

Intergrating Project - Jamie Richards

by Jamie Richards

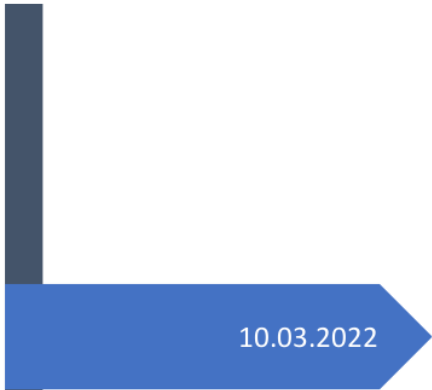
Submission date: 30-Apr-2022 12:07PM (UTC+0100)

Submission ID: 177916204

File name: 31393_Jamie_Richards_Intergrating_Project_-_Jamie_Richards_409451_1370379712.docx
(697.44K)

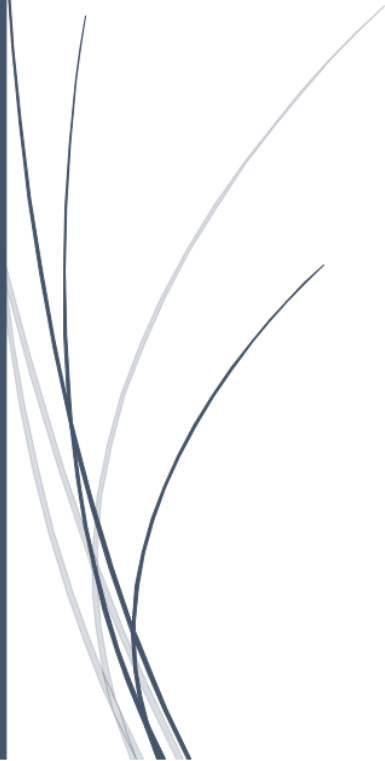
Word count: 2575

Character count: 13786



10.03.2022

Integrating Project



Jamie Richards (0852036)
ACHA4008 – INTEGRATING PROJECT

Table of Contents

1 – Introduction	Page 2
2 – Health & Wellbeing	Page 2
2.1 – Mental Health	Page 2
3 – The Plan	Page 4
3.1 – The Design	Page 6
3.2 – Implementation	Page 8
4 – Evaluation	Page 8
5 – References	Page 9

Introduction

This report is intended to show the plan and implementation of a website which will be used to help students with their health and wellbeing. After this brief introduction the report will give a description of the problem followed by possible solution, the core of this report will display the developers plan and design, ending with the implementation of the website.

Health & Wellbeing

"Health and wellbeing can be described as the achievement and maintenance of physical fitness and mental stability. This is a positive definition of health and wellbeing. It is worth noting that the ideas about health and wellbeing can change over time and vary between different cultures and life stages." [1]

The above statement quoted from the Surrey Heartlands NHS website provides a brief description of what health and wellbeing can be described as, although many have different views of what health and wellbeing is, one thing is certain, everyone's health and wellbeing can be affected in similar ways.

One of which most recently came in early 2020, the outbreak of Covid 19, the result of which caused multiple government lockdowns and business closures. This affected the nation and increased the populations physical and mental health state.

With many employers forced to send their employees home, schools also closed its doors resulting in students having to be home schooled or attend lessons online. Students were unable to socialise and meet their peers, below is an example:

A student named Sophie who studied a music performance degree was forced to carry her studies on at home due to the COVID 19 pandemic. In a short video sourced from the students space website, Sophie talked about the difficulties in studying and even performing while at home, often needing to prerecord her playing her instruments to later show in videos calls with her calls mates and tutor. She describes further setbacks including a loss of income from her part-time job, and having to move home. [2]

Mental Health

The developers were each given different areas to research and establish what should be presented on the website as a solution to aid any viewer, the author of this report was assigned with mental health, the remaining developers were given subjects such as

- Wellbeing – a broad subject but consists of students daily life and activities.
- Healthy lifestyle – similar subject to wellbeing but focusing on students health such as diet and eating habits.
- Feeling bored – being a student can often become lonely therefore this subject will look at different solutions and activities available.

Below is a brief description on the authors subject area:

Mental health as the name suggests relates to a person's mental condition, over the years mental health illness has come more and more common and the illness consists of numerous conditions such as anxiety, depression, all caused by various reasons.

"Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse." [3]

The above statement quoted from an article on the mind charity website gives a brief overview of what mental health means and its affects.

Students with their day to day life and the pressure they can come under means they can often become affected with a mental health illness, for instance the over overwhelming workload of a student can lead to anxiety or loneliness in a new school can lead to depression. The developers website will aim to provide everything students will need to tackle this particular subject as well as others.

