



A guide for students

Introducing YouHue

How are you feeling?



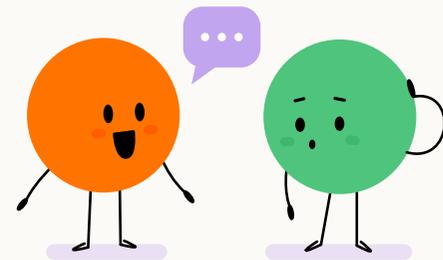
Happy



Excited



Loved

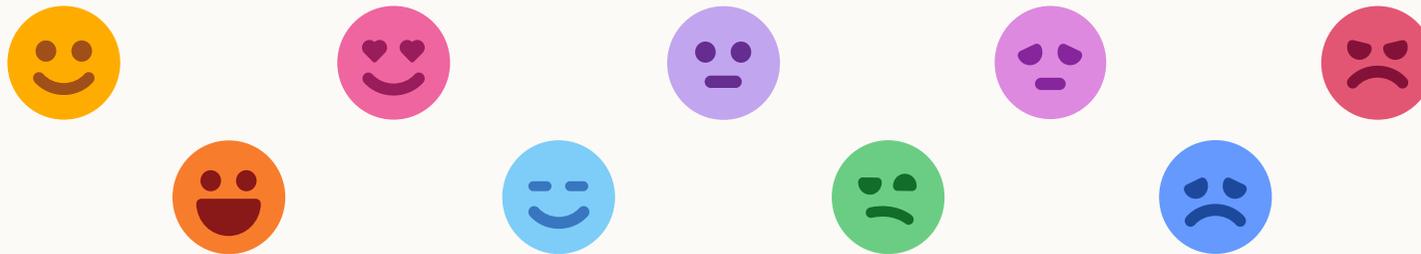


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science first, but I'm working on it!

Feeling Calm
I did well in my exam. On to the next one!

Feeling Confused
I am not sure if I should go to the park or stay with my family.

YouHue uses mood tracking to help you understand your emotions and express them.



It helps you practice social-emotional skills while giving your educators insights that can be used to support learning, surface challenges, and build meaningful relationships.

YouHue works on all devices

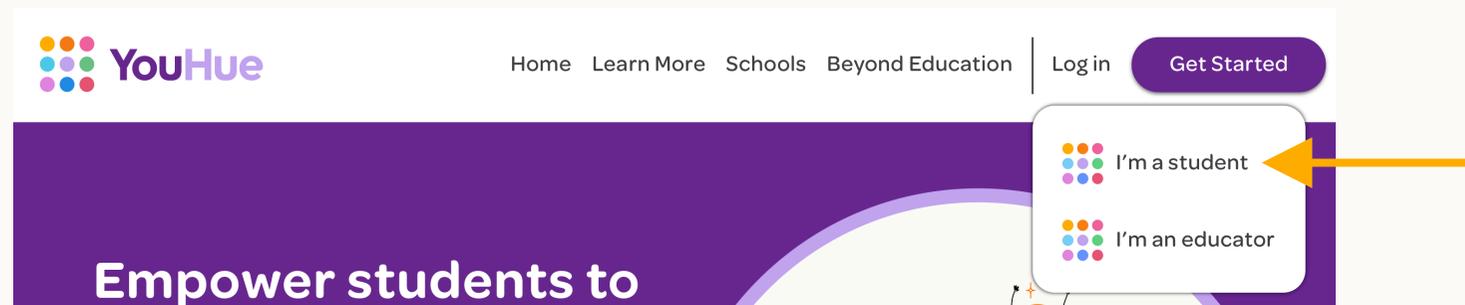
YouHue on the App Store and Google Play



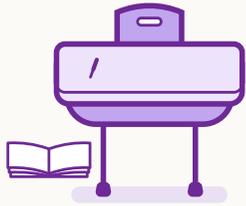
For Apple/iOS devices - Download [here](#)

For Chromebook/Android devices - Download [here](#)

YouHue on the web



You can access YouHue on any device via our website, www.youhue.com or by simply going to app.youhue.com/student



Getting Started

Logging in

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How are you feeling?



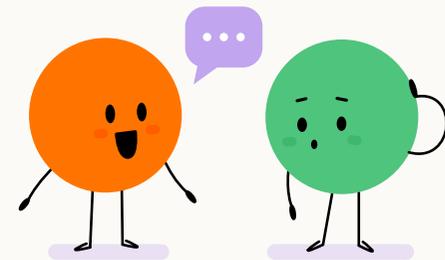
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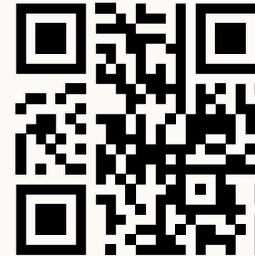


Step 1: Access your YouHue class



Class Access Code

Log in by typing your 10-digit class access code.



