nod

Connect and Belong

Breaking the cycle of isolation and loneliness.

How Nod Works

Ideas for Connecting

Nod provides college students with engaging prompts rooted in positive psychology and the science of social connection to help students build social relationships.

Reflection Activities

The app experience provides short exercises that help students process social experiences, reduce self criticism, and build resilience toward their social goals during college.

Peer-to-Peer Perspective

To break the 'myth of magical friendship,' Nod provides real student perspectives to reinforce the message that building connections takes time, effort, and patience.

Research-Backed. Student Approved.

Nod's randomized controlled trial published in the Journal of Medical Internet Research.

The Study

About the Research

4 week waitlist controlled design

Who Participated

- 220 incoming first year students at the University of Oregon
- 47% identified as non-white
- 34% identified as first generation

The Outcomes

Nod use **buffered against an increase loneliness and depression** while supporting improvements in secondary outcomes, including:

- **Sleep Quality**
- **Campus Belonging**
- **Perceived Social Support**
- **Intention to persist in school**

Bring Nod to Your Campus

Schedule a demo, discuss partnerships, and learn about our impact.

youatcollege.com | inquiries@gritdigitalhealth.com

Evidence-Based Skill-Building Tools

Nod is a research-backed tool, rooted in science, that is proven to develop the necessary skills to buffer students against loneliness, isolation, and depression.

Turnkey Promotional Strategies

The Nod partnership equips administrators with engaging promotional collateral, data insights, and marketing strategies to drive student adoption.

Student-Powered Design

Our co-design philosophy gave students the power to define how loneliness impacts them, ensuring our team developed an effective solution to address their needs.

What our network is saying

"It's nice that the app has actual goals for you to do. I try to set social goals for myself, but this app makes me more accountable and encourages me to be creative in social interaction. It's actually really fun!"
- **First-Year Student, University of Oregon**

"Nod allows me to think of ways to interact with people that I probably wouldn't have thought of on my own. It opens more opportunities for me."
- **First-Year Student, University of Oregon**

Student-Powered Design

Everything in Nod was co-developed with students. From the skill-building challenges to brand elements, college students were at the core of Nod's design.

Recommended Ideas

See the potential for deeper friendship.

Appreciate someone who made the effort

★ EXPAND MY SOCIAL CIRCLE

☘ GRATITUDE

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