



# TASKL

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## Research Question or Driving Question

*How can AI-powered platform that combines task management, guided meditation, and time-management assistance improve students' productivity, mental wellness, and academic organization?*

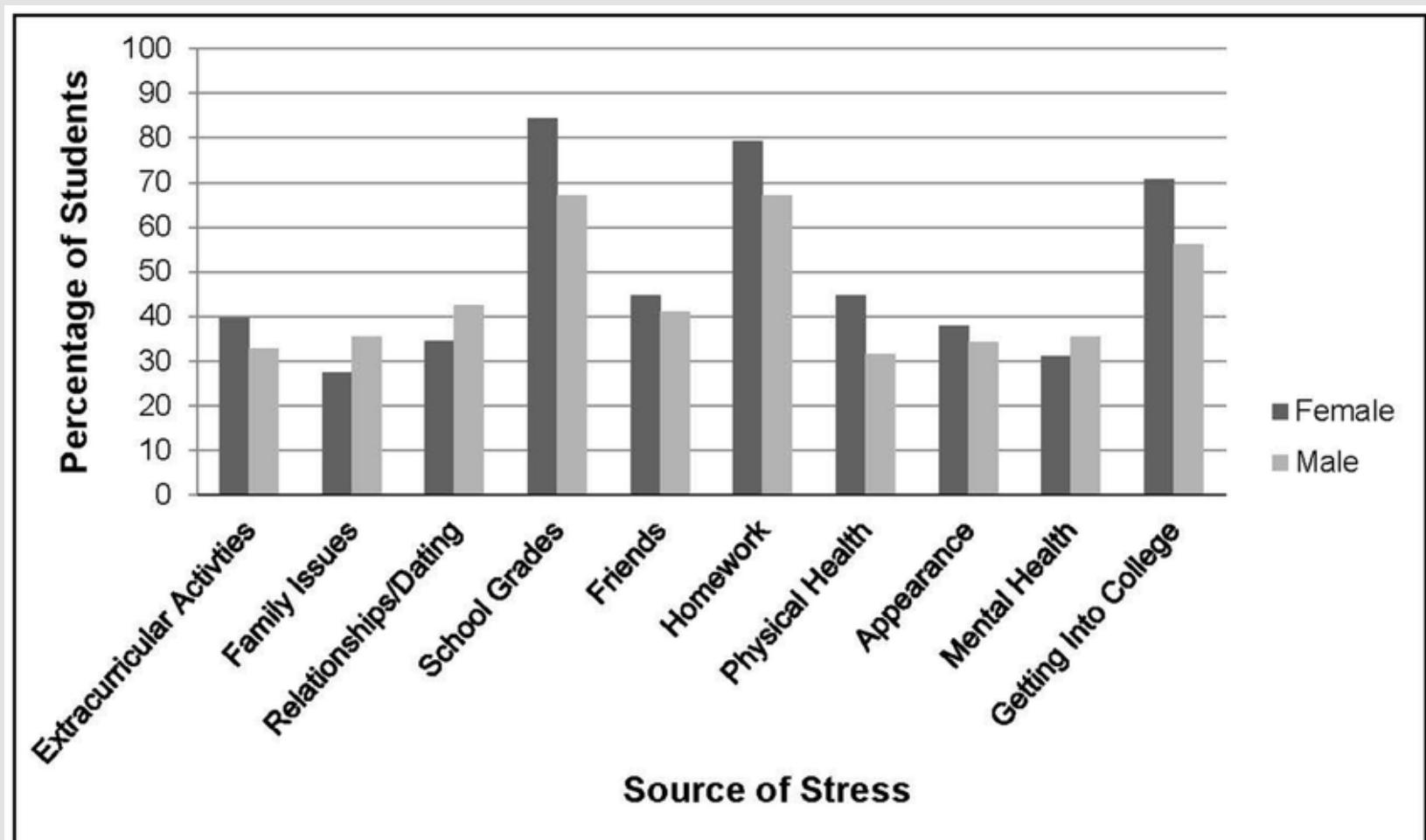
## Introduction

In today's fast-paced academic environment, students are frequently overwhelmed with juggling schoolwork, extracurriculars, and personal responsibilities. Despite the availability of digital calendars and task managers, many still struggle with managing their time effectively, staying focused, and maintaining mental well-being.