Class QR Code

Log in by scanning your class QR code.

If your educator hasn't already added your class to your device, this code will allow you to activate YouHue on new devices. Keep it handy!

* You need to enter your Class Access Code just once on a device.

Step 2: Access your YouHue student account

XXXXXX



Student Passcode

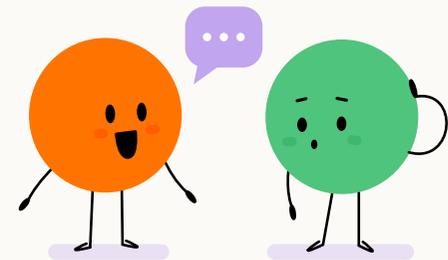
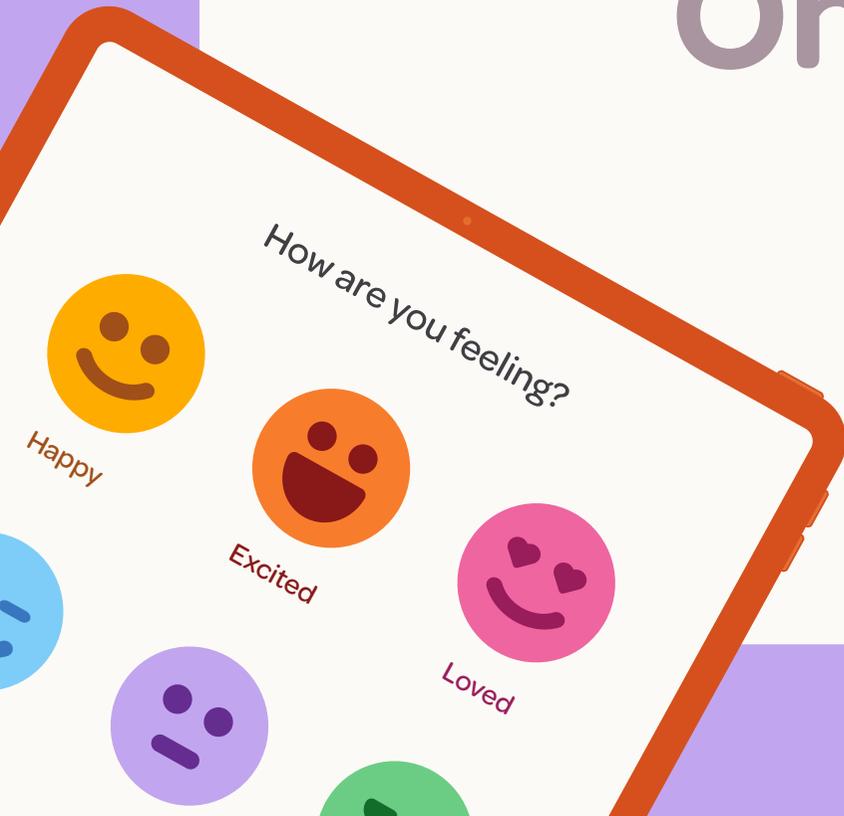
Log in to your account by typing your unique student passcode.

After selecting your class on your device, you will need to enter your unique passcode each time you want to log into your account.

* If you want an easier passcode, ask your educator to change it to a simpler one.



On the app...

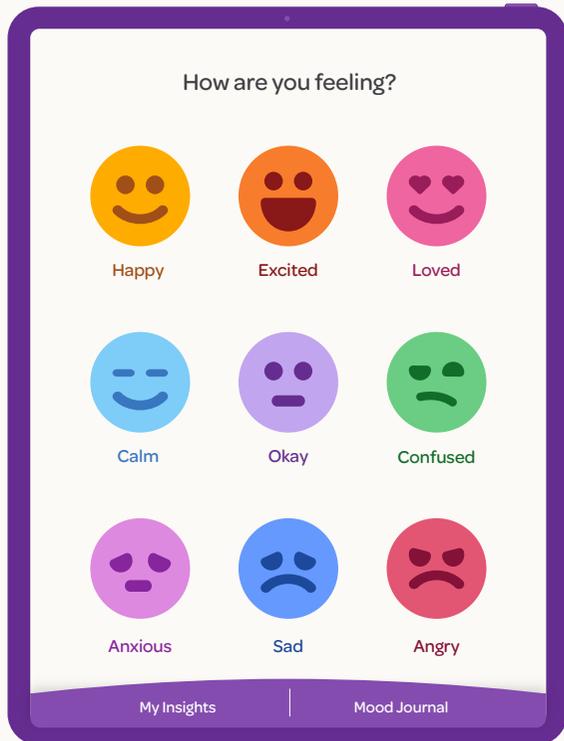


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Your educators want to hear about how you are feeling



Check in the start of each day

A great way to get started is by sharing how you feel each day when you arrive at school.

