

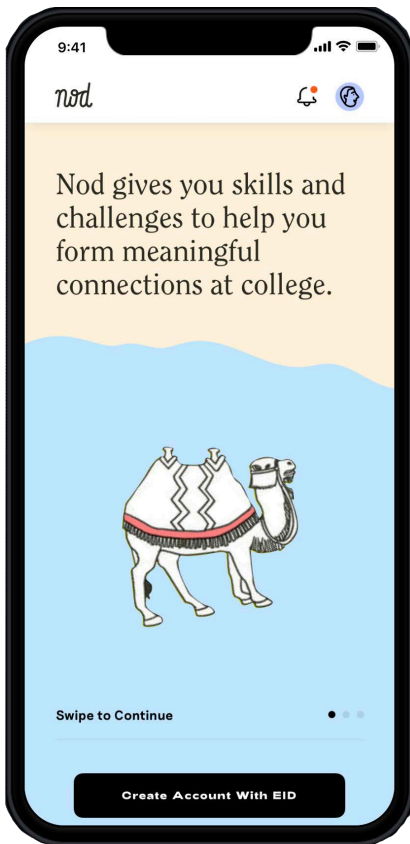


"LONELINESS PLAYS TOO BIG A ROLE IN STUDENT ATTRITION, POOR MENTAL HEALTH, AND SUBSTANCE USE ON COLLEGE CAMPUSES TODAY."

-DR. DANIELLE RAMO,
HOPELAB DIRECTOR OF RESEARCH OPERATIONS

nod

An app that gets students taking smart steps toward the social connection they want and need to be successful in college.



NOD FACILITATES CONNECTION BUILDING IN TWO WAYS

1. **Challenges:** mini-missions that encourage students to skillfully socialize out in the real world.
2. **Reflections:** short in-app exercises that help students process social experiences, reduce self-criticism, and build resilience so they can keep progressing toward their social goals

NOD IS DESIGNED TO BE

Effective

Because of science. Challenges and reflections draw from positive psychology, cognitive behavior therapy, motivational interviewing, and mindfulness-based self compassion.



Engaging

We have a "No Lame Apps" protection plan. It's called Gen Z students. We involve them in the design process every step of the way.

Contact Caroline
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www.hopelab.org/DestroyTheMyth
for our newsletter & updates on Nod

ON CAMPUS

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