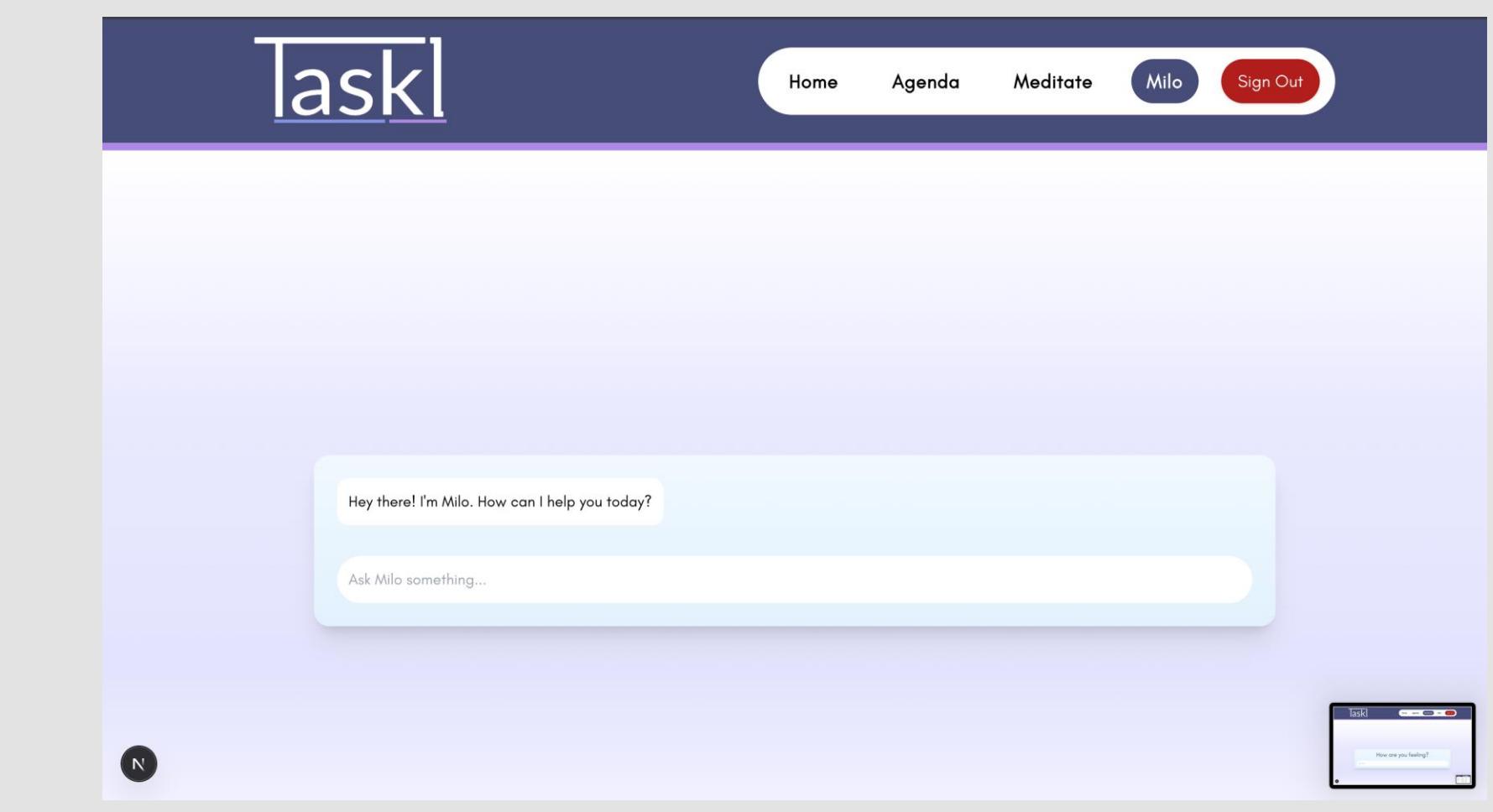
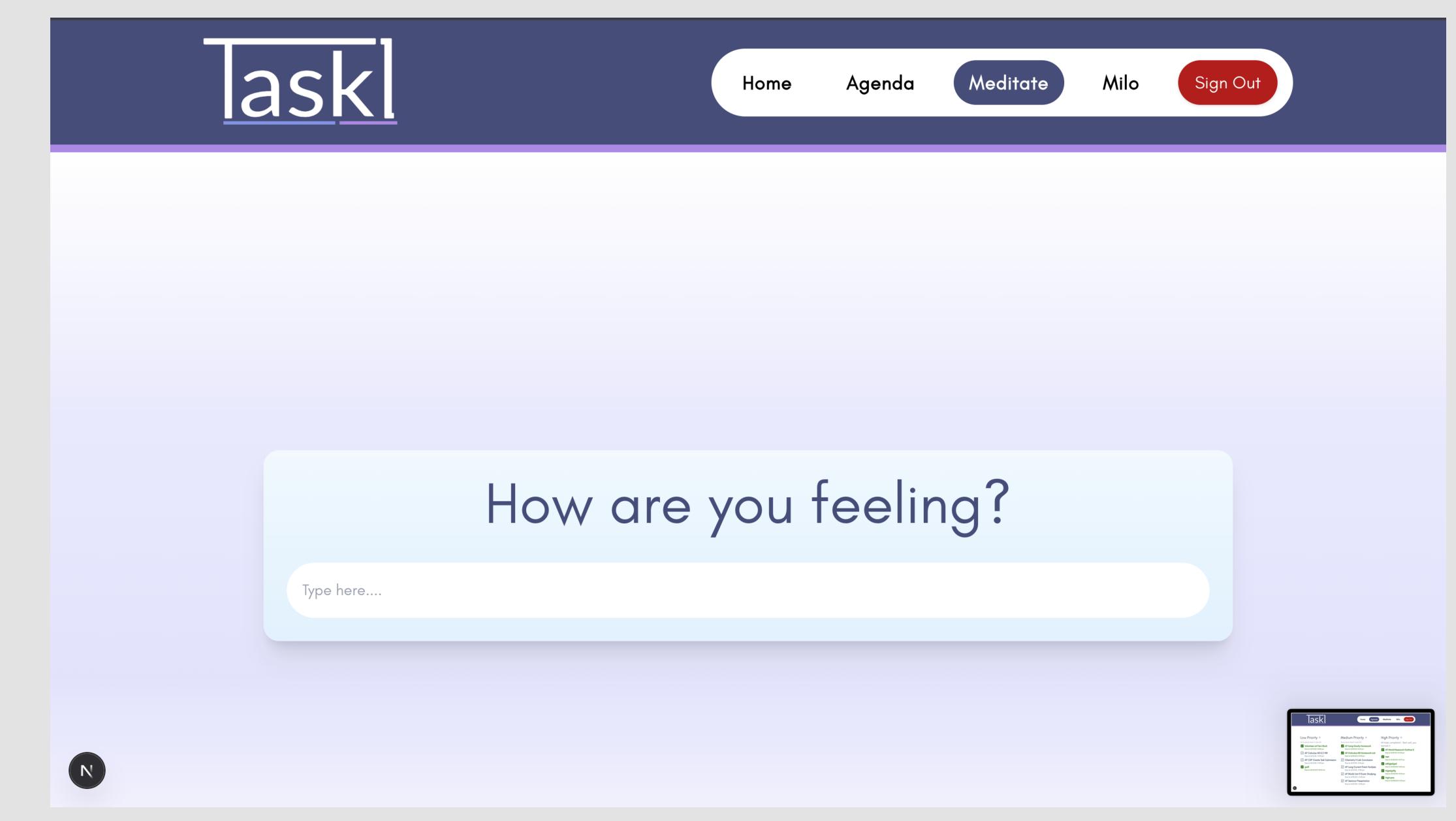