Share at meaningful moments

You can start sharing at moments that are meaningful in your classroom. For example, after recess or after a quiz or when current events might impact your life.

When you feel like you need to

You can give yourself the opportunity to practice recognizing emotions when you need a moment to pause and reflect. Your educator might decide on some guidelines around this - if you need to ask first or where you can access YouHue.

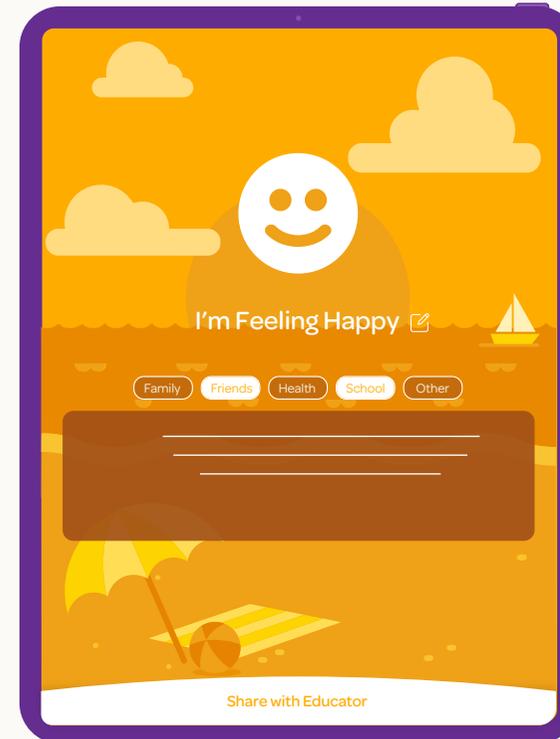
Reflect a little deeper about how you are feeling

Change Mood & Tags

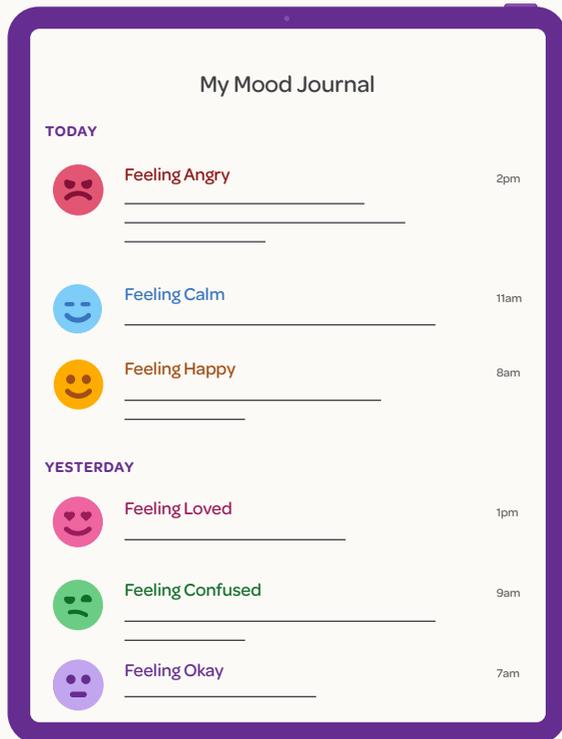
You can further change the mood name to resonate more with how you feel. Then select a 'tag' to mark the topic your mood relates to the most.

Put words around feelings

Enter a text description of why you feel the selected emotion. The mood and description together make up your "log". It is then saved, and sent to the educators associated with your account.



