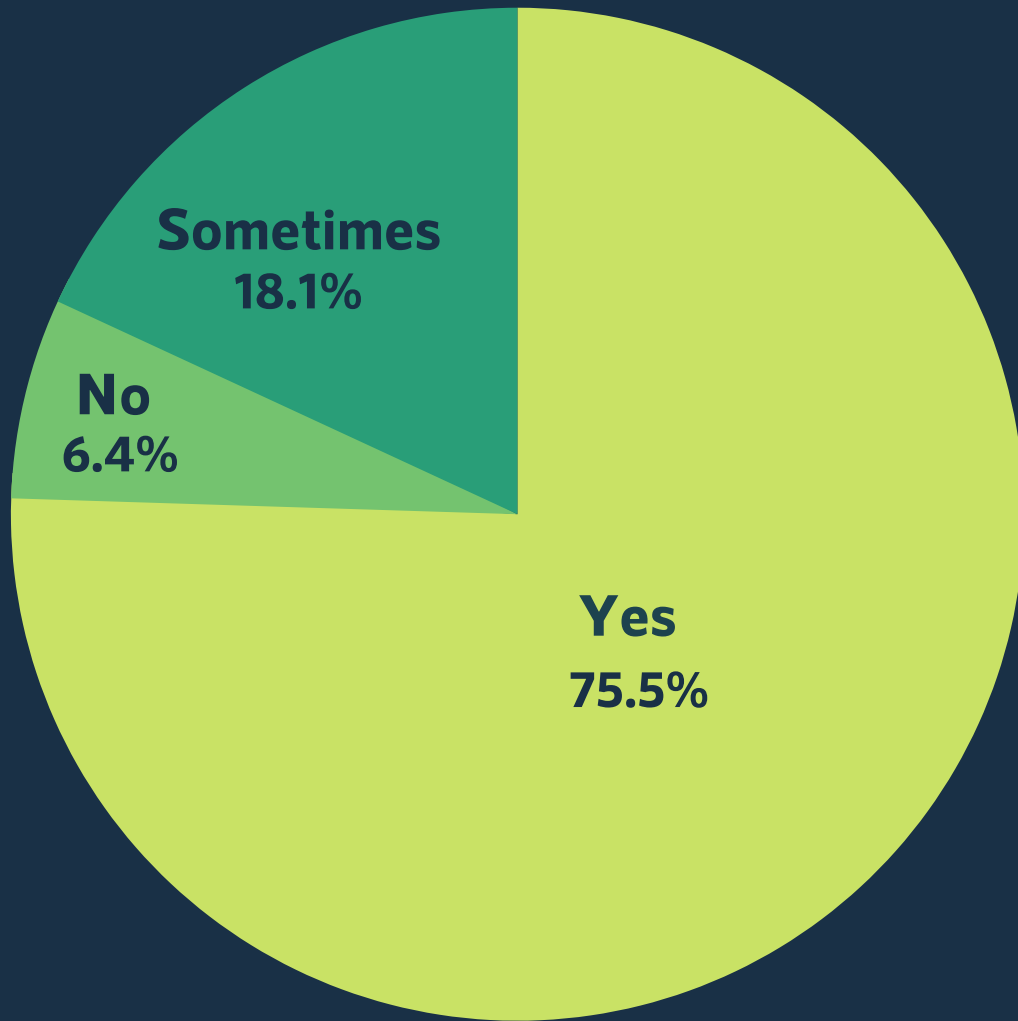


I am developing virtual Relax, Reset and Recharge rooms for high school students ages 14 to 18. The goal is to solve mental wellness issues in schools by allowing break times to access an Oculus headset where they can experience 360 videos and scenes as well as engage with augmented reality rooms.

