



3rd International Conference on
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TITLE: Enhancing Student Well-being: The Al Akhawayn University Student Mental Health App

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ABSTRACT

Amidst the rigorous academic environment of Al Akhawayn University, the foremost concern is the mental health of its students. This paper presents an innovative approach, the "Student Mental Health App," meticulously developed to address the multifaceted mental health challenges faced by the university's student body. This solution implements gamified daily challenges, tailored to meet the distinctive mental health needs of each student, while also serving as a gateway to an extensive array of mental health resources and facilitating confidential peer support, all while streamlining the university counseling service booking process.

This endeavor extends far beyond the realm of technology, encompassing a tapestry of societal, economic, ecological, political, legal, and ethical dimensions. It nurtures a compassionate and interconnected student community, fostering solidarity through anonymous peer chats and engaging daily challenges. Emphasizing the user experience, data integrity, and privacy, it offers the potential for revenue generation through local business partnerships, contributing to its economic sustainability.

Politically neutral and in strict compliance with Moroccan law, this solution leverages open-source tools, respects intellectual property rights, and meticulously adheres to the stringent regulations governing data privacy and mental health services. Ethically, it steadfastly adheres to established guidelines, with due regard for the professional mental health services at Al Akhawayn University, openly acknowledging the boundaries of its support capabilities. This paper underscores the significance of this innovative mental health solution in the context of Al Akhawayn University, emphasizing its potential to make a meaningful and lasting impact on student well-being.



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BIOGRAPHY

Rabii Lamharzi Alaoui, a senior student at Al Akhawayn University, is 22 years old and actively engaged in academic and research pursuits. He currently serves as a research assistant under the mentorship of Dr. Nabil Benamar, reflecting his commitment to scholarly endeavors. Rabii's academic journey is complemented by his impressive practical experience, having successfully completed three software engineering internships at renowned global enterprises, namely SQLI, Maghreb Arabe Press, and Orange, thus highlighting his substantial technical acumen and research-oriented background.

Rabii has not only excelled academically and professionally but has also actively participated in various competitions. His achievements include securing the third position in the esteemed Orange Summer Challenge and emerging as a finalist in the highly competitive ESPOIR competition held at INPT – Rabat. Furthermore, Rabii is poised to graduate with the highest academic distinction, aiming for a summa cum laude distinction, boasting an outstanding GPA of 3.7 out of 4.0. His journey thus far exemplifies a dedicated and accomplished academic and professional trajectory.

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