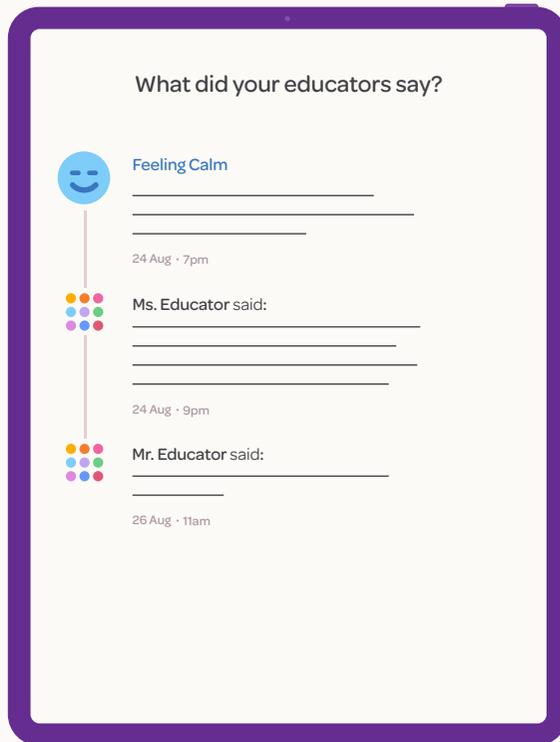
Look back at all the mood logs you have created



Recognize patterns

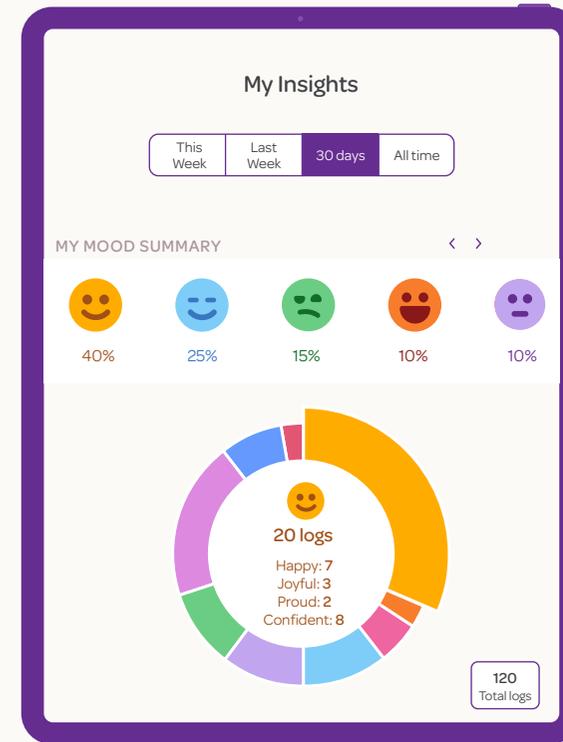
Gain perspective in order to eliminate or avoid certain triggers so that you can focus on how best to respond next time.

Responses from your educators and data insights



Responses

See quick responses from educators on each of your mood logs.



Progress overtime

Learn more about your emotional progress in your insights.



On the web...