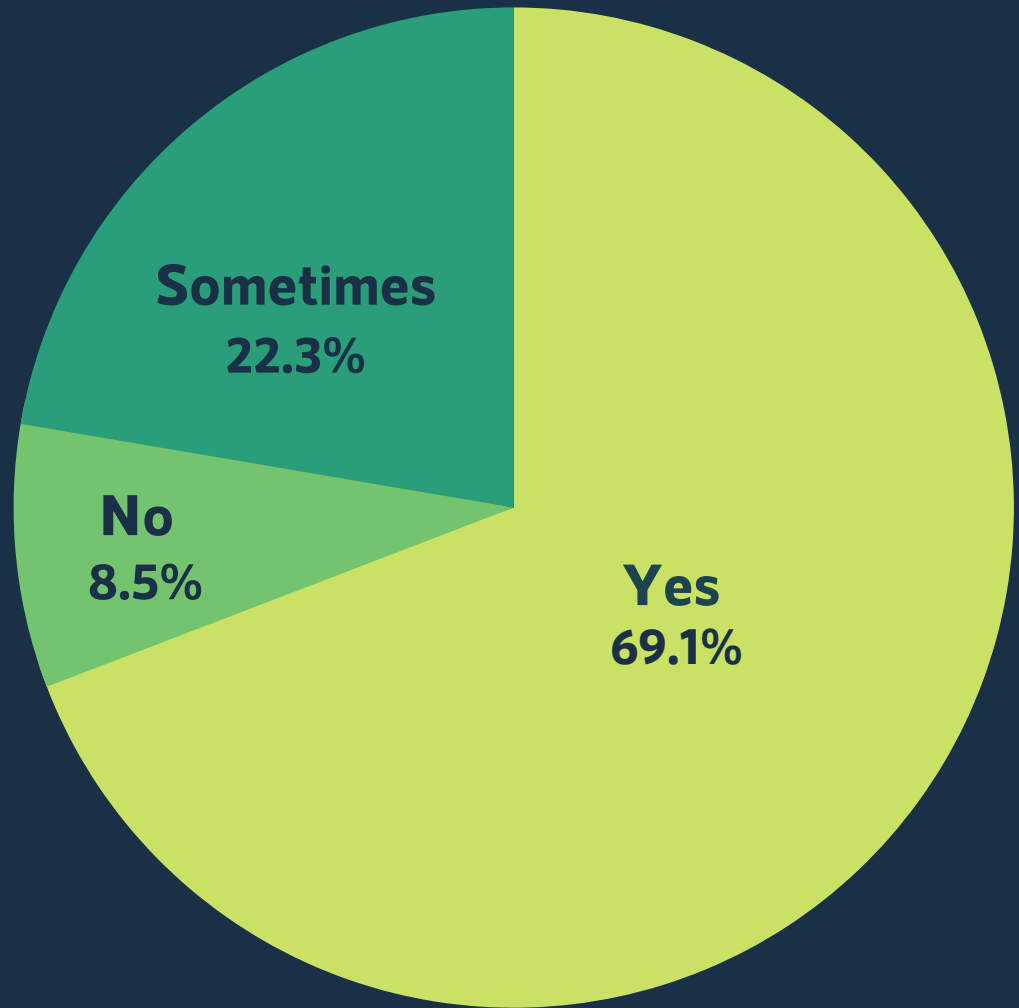
Do you ever need a mental health break while you are at school?



If you are having a bad day, do you find it helpful to step away from the situation?

