

A guide for quick solution matching

Brain in Hand can help a student reduce anxiety, manage overwhelm and maintain motivation.



Motivation



A dedicated coach helps students set goals, break down difficulties, and develop step by step solutions to challenges or structured routines.



Ongoing and regular coaching sessions ensure the student remains on track and motivated, tracking progress and setting new goals.



Prompts, reminders, and structured routines help students to establish and maintain positive habits.



BiH helps build self-awareness with in-built tools for reflection and mood monitoring.



Anxiety and overwhelm



Solution focused coaching helps students to plan, prepare for change and manage the unexpected, reducing everyday uncertainty and anxiety.



Extra human support is just a tap away, 24 hrs a day. A BiH responder will get in touch to help get the student's day back on track. Just knowing that someone is always there can prevent overwhelm.



Solutions for unplanned activities or unexpected events give students tools to manage overwhelm.



Students can access a library of practical ready-made solutions for everyday challenges, created from thousands of solutions other students have developed and used.



Planning, organisation and memory (Executive Function)



Interactions with the app are captured and tracked. Students can review successful strategies independently or with the support of their coach or other supporters.



Students have simple steps for organising their time, planning, initiating and solving problems when they can't remember what to do.

Recommended strategies: Example referral texts



B-2-1 - Research and reading

Due to the student's motivation difficulties, Brain in Hand is recommended. The student's Brain in Hand coach will work with them to create meaningful anticipatory strategies in their app to increase motivation levels and reduce procrastination and work avoidance. These strategies will enable the student to overcome barriers of low motivation and enable them to focus on research and reading tasks for their course.



B-2-2 - Writing and reviewing academic work

The student is recommended Brain in Hand as the to-do lists, prompts and reminders will enable them to plan their written work in manageable tasks and tick these off when complete, thereby increasing the student's motivation levels. Organising written work in manageable chunks will be highly beneficial for the student's motivation levels and overall mental health as assignments will no longer appear as daunting or overwhelming and the student will know where to start by referring to their to-do list in the Brain in Hand app.

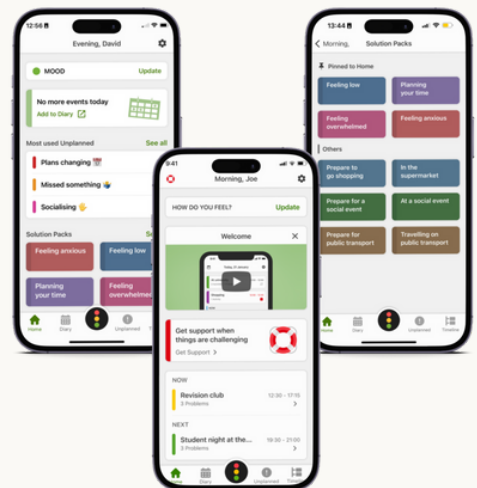


B-2-4 - Managing time and organising work

The student has difficulties with planning and time management. Brain in Hand is recommended to support such executive function difficulties as the to-do lists and reminders will help them to stay focused and can be individually tailored with strategies to help with each event. The Timeline feature will record all app interactions and enable students to review their challenges, and what has gone well, with the support of their BiH coach. Additionally, the diary will enable the student to remember upcoming events and academic deadlines. Lectures, tutorials and independent study time can all be added to the diary to ensure the student stays on track, reducing feelings of overwhelm.

**Saving time.
improving outcomes.**

Example referral texts continued



B-2-8 - Social interaction and communication

As a result of their needs, the student can frequently feel overwhelmed and not know where to begin with their academic tasks. Brain in Hand is recommended to help the student create anticipatory strategies with the help of their dedicated coach that they can access anywhere from the app when events change at the last minute or do not go to plan. Additionally, Brain in Hand has pre-populated solution packs curated from the top strategies created by existing users, ensuring the student always has support at their fingertips.



B-2-9 - Travel and access to higher education environment

The student will be living on campus in university accommodation for the first year of their course. This will be the first time that they have lived away from home and without support from a parent/carer. This is likely to trigger heightened anxiety levels and intrusive thoughts as they adapt to new and unpredictable situations living in shared accommodation with other students. Brain in Hand is recommended so that they can monitor their anxiety and current mood using the traffic light system and add comments for future review, which can be accessed in the Timeline view. Additionally, the student can request 24/7 on-demand support via the app. A Brain in Hand responder will contact the student via text message, phone call or email. This ensures that they can access support at the point of need.