A blog published on the UK mental health website indicates that there has been a raise in mental health reports that affect students, one of the largest surveys conducted on university students show 42% of students suffer from mental health issues. [4]

For many years mental health was never really spoken about, mainly due the shame people felt opening up about the issues they were having, often people assumed mental health wouldn't affect them personally and actually thought mental health meant serious issues like schizophrenia.



The image to left taken from an article by David Matthews on a monthly review website, David Matthews is a lecturer in sociology.

The image itself illustrates what can be going on in a person's mind, the unknown artist displays different mental health issues such as stress and anxiety on various name tags inside a person head. It's not uncommon to have a number of the issues present at the same time, making life even harder to manage. [5]

The Plan

As briefly described in the introduction the developers intend to create a website, the contents of the website that will be created will aid students by presenting them with a number of different subject areas, each with information, tools and techniques designed to overcome the challenges they face in regards to their health and wellbeing.

In order to begin planning this project the developers first assigned a role for a leader followed by individual roles specifically subject areas to research and tackle themselves as previously discussed.

Regrettably due to inactivity from the development team the author created a project initiation document alone, this document is vital in the early stages of the projects development because it allows the team to analyse the purpose and targeted output of the project. As stated on an article on the indeed recruitment website, "A project's board and managers use Project initiation documentation (PID) to determine how the project is going to perform and function."

Furthermore the PID can be used for multiple reasons such as forming a contract between parties, making a main source of reference to return to and assess progress. [6]

Numerous templates are used for a project initiation document dependant on the project needs, but mainly focus around four areas of what the project is, why the project is being constructed, who is involved in the project, how and when the project will begin.

Below is a project initiation document created by the author.

BACKGROUND:	• To create a prototype website to aid students with their health and well-being.
PROJECT DELIVERABLES:	• <i>Working website</i> • <i>Easy accessible on PC and mobile</i>
CONSTRAINTS:	• <i>Bugs</i> • <i>Cost</i> • <i>Publicity</i>
PROJECT APPROACH:	• <i>Each member of the team to contribute re-search and content to be placed on the web-site.</i> • <i>Lead designer to be in charge of creating and designing website.</i>

INTERFACES:	• <i>Links to charity websites</i> • <i>Links to university and school websites</i>
ASSUMPTIONS:	• <i>The website will be useful</i> • <i>The website will be promoted by the university/school</i> • <i>A free website creator will be used to begin with</i> • <i>The domain will be free</i>
BUSINESS CASE:	• <i>To tackle the ongoing concern with students and their health and wellbeing.</i>
PROJECT TEAM:	<i>Due to inactive and lack of interaction from the project team, roles were not assigned strongly enough to be reflected upon the project. Even with numerous attempts from the author to get things moving.</i>
QUALITY:	• <i>Using a website that allows you to create your own website, their templates and structure will allow the creation of a quality assured prototype.</i>

After initially researching the allocated subject the author looked to utilise a plan in order to allocate time effectively.

Over the years vast amounts of information, advice and support has been presented to the public with the target to a solution for mental health but one could argue there is never a real solution. The concern over the subject has even lead to multiple charities being created across the country to help, however there are some common support methods in place for tackling mental health.

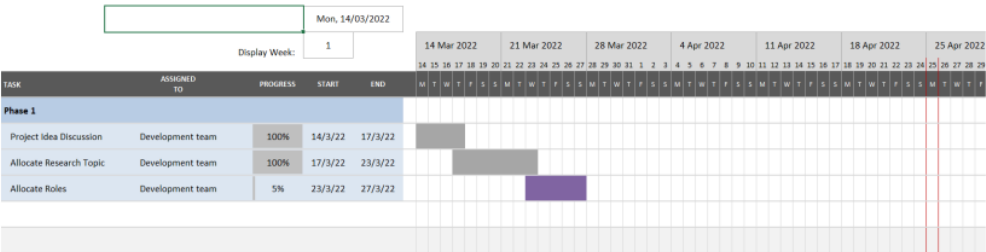
It is useful when presented with hints and tips when trying to take care of your mental health, such things as talking about your feelings, keeping active and taking a break during your daily activities. Tips like these from a publication on the mental health foundation website will be used on the developers website. [7]

In order for the teams time to be managed effectively and to meet deadlines a Gantt chart was created again by the author due to the inactive development team.

"A Gantt chart, commonly used in project management, is one of the most popular and useful ways of showing activities displayed against time. Each activity is represented by a bar, the position and length of the bar reflects the start date, duration and end date of the activity." [8]

As stated in the above sentence quoted from Gantt website, it explains what a Gantt chart is, furthermore the article goes on to explain the history behind the Gantt chart including its inventor.

Below is a Gantt chart created by the author to illustrate the activities taken for this project.



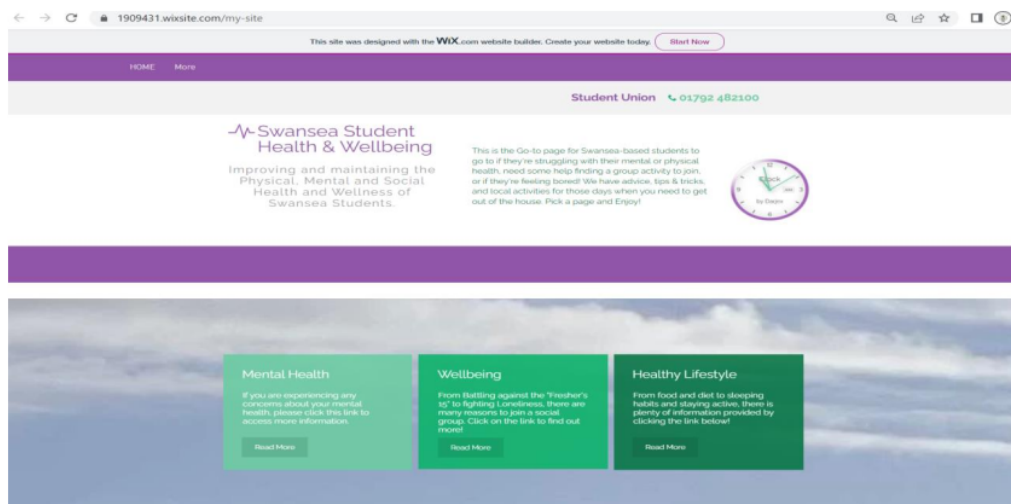
It can be seen that Gantt chart is incomplete, regrettably due to the lack of involvement from the development team however it illustrate the use of such a tool, allowing the user to enter the project tasks into the chart and allocating a timeframe for that task to be completed. Once the task is complete the chart allows the user to fill the time bar, as long as the chart is kept up to date the project leader can keep track of the progress of the project.

The chart shows from the creation of the development team, task one was to decide on the project idea which was swiftly decided within a small amount of time, then the team was given subject areas to go and research, this was given more time but again complete. Task three was deciding roles within the team, it was established who the project leader was however other roles were never decided upon other than the leader would design and implement the website, therefore as the chart shows this was also not complete.

Design

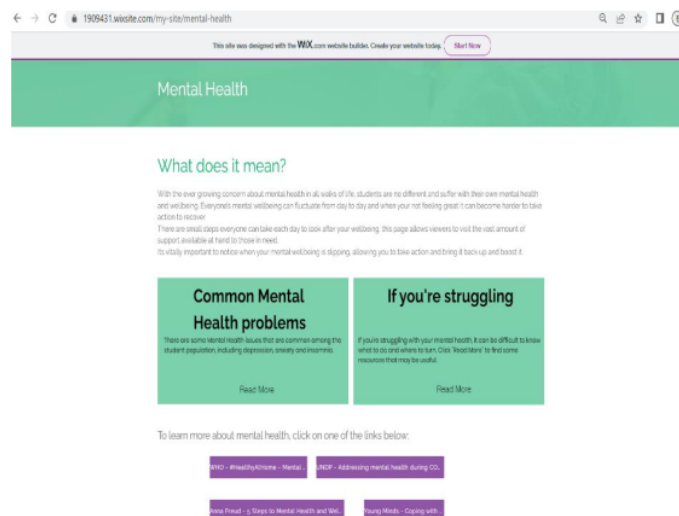
For the physical website and taking into consideration cost and available resources the development team came to the decision to use a third party website building company known as wix.

The site itself offers a free of charge, user friendly building platform with built in tools and features allow the user to design a modern attractive website. Furthermore the website will be able to be displayed on both desktop and mobile devices without the development team worrying about internal code or algorithms. [9]



The above image is a screenshot of the homepage of the website, the website was created and designed by the project leader and designer Barry Bradshaw. The information and links provided in each section was provided by the subject area members, the website address is currently <https://1909431.wixsite.com/my-site> which was allocated by the wix website. The development team has yet to discuss obtaining a website domain.

The website consists of numerous tabs for different subject areas as shown briefly in the screenshot above. Each of these tabs will take the website viewer to different areas of the website, where they will be greeted with an introduction on that particular subject. For instance if the viewer selects the authors subject tab mental health, they would be taken to that area of the website as shown by the image on the right.



These subject pages will hold the core of the websites information including various different website links allowing the user to click on them, these links take the user to a researched websites which holds further information and support on the subject, many of these links lead to charity websites which are built specifically to help those in need.

Implementation

Once implemented the author plans to introduce a website monitor, although this was not discussed internally with the development team the author believes this to be a smart move because a monitoring tool will allow the development team to observe the traffic on the website and judge its success.

There are many software products on the market, the one in particular used for this example is known as crazy egg, this software allows the user to make use of heatmaps and recordings, illustrating exactly what is being looked at on the website. [10]

This will be a fundamental tool when assessing the success of the website because it allows the development team the chance to upgrade and improve areas of the website which is less visited or not used at all. Furthermore the product itself includes a 30 day free trial therefore not affecting the projects costs and permitting room for further assessments on other products of this nature.

A further option dependent on how the website would be publicised is to use an advertisement source and obtain feedback from them on how many visits or clicks the website has obtained.

Evaluation

It is clear see that this project is still at an early stage of development, the author believes the whole project would need a restructure, especially within the project team. The author would suggest new leadership be elected so that they could reinvent and collaborate more efficiently.

The biggest issue presented within the project team the author encountered, was the interaction and involvement of the members within the team. The majority of communication between the team was done online and unfortunately a great deal of the time there were simply no responses when messages were sent to other members.

This meant the authors work and the project was left at a standstill, furthermore one of the project team who was elected leader was unavailable for a large part of the time due to getting married and the development team never really got together to address this and what should be done in his absence.

To address this the author would have defiantly changed the approach taken by the development team and arranged in person meetings, where the members of the team would attend rather than relying on response via the internet. This would allow better communication and understanding of what each individual person is responsible for. The start of the project was not discussed or organised good enough and as discussed in this report no Project Initiation Document or Gantt charts created except by the author in this report. These would have been vital in a project allowing each member access to material to use to track or reference to in regards to progress and targets.

References

- [1] Unknown, "Surrey Heartlands NHS," [Online]. Available: <https://www.surreyheartlandscg.nhs.uk/your-health/health-wellbeing#:~:text=Health%20and%20wellbeing%20can%20be,different%20cultures%20and%20life%20stages..> [Accessed 10 03 2022].
- [2] *Doing a performing arts degree from home*. [Film].
- [3] U. Author, "Mental health problems – an introduction," 10 2017. [Online]. Available: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/about-mental-health-problems/>. [Accessed 27 03 2022].
- [4] unknown, "Mental health problems among students on the rise reveals significant new report," [Online]. Available: https://mentalhealth-uk.org/blog/mental-health-problems-among-students-on-the-rise-reveals-significant-new-report/?gclid=Cj0KCQjwr-SSBhC9ARIsANHzu15GADe4FYnyxgi-sb17Yjn8F5XY45gJolT1cXLbEhFV90QwLsA8a4IaApC5EALw_wcB&gclsrc=aw.ds. [Accessed 20 03 2022].
- [5] unknown, Artist, [Art]. 2020.
- [6] I. E. Team, "Indeed," 2 11 2021. [Online]. Available: <https://uk.indeed.com/career-advice/career-development/project-initiation-documents>. [Accessed 2022 03 27].
- [7] unknown, "how to look after your mental health," [Online]. Available: <https://www.mentalhealth.org.uk/publications/how-to-mental-health>. [Accessed 2022 03 27].
- [8] Unknown, "What is a Gantt chart?," [Online]. Available: <https://www.gantt.com/>. [Accessed 25 04 2022].
- [9] Wix, Wix.com Inc, [Online]. Available: <https://support.wix.com/en/article/top-reasons-for-choosing-wix#:~:text=Wix%20is%20a%20free%2C%20user,more%20than%20a%20website%2C%20though..> [Accessed 30 04 2022].
- [10] "Make your website better. Instantly.," crazy egg inc, [Online]. Available: <https://www.crazyegg.com/>. [Accessed 29 04 2022].

Intergrating Project - Jamie Richards

GRADEMARK REPORT

FINAL GRADE

70/100

GENERAL COMMENTS

Instructor

Jamie richards	
1 engagement with literature comment	available
acceptable quantity of references at foundation (10), from a range of sources. Some authors are listed as unknown - avoid this as id does not sow credibility - if in doubt use a corporate author e.g. website name.	15
references citeted in body of text - dont be afraid to back up a fact with muliple sources	
2 Knowledge and Understanding comment	available
excellent dicussion of the material throughout, some areas could be expanded upon	40
3. Cognitive and Intellectual skills comment	available
underlying knowledge tied back to the task at hand gantt chart present but rather brief, good evaluation of how the project was flawed and the benefits	30
4. Practical Application Skills comment	available 0

5. Transferable Skills for life and Professional pract
comment available

well laid out report with only minor
gramatical errors
cosider using captions and table of figures¹⁵
for supporting images
no clear conclusion
introduction a bit brief

Total: 60

PAGE 1

PAGE 2

PAGE 3

PAGE 4

PAGE 5

PAGE 6

PAGE 7

PAGE 8

PAGE 9

PAGE 10