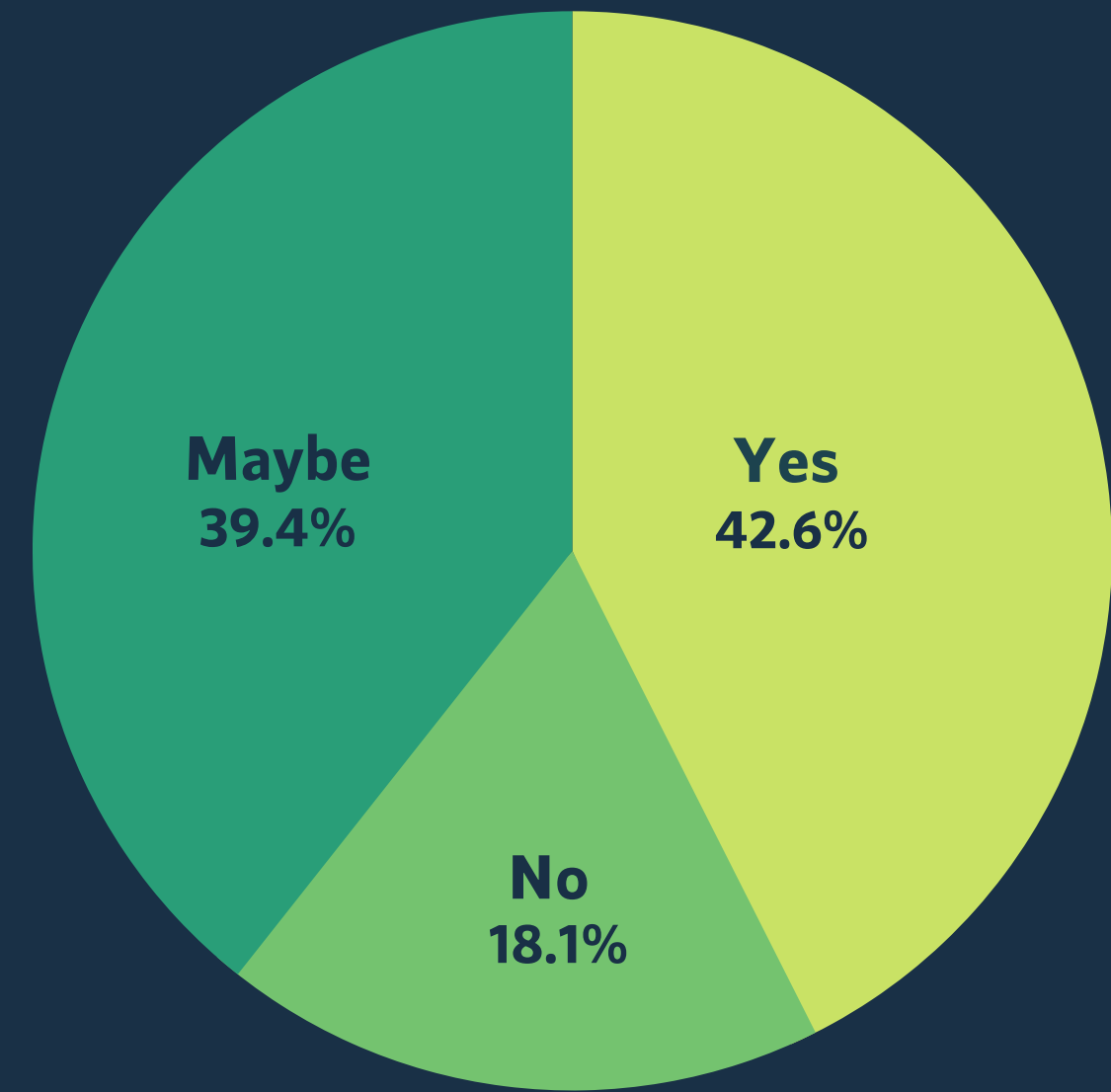


Do you ever use digital technology to relax if you are having a bad day?