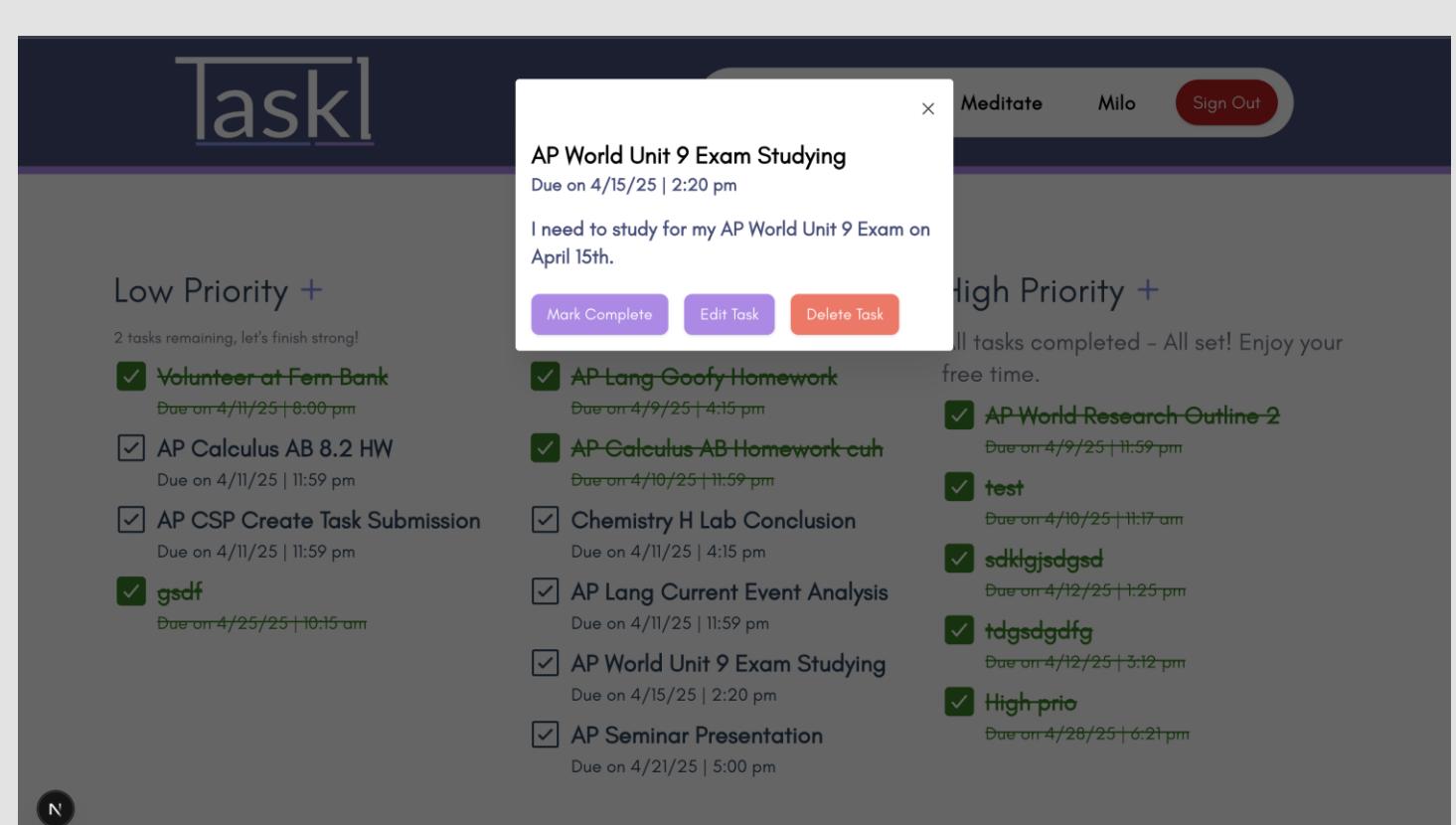
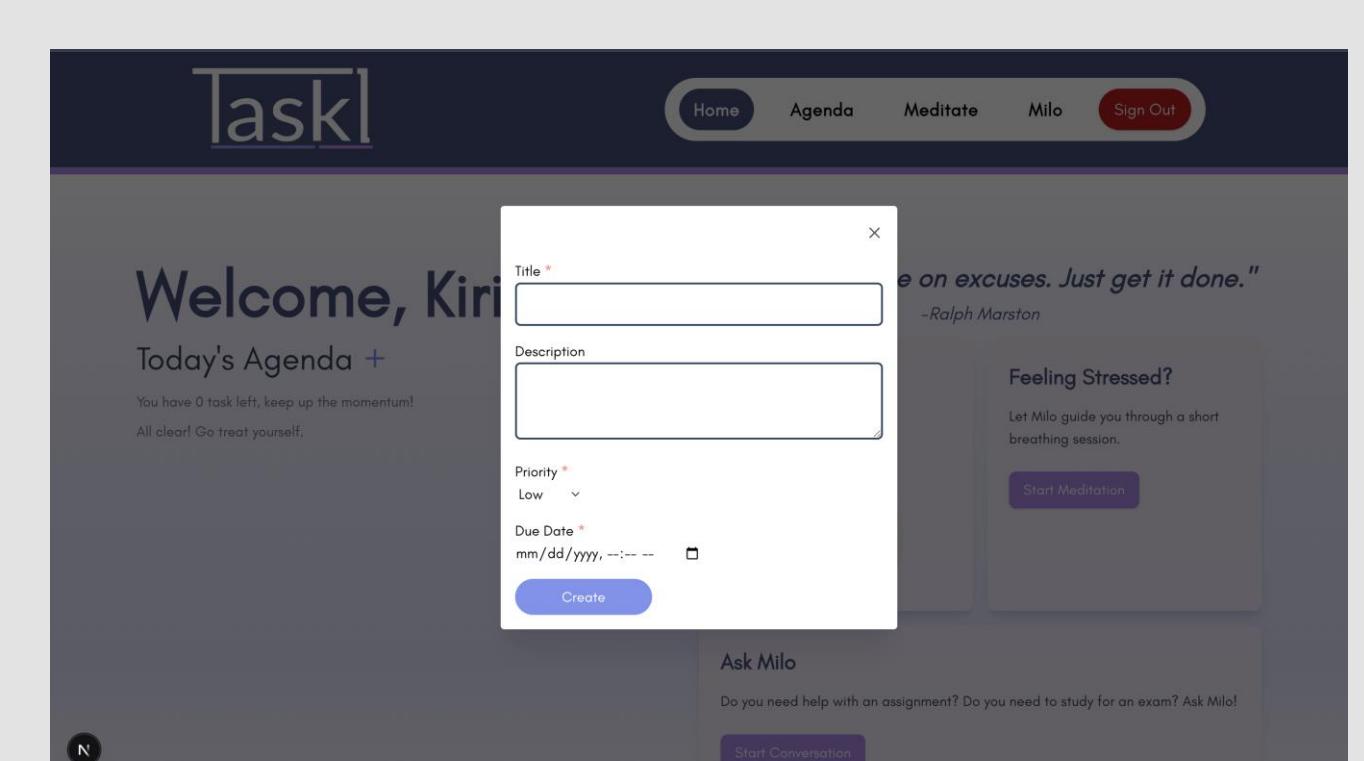