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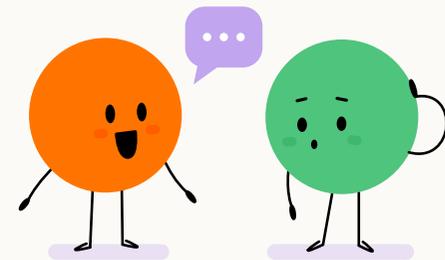
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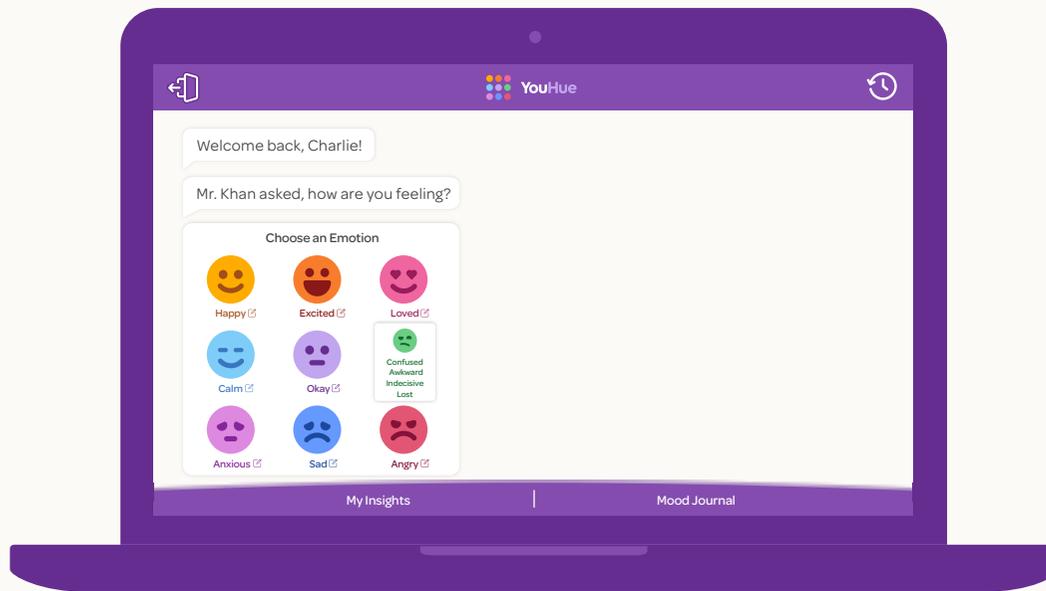
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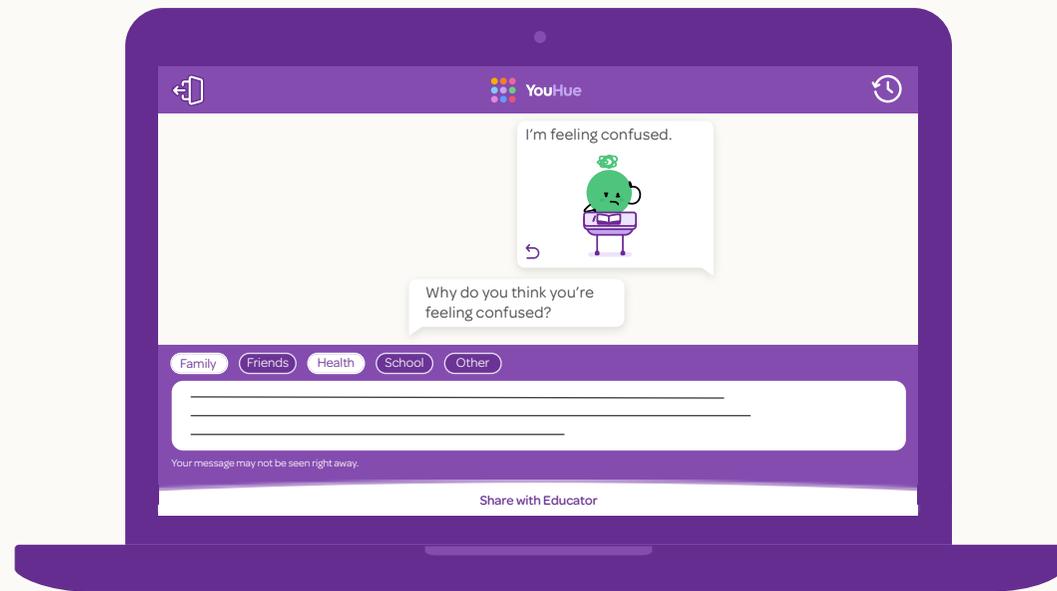
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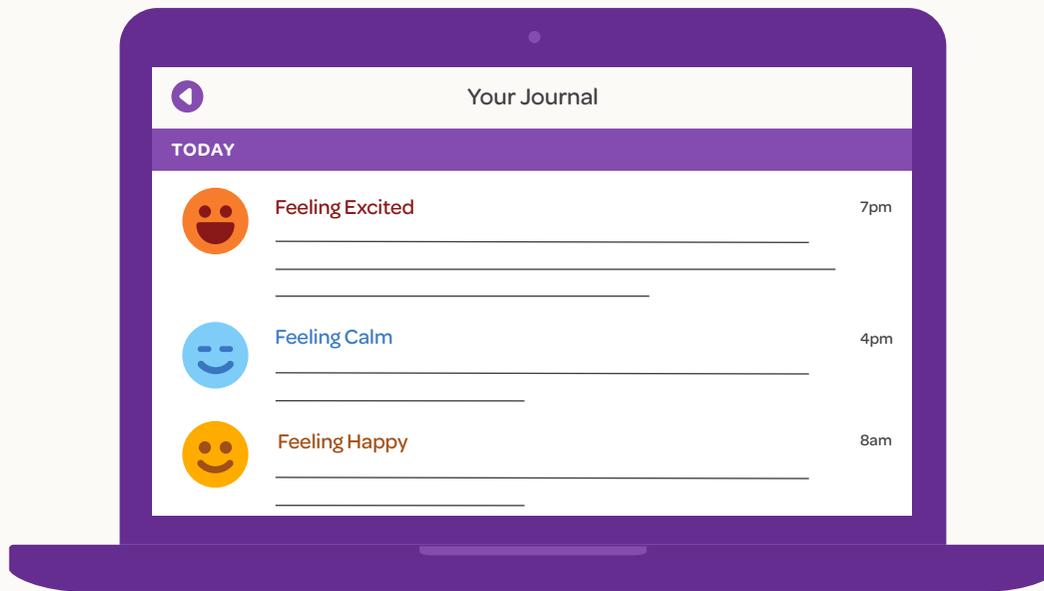
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