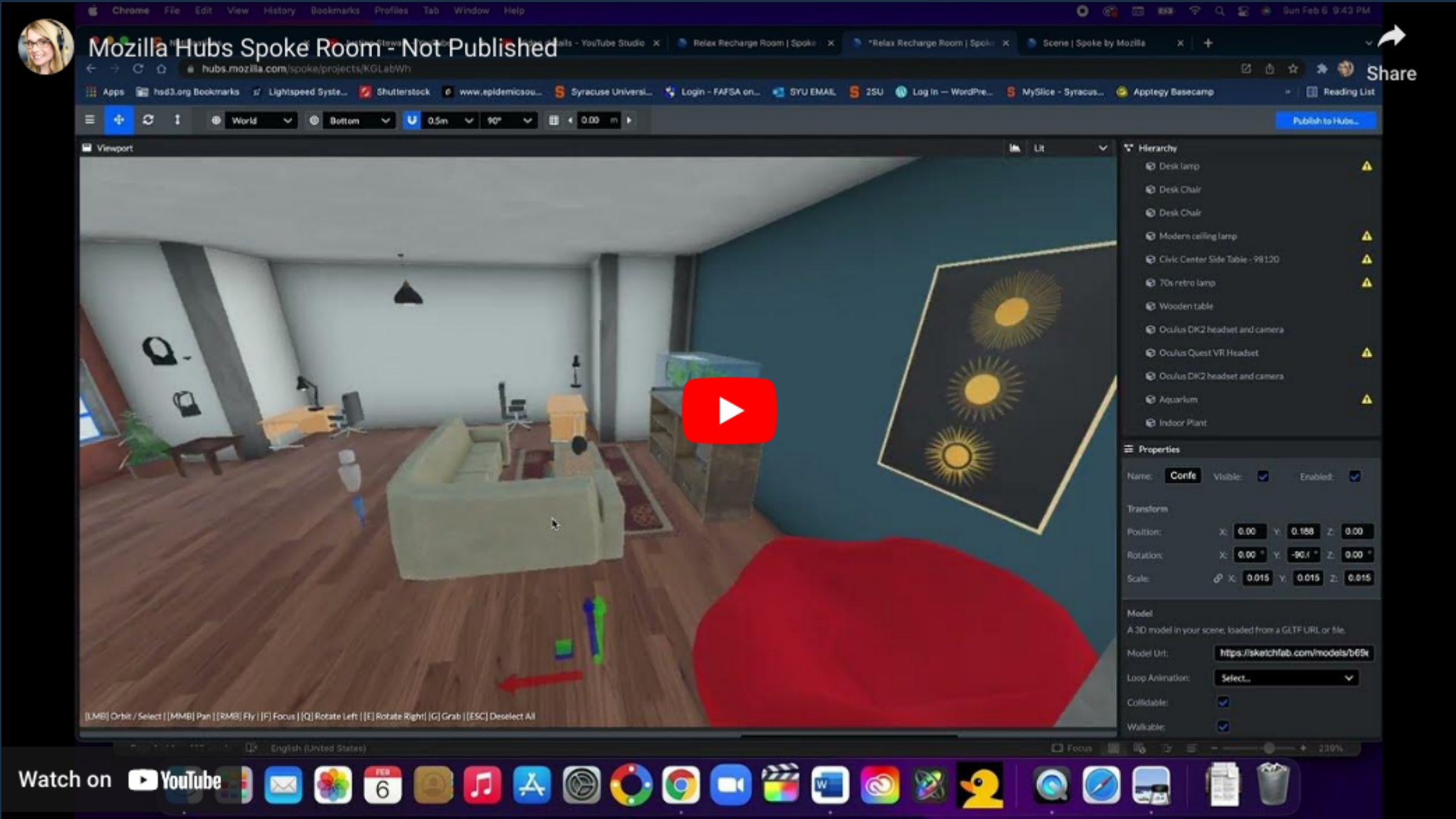
This survey was based off of 94 responses from high school students ages 14 to 18

If there was a room set aside to use VR or AR technology for a "mental health break" would you use it?



spoke

by  **moz://a**



The Feedback...



"I wouldn't see a room. I would see a waterfall, a big mountain, a green open field, a flower garden and stuff that you can just sit and breathe in. Or a rock climbing mountain I could climb, that would be awesome."

 **"MAKE IT MORE REALISTIC."**

"Not a room, a room is confining why not just go for a drive up on a mountain instead?"

"It seemed to fake to me, I don't think I would enjoy if this were my everyday life because in an odd way the REAL world is beautiful the way it is."

"I WOULD ADD A POOL TABLE OR SHUFFLE BOARD. MAYBE EVEN A KITCHEN. SOMETHING INTERACTIVE."

"In my opinion it's not very relaxing. Being inside does not relax me. I would put more nature into it."

"CUTE ANIMALS, WITH RELAXING SOUNDS IN THE BACKGROUND."

"I imagine a room with multiple interactive features or a very open space such as being outside or even somewhere like outer space!"

"I'D MAKE IT MORE LIVELY AND MORE ATMOSPHERIC."

Switching Gears...