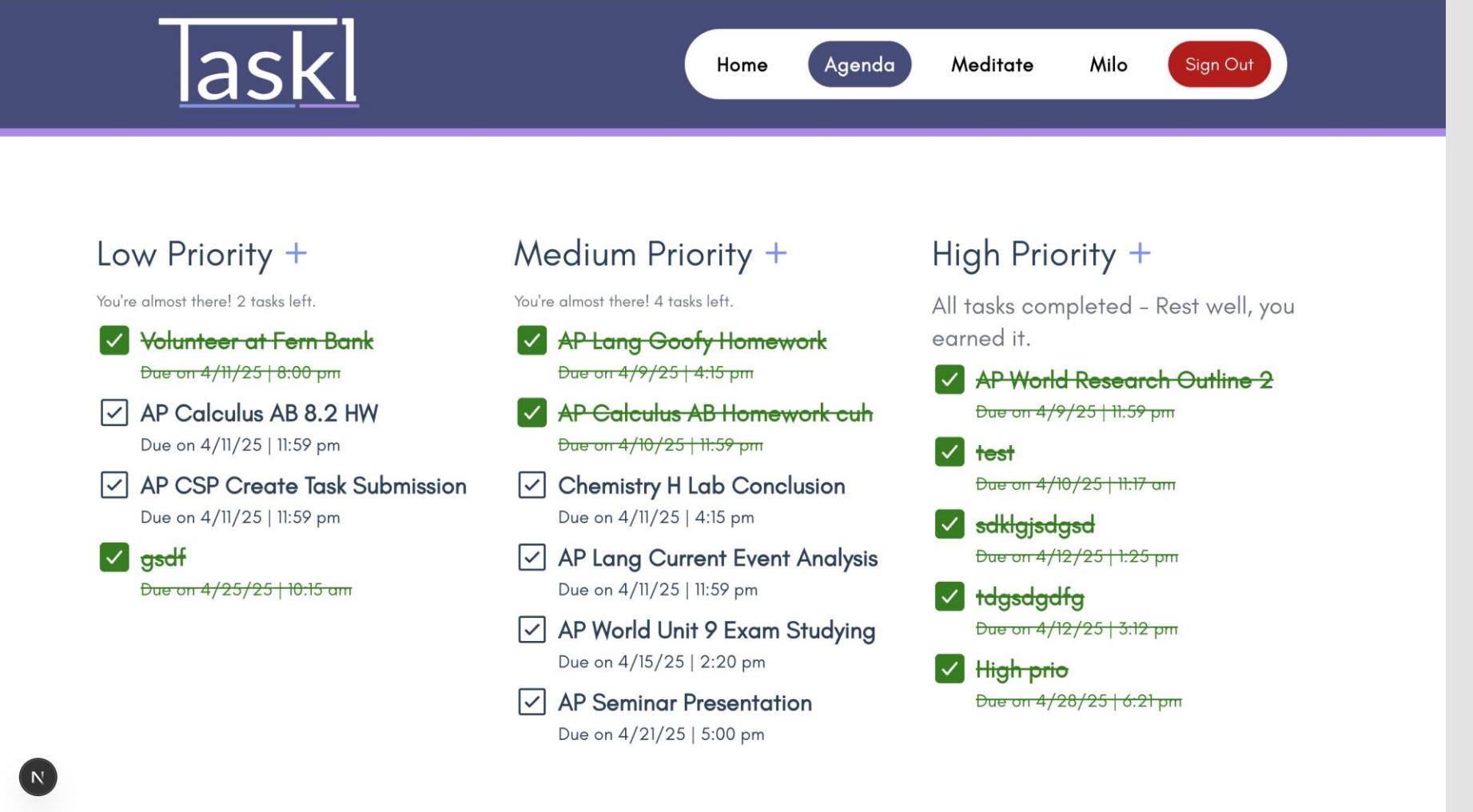
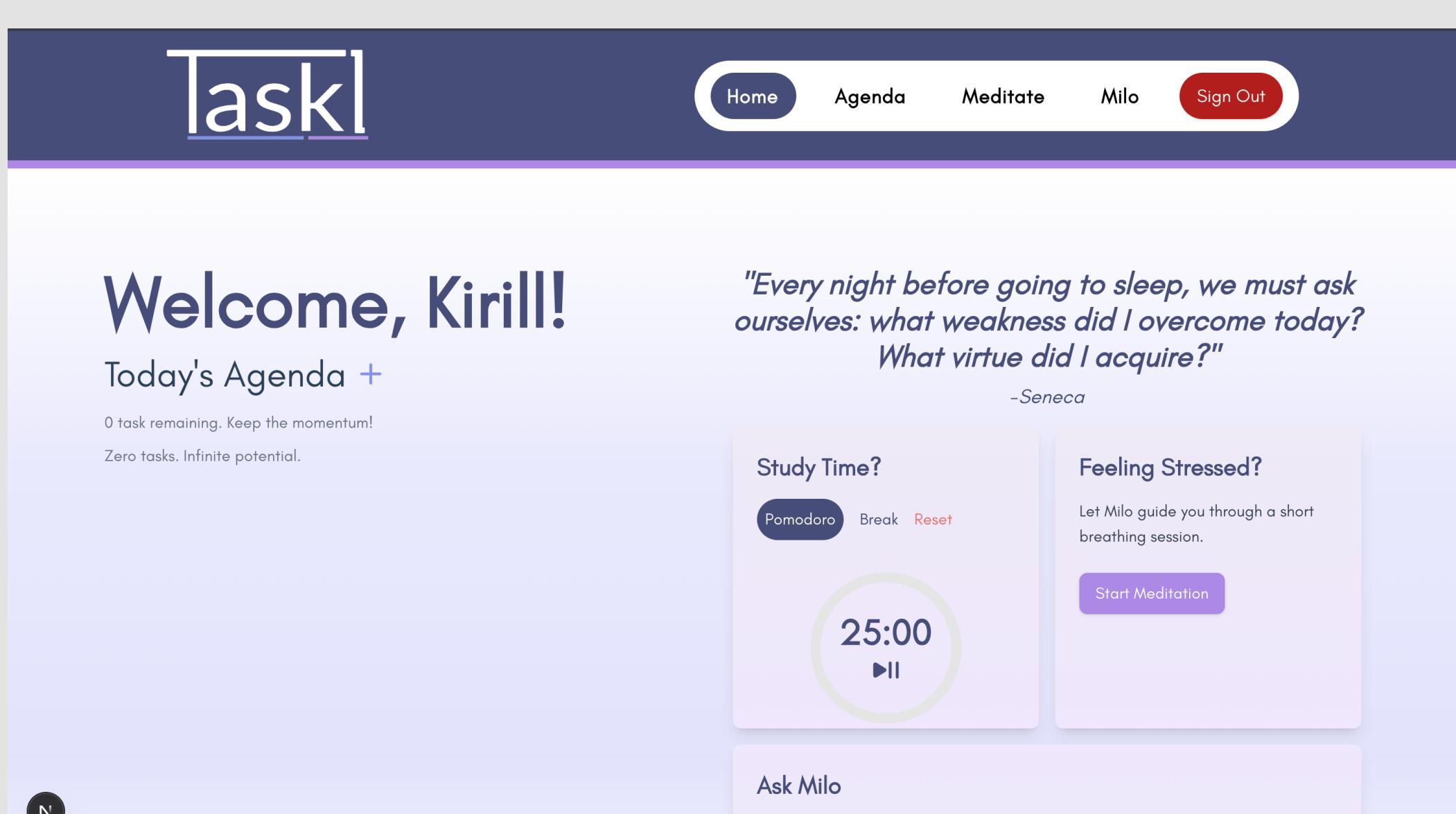
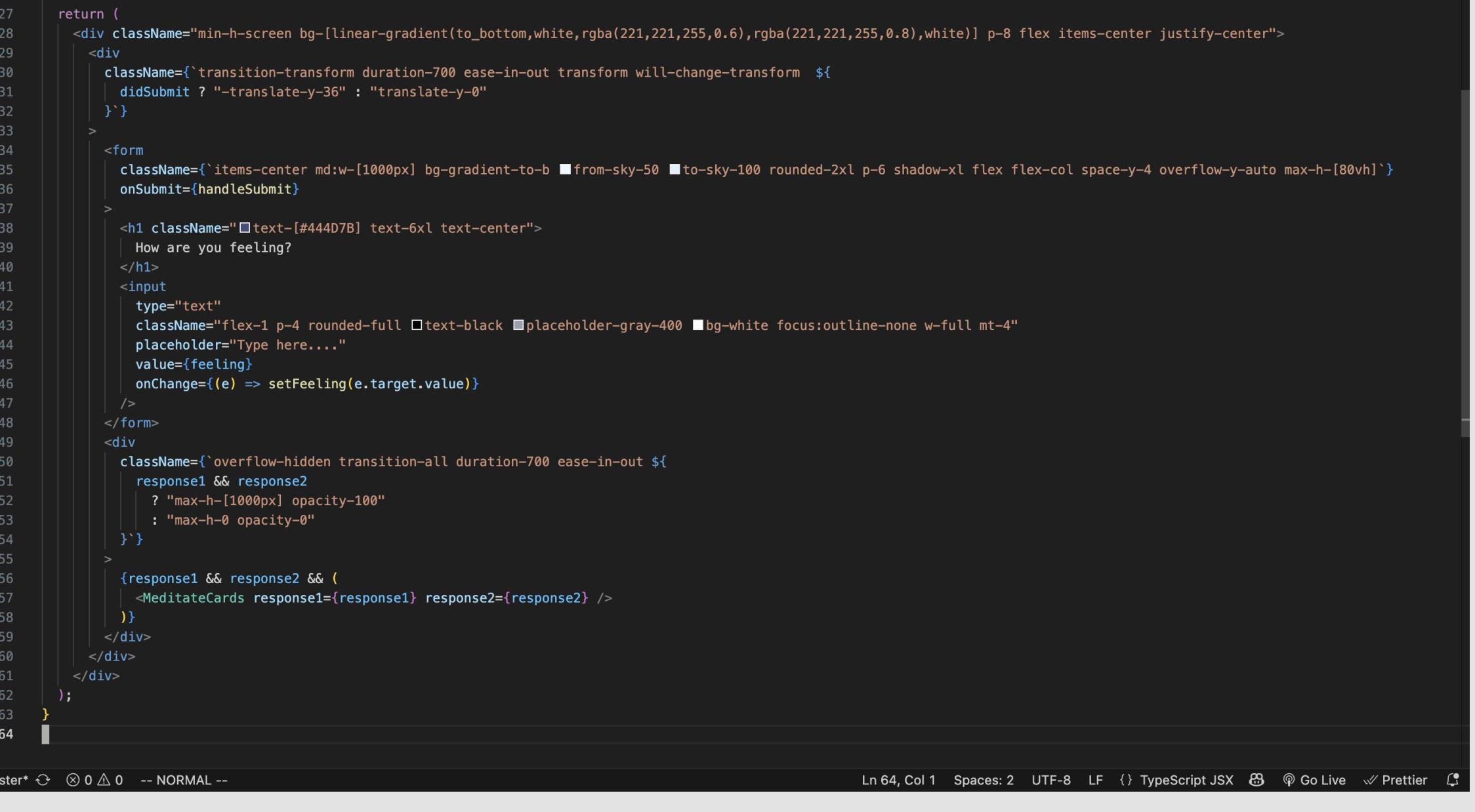
