

LIFE 

Intelligence

A two part tool for student wellness and success.

Preventive student mental health.

Proactive self, career, relationship development.

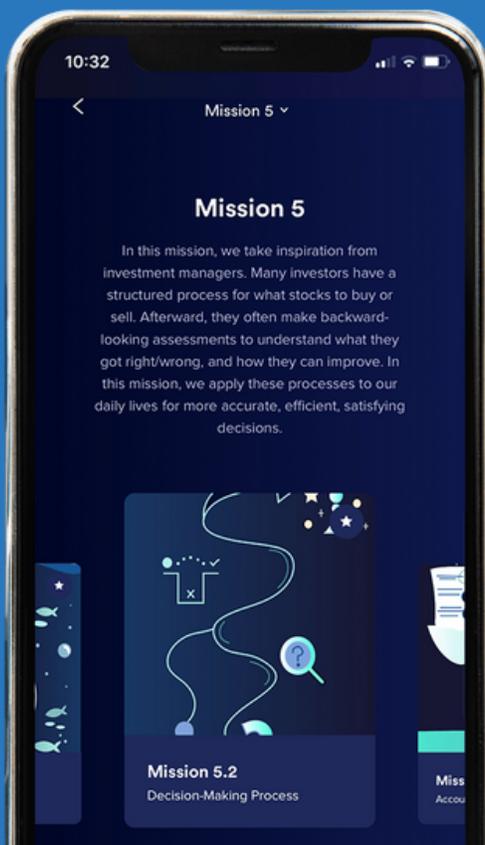
Go on the journey of your LIFE

www.lifeintelligence.io

THE COURSE

A short self-development course to teach students the basics of comprehensive mental, career, and relationship health. Short readings and reflections guide students through 9 essential topics:

1. Mental resilience
2. Self awareness
3. Values & goal setting
4. Regret & time management
5. Decision making & cognitive bias
6. Stress management & physical health
7. Relationships & social support
8. Communication & conflict resolution
9. Leadership and emotional intelligence



Self, Career, Relationship Development

Learn and reflect through short snippets and thoughtful journaling prompts.

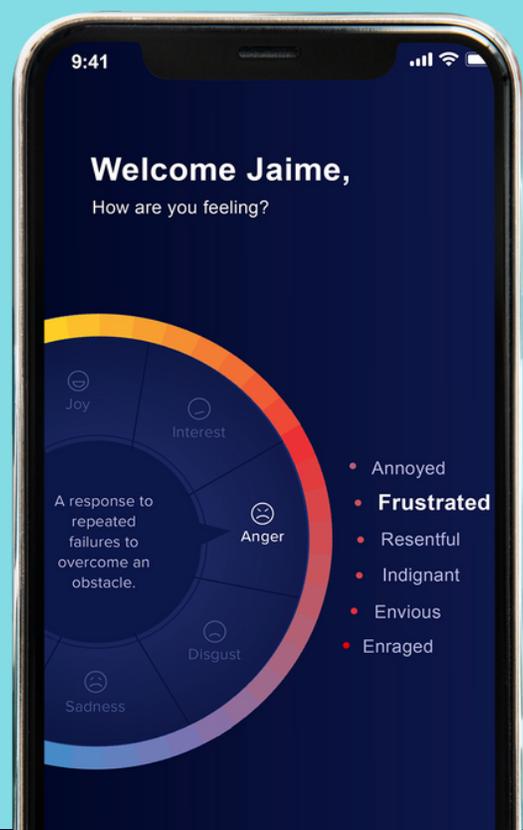
THE POCKET PROBLEM SOLVER

While the course helps with long-term learning, sometimes students need help on the fly. Whether feeling *stressed* about exams, *frustrated* with a course, *rejected* by a friend group, or *regretful* after a breakup, students can select bad moods and find research-backed ways to understand and cope with each.

Master your Mood

MANAGE YOUR LIFE

your pocket problem-solver
for every situation.



CLASSROOM CASE STUDY:

A professor asked his freshmen to complete 1 mission of LIFE per week. LIFE provided a flyer that explained the app and told students, "LIFE was purchased specifically for you by your professor, to help you succeed in this course and beyond." The app is private, and completion was on an honor system. At the end of the semester, students were asked for their reflections.

Armani Harris, Freshman

As class comes to a close I must say that this software was a spiritual rehabilitator for me. At first, I did not see the necessity in doing these interactives because I thought it made me overthink things. I began to slack on it until the third mission. At that time the topics of emotion control and ways of thinking intrigued me. I was impressed with the situations it mentioned because I could really relate to them. I felt as though it made my demeanor stronger.

Taylor Gutt, Freshman

I thoroughly enjoyed using LIFE. Having weekly due dates allowed me to dedicate enough time to each mission and absorb what I learned. I looked forward to completing missions because it gave me the opportunity to think about my thoughts and actions on a deeper level, which is difficult to do on a regular basis. LIFE undeniably had a positive impact on me. Above all, it heightened my self-awareness and taught me to enhance my social skills.

Jon Bertoncello, Freshman

LIFE gave me valuable advice in each important aspect of life, and has allowed me to become a better version of myself. One thing it helped me with was understanding my feelings and how to correctly cope with them, rather than shutting them out. It allowed me to be more open to myself and others about my feelings. Another key aspect of my academics, as well as life in general, that LIFE helped with was goal setting. I practiced the tips that it gave me and saw significant improvements.

CONTINUED

David Crawford, Freshman

LIFE is a good way to improve yourself, your self esteem, and self confidence. It does a good job of providing real world examples and data to back up what it is trying to teach, which adds to the program's credibility and makes me more receptive to what it's trying to teach. I think that the program did help me. I think the biggest way was in ways to relieve stress. I can remember stressing out for a test and thinking back on the LIFE lesson, which actually helped me calm down a bit.

Alex Esparza, Freshman

LIFE helped me learn ways to cope with issues that I had in the past. Some of these problems I did not even know I had but this program made me dig deeper in my emotions and help me realize that I did have some issues. After I realized I had these self-conflicts, the program helps by suggesting techniques and exercises that can resolve your personal issues. The main takeaways that I received from completing LIFE are that you can have a lot of emotions that are buried within yourself. This can be dangerous because these hidden feeling that you are not expressing can cause extreme stress. If you are consistently managing your thoughts, feelings, and behaviors you can identify a lot about yourself.

Cameron Dority, Freshman

LIFE has benefited me tremendously throughout my first semester of college. My first impression of the program was that it was a bit corny, but as I proceeded to utilize it I realized how useful it would become to me. My opinion slowly started to change toward the program and I began to look forward to using it for our weekly assignments. My overall impression is that it was very helpful to write down my thoughts. It became an outlet for me to write down my thoughts and feelings in a place only I can access. It ensured that I had the emotional help I needed throughout the semester.

CONTINUED

Kelly Langton, Freshman

LIFE helped me in many ways. For example, at the beginning of the year I was struggling with Calculus 2. It was a rough start for me because we started with the hardest chapter (chapter 8) and it wasn't instantly clicking with me, something that had never happened before. Calculus has always been my best subject, and the fact that I was having a hard time really upset me. But I remember doing Mission 1 of LIFE, "Identifying and Managing Your Thoughts, Feelings, and Behaviors." This Mission showed me that I had to control my emotions. before they controlled me, specifically that I had to change my thoughts about calculus and not let it deter me but motivate me to work harder and do better. I am proud to say that it actually worked, and at the end of the semester I have over 100% in the class. This is just one example of how LIFE helped me, but there are many others that I could think of. Some main takeaways from the program were: identifying and managing your behaviors (specifically unhealthy ones), you have the power to change your life, recognizing and growing from your mistakes, have goals, how to minimize anxiety, your role in relationships and society, healthy communication, and finally becoming a leader. These are just some of the main takeaways I have and that made me really self-evaluate my life as an 18-year-old woman engineer. I would one hundred percent recommend this to everyone. No matter what stage you are at in life, this program can help you. It addresses normal human struggles and helps promote growth and development in a healthy manner. It not only gives facts and statistics to prove what they're saying is true, it gives you room to explore and investigate your own life and talk about whatever you feel like. It really helped me during my first semester because it was difficult transitioning from high school to college and from home to a dorm room. It helped me identify my struggles and talk about them, from school, to friends, to self-image. I really enjoyed LIFE and I highly recommend it to everyone. Thank you, Dr. Chen, for giving the IME 101 students this amazing tool!

How is LIFE best used?

Students say LIFE is most meaningful assigned to groups such as classrooms or during orientation. Either approach provides unique benefits. The classroom approach gives students the feeling that a professor cares about their personal development. The orientation approach is important so that all students can learn a common emotional "language" despite arriving to campus with varying backgrounds. A stitch in time saves nine in terms of learning skills to manage stress, meet goals, manage time, and connect with peers, before the whirlwind of classes begin.

We have also seen colleges share LIFE as a school-wide resource available through the office of counseling and psychological services or student life.

How much does LIFE cost, and how does it work?

Class subscriptions are available for \$50/yr per student. Students can download the app via the links below or by searching "LIFE Intelligence" on iOS and Android app stores, and log in using their pre-registered emails.

We also provide campus-wide access for a flat fee of \$19,500/yr to serve all who sign up with your school's .edu address, including faculty and staff.



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LIFE Intelligence
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**APPENDIX:
FULL AND GROWING
CONTENT COVERAGE**

WELLNESS & DEVELOPMENT LEARNING CONTENT

1 app. 9 missions. 3 areas: self, career, relationships. To manage stress and anxiety, improve academic performance, and build lasting relationships.

1: MASTER YOUR MIND

#	<u>Title</u>	<u>Objective</u>
1.1	Get Emotionally Granular	Develop Emotional Awareness
1.2	Retrain Your Thoughts	Address Anxiety with Cognitive Behavioral Therapy
1.3	Catch Cognitive Distortions	Form Balanced Perceptions of Situations
1.4	Escape Mental Ruts	Combat Learned Helplessness with Resilience
1.5	Grow a Growth Mindset	Continually Challenge Yourself

2: DEVELOP SELF AWARENESS

#	<u>Title</u>	<u>Objective</u>
2.1	Tell Your Story	Narrative Therapy and How we Explain Situations/Events
2.2	Be Your Own Hero	Identify Identity-Shaping Events and Traits
2.3	Find a Mentor	Learn the Meaning of Mentorship and Become Your Own
2.4	Develop Self-Awareness	Understand How Others See You
2.5	Lead Authentically	Develop Confidence and Inspire Others

3: SET & MEET GOALS

#	<u>Title</u>	<u>Objective</u>
3.1	Goal-Setting Science	Learn Neuroscience Principles for Goal Motivation
3.2	Define Your Why	Define Your Values and Find Your Purpose
3.3	Process Beats Procrastination	Learn Project Management Tools and Agile Principles
3.4	Measure to Manage	Understand Importance of Tracking & Measurement
3.5	Essential Reflection	Learn the Benefits of Reflecting and Recalibrating
3.6	Helpful & Harmful Habits	Understand Conditioning & Habit Reversal Therapy

4: MINIMIZE REGRET, MAXIMIZE TIME

#	<u>Title</u>	<u>Objective</u>
4.1	What We Regret, and Why	Understand Cognitive Dissonance and Grow From Regret
4.2	Regret Over Time	Minimize Regret When Making Decisions
4.3	Become Aware of Time	Arrange and Adapt Your Schedule to Maximize Time
4.4	Arrange Your Time	Learn Prioritization Techniques
4.5	Adapt to Distractions	Find Focus After Intrusions, Breaks, Annoyances
4.6	Socializing & Social Media	How to Turn a Time Suck into a Positive Resource

5: MAKE DIFFICULT DECISIONS

#	<u>Title</u>	<u>Objective</u>
5.1	Catch Cognitive Biases	Understand How Mental Heuristics Affect Perception
5.2	Decision-Making Process	Learn a Mathematical Framework to Make Decisions
5.3	Accounting for Uncertainty	Learn to Draw Decision Trees and Map Consequences
5.4	Let Sunk Costs Lie	Logically Evaluate Go-Forward Decisions
5.5	Paradox of Choice	See How Restricting Choice Can Improve Satisfaction
5.6	Confirmation Bias	Be Open to Candid Feedback When Asking for Advice

6: STRESS, SOCIAL, HOLISTIC HEALTH

#	<u>Title</u>	<u>Objective</u>
6.1	The Body-Brain Connection	Understand the Connect Between Mental/Physical Health
6.2	Two-Way Street	Learn how Sleep, Exercise, Diet Affects Anxiety, Depression
6.3	Stress & Social Support	Learn Neuroscience of Stress Contagion and Social Support
6.4	Strengthen Social Connections	Understand Tactical Ways to Form Friendships
6.5	Provide Social Support	See Why Effective Support Must Match the Recipient's Style
6.6	Secure Your Self Esteem	Learn Secure vs. Insecure Self Esteem and Build Confidence
6.7	Affirm Your Authenticity	Learn the Scientific Way to Affirm the Self for Performance

7: ATTACHMENT & RELATIONSHIPS

#	<u>Title</u>	<u>Objective</u>
7.1	Choose and Attract	Learn Which Traits Correlate With Successful Relationships
7.2	Attachment Theory	Understand How Childhood Relationships Affect Adults
7.3	Attachment Styles in Action	Learn to Become More Secure in Relationships
7.4	Learn to Love	Develop Empathy, Listening Skills, Supportive Replies
7.5	Close Connections	Improve Emotional Attunement to Others for Intimacy

8: CONFLICT & COMMUNICATION

#	<u>Title</u>	<u>Objective</u>
8.1	The Four Horsemen	Avoid Four "Relationship Ruining" Ways to Fight
8.2	Solve What You Can	Gain Conflict Resolution Frameworks for Disagreements
8.3	Making Up Matters	Learn Post-Conflict Relationship Repair Strategies
8.4	Resolve and Restore	Understand How to Rebuild Trust After Conflict

9: LEADERSHIP & INFLUENCE

#	<u>Title</u>	<u>Objective</u>
9.1	Communication Styles	Develop Empathy for Diverse Voices
9.2	Loved or Feared?	Understand the Importance of Warmth and Competence
9.3	Emotional Intelligence	Learn How Team EI Affects Performance, Retention, Culture
9.4	Stand Up To Social Influence	Lead Daily by Speaking Up for What's Right

IMMEDIATE MOOD AND PROBLEM-SOLVING CONTENT

First, identify and track your mood. Then, use exercises and reflections similar to those used in therapy or coaching to address each, whether:

ANGERY

<u>Mood</u>	<u>Sample Exercises</u>
Frustrated	Breathing Ball, Gratitude, Grounding, Control Issues
Resentful	Forgiveness, Enright 4-Step, Relational Resentment, Hard Conversations
Envious	Envy vs. Jealousy, Using Envy as a Guide
Vengeful	Seeking Understanding, Confronting an Offender
Enraged	Stop and Think, Recurring Rage, RETHINK, Breathing Ball

DISGUSTED

Bored	Explaining Boredom, Finding Meaning, Three Bricklayers
Dissatisfied	Psychology of Satisfaction, Make a Plan
Distrustful	Understanding Development of Distrust, Building Workplace Credibility
Embarrassed	Learning from Embarrassment, Relieving Embarrassment
Regretful	What we Regret, Regret Over Time, Self-Compassion
Ashamed	Understanding Shame, Compassionate Mind Training
Contemptuous	Contempt in Relationships, Sharing Control and Balance of Power

SAD

Pensive	Stop Rumination, Face Fears, Control what you Can
Disappointed	The Let-Down Formula, Certainty & Control
Helpless	Prime for Power, The 3 P's: Pervasive, Permanent, Personal
Rejected	Rejection in the Brain, Asking for Help
Lonely	Purpose of Loneliness, CBT for Social Anxiety, Deepen Relationships
Depressed	Understanding Depression, Brain Food, Get Moving, Emotional Expression
In Grief	How we Grieve, Grieving through Rituals, Comforting Others

AFRAID

Anxious	Cognitive Behavioral Therapy, Grounding Checklist, Breathing Ball
Unclear	5-Whys for the Root Problem
Insecure	Roots of Insecurity, Self-Affirmation
Indecisive	Decision-Making Worksheet, Decision Trees
Jealous	Understanding Jealousy, Integrative Communication
Overwhelmed	Breaking Down Goals, Breathing Ball
Panicked	Grounding Checklist, Breathing Ball