Shoot

Insta360



Edit

Final Cut Pro



Upload

Oculus Quest



360 Videos

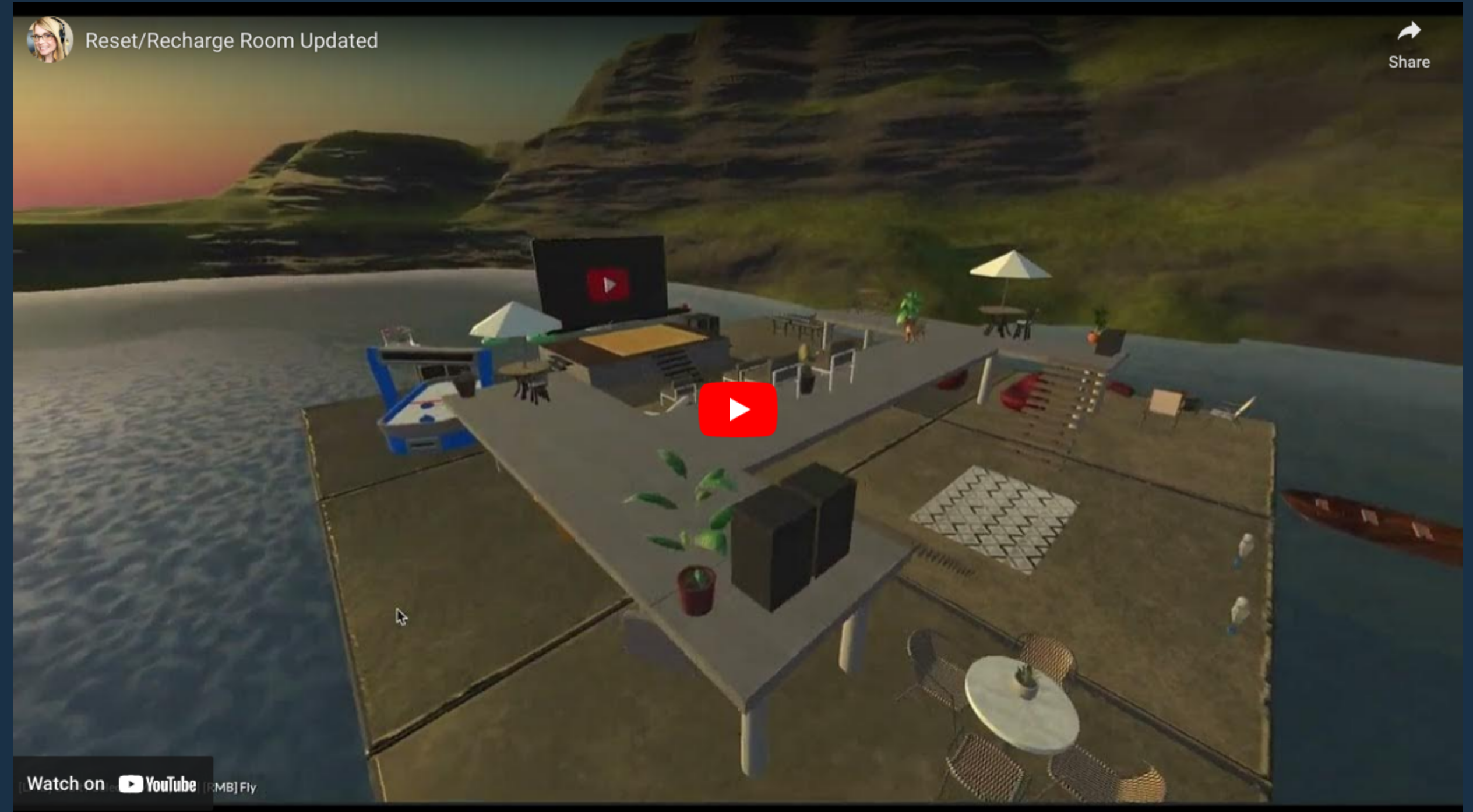
- "River Vibes" with meditative music
- "River Hike" with upbeat music
- "Bitterroot 360 Ride" with upbeat music

Revamp... spoke by moz://a

Complete overhaul of the hubs room I created through Spoke from student feedback.

Features:

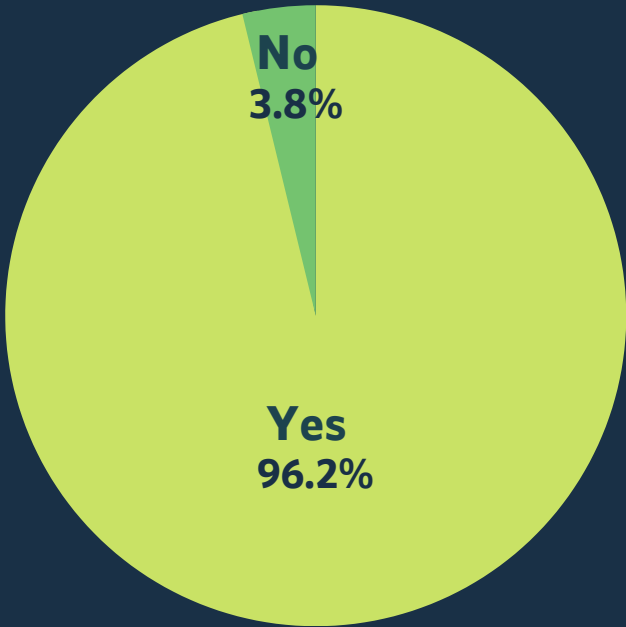
- Outdoor Space
- Sunset Lighting
- Water
- Boats & Rafts
- Interactive games like ping pong & air hockey
- Lots of seating
- Dogs & Cats
- Plants
- Big Screen TV & Music



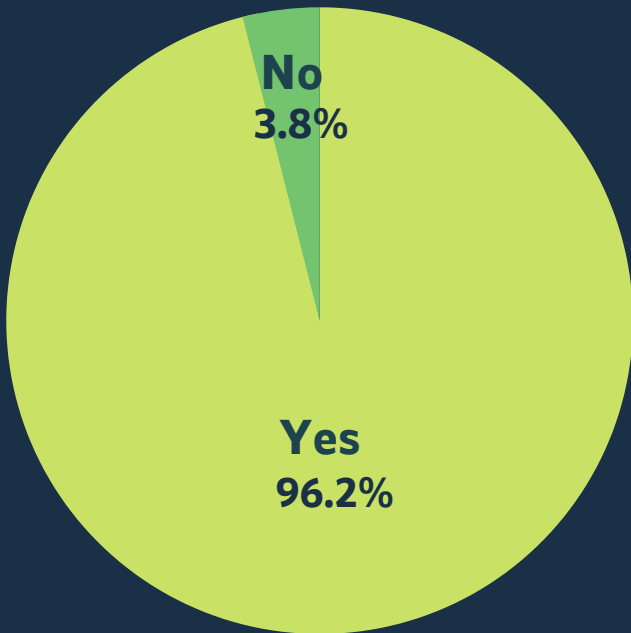
The Results...



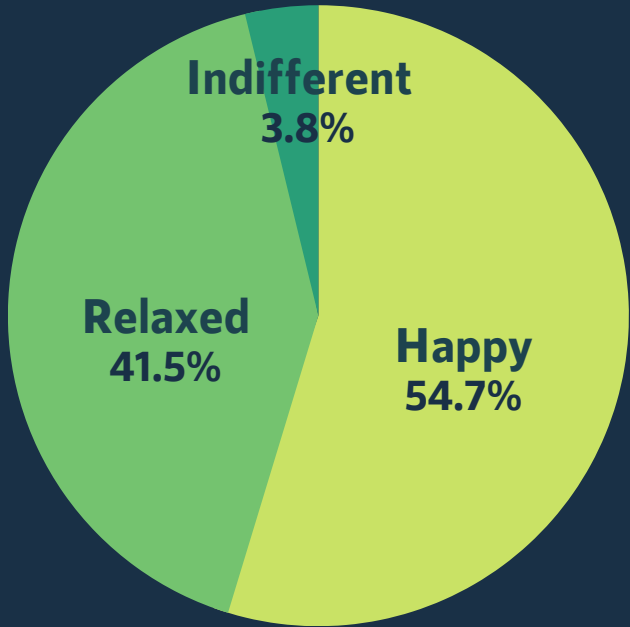
Did you enjoy the VR Rooms?



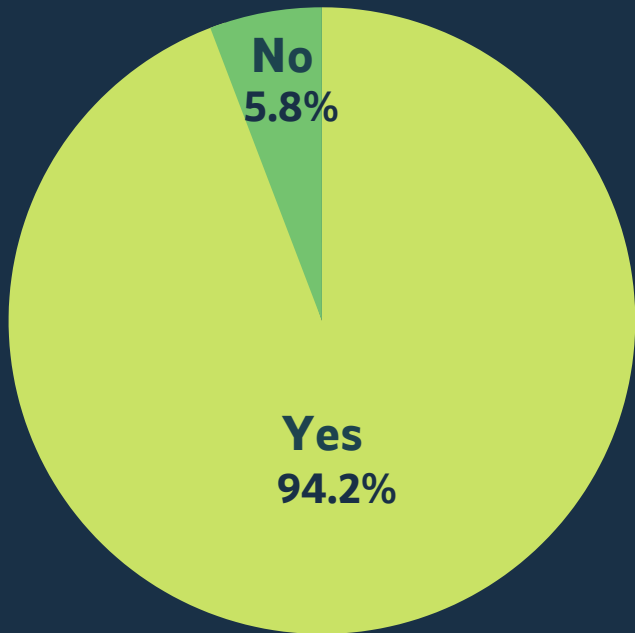
If you had access to a VR headset at school, like the Oculus would you use it?



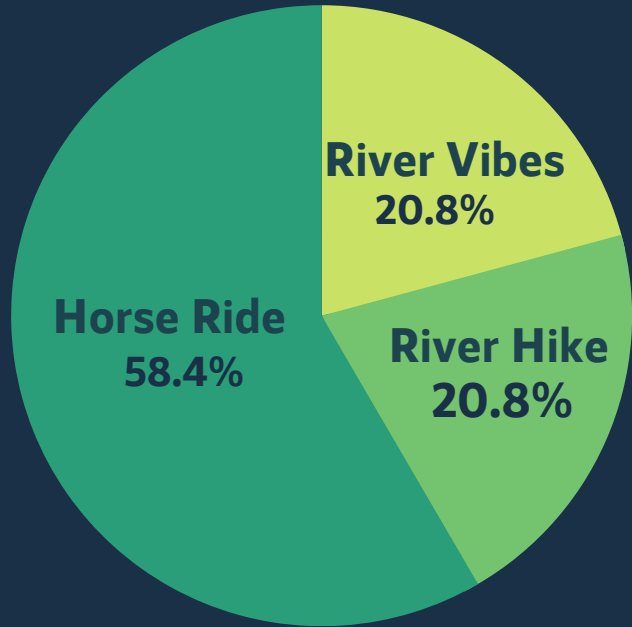
How did the VR rooms make you feel?



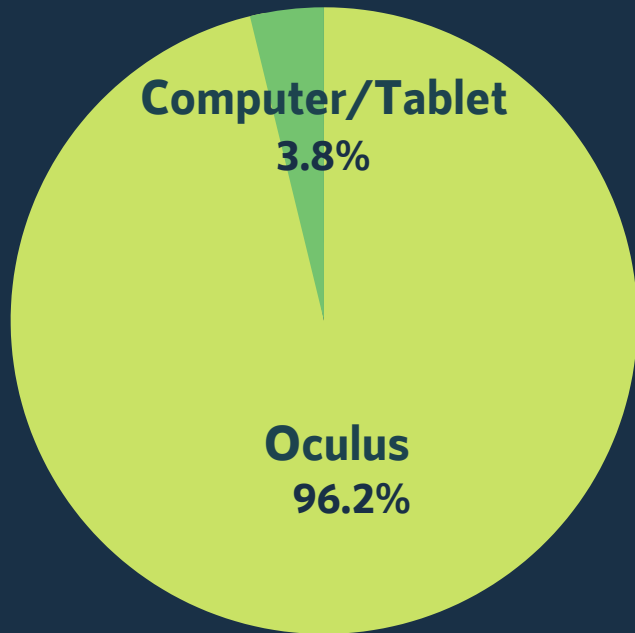
After looking at the revamped AR room, do you like it?



Which VR Room was your favorite?



Would you rather interact with the AR room through a computer/tablet or on Oculus?



This survey was based off of 53 responses from high school students ages 14 to 18

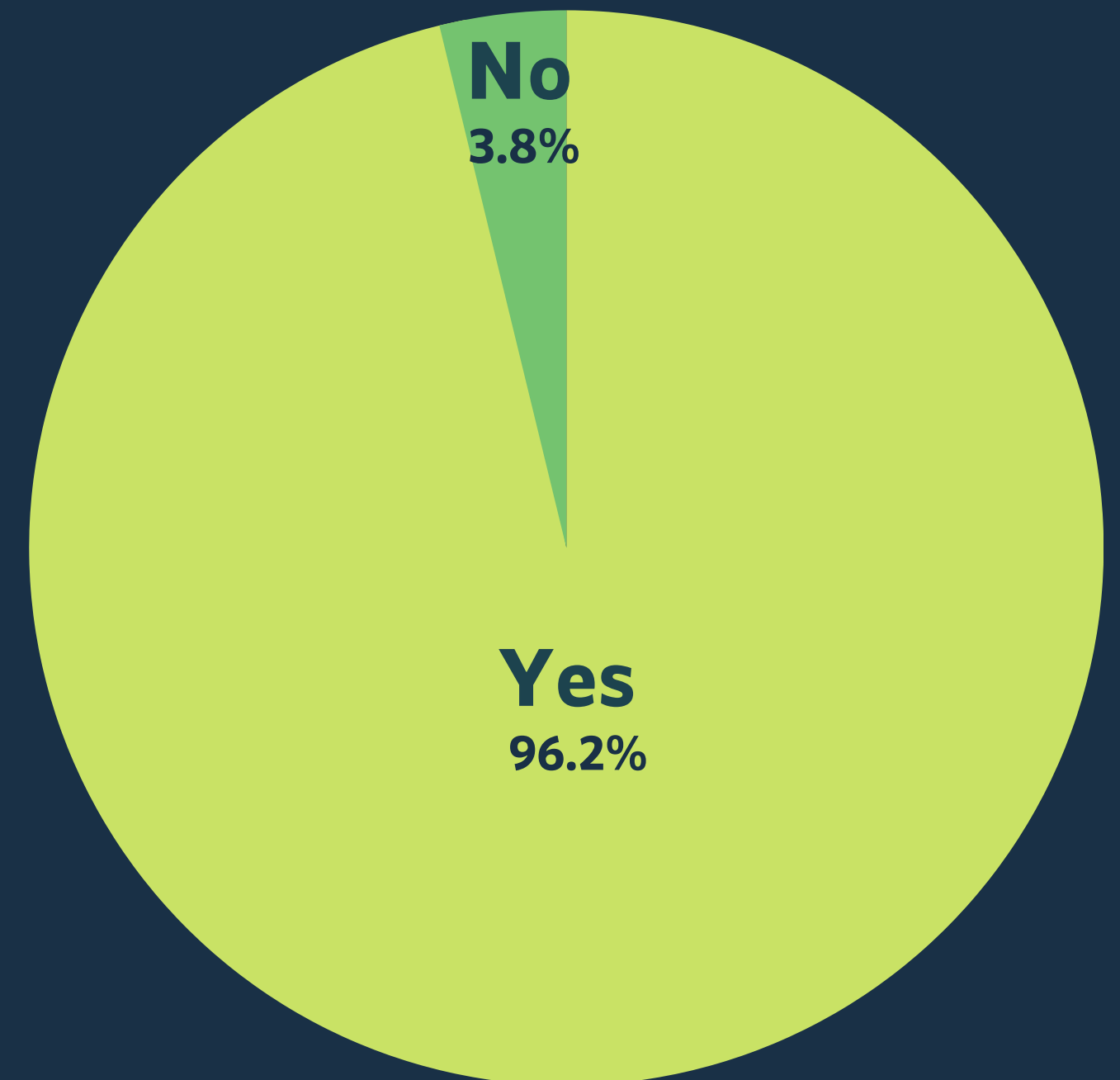
Conclusion...



Overall the use of VR for mental wellness among my audience was well received. The next phase is field testing with middle school students ages 10 to 14. Hamilton School District counselors are hoping to implement this technology based on the positive student feedback.



Do you believe VR (virtual reality) and AR (augmented reality) could be used to promote mental wellness in schools with the use of a VR headset like the Oculus Quest?





**"I LIKE HEARING THE MUSIC AND
CRUNCHING OF GRASS AND
LEAVES AS THE VIDEO WENT
ALONG THE TRAIL."**

Thank You!



**"I HAVE NEVER
EXPERIENCED ANYTHING
LIKE THIS. IT WAS FUN."**