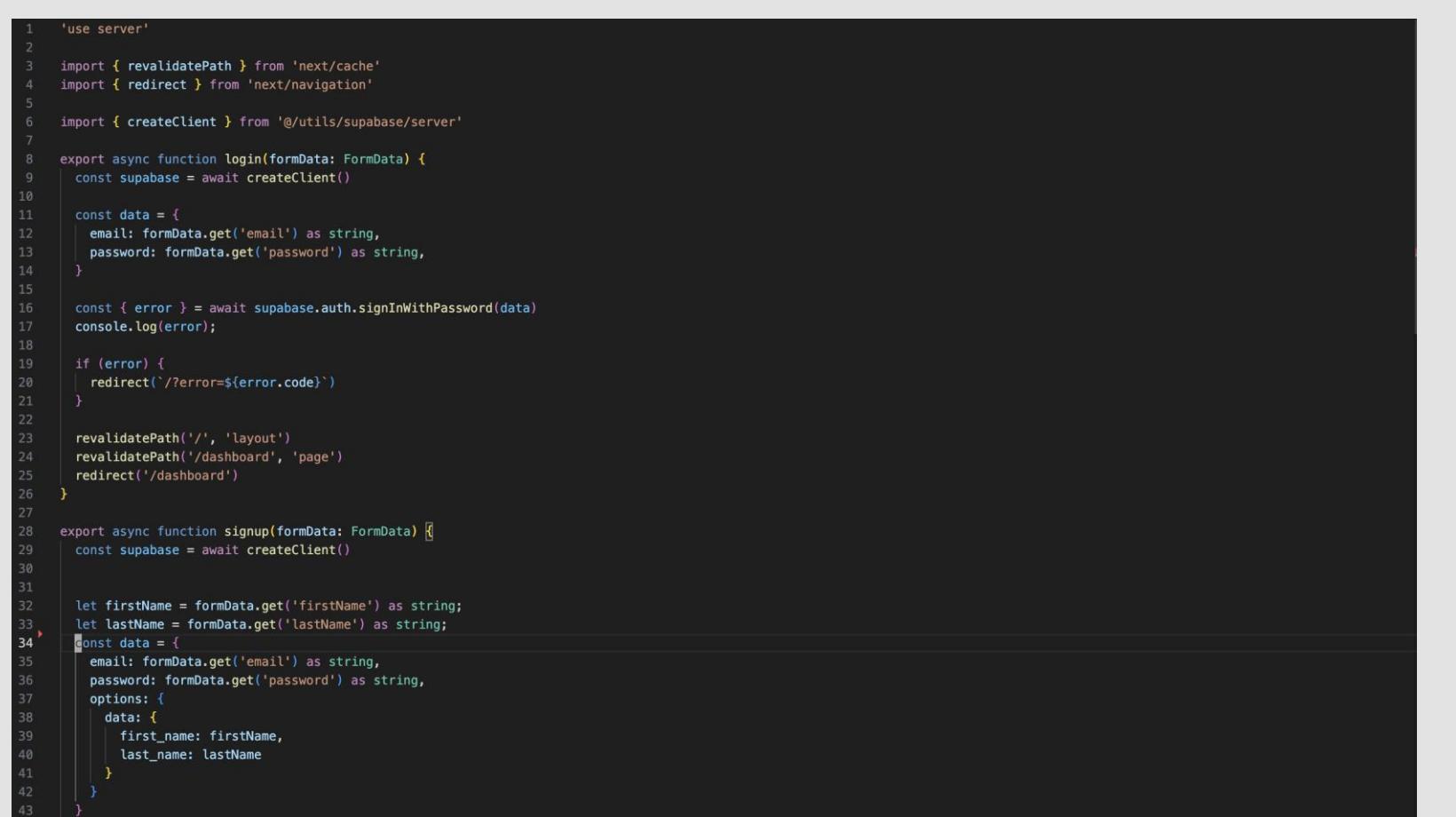
Recent studies show a sharp increase in academic stress, leading to decreased performance and increased anxiety. To address this, our solution integrates three critical components into a single AI-powered platform:

1. A smart agenda and task manager to track assignments and deadlines,
2. An AI-guided meditation page to promote mental clarity and reduce stress,
3. An AI assistant to offer time-management advice and help students develop ideas for projects or essays.

This holistic platform aims to tackle the root of disorganization and burnout by combining productivity with wellness.



## Methodology



## Results

We tested this out with high school students in our school. To see if it helped them with their schoolwork and we tried to see how much it benefited the students. We got some great feedback on what we could improve such as adding a stress meter, and a calendar to organize the assignments. The students told us that with this study tool they were able to prioritize their assignments because there was a clear section dedicated for them to see what assignments they had due, and the UI made it better for them to organize all of their tasks. We also realized that our AI could also help students and schools because we can restrict the types of questions that the AI is able to answer so it can help the students, but it also has restrictions on giving answers.

## Recommendations/Conclusion

We realized that our app could really benefit students in the long run because it could help them be more on task when working. Our website can help students because it has all the tasks that a student needs when studying. The dashboard can show the students their assignments, so they know what they need to do based on priority, and it also has a study timer that helps the students focus. One thing that we realized that our app had that others didn't was an in-built AI that can help the students if they need any help and it also has an AI that generates different mindfulness exercises for the user based on how the user is feeling.

## Acknowledgements

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We would like to thank Supabase for hosting our login system and saving that.  
We would like to thank GitHub and NextJs for hosting our website and being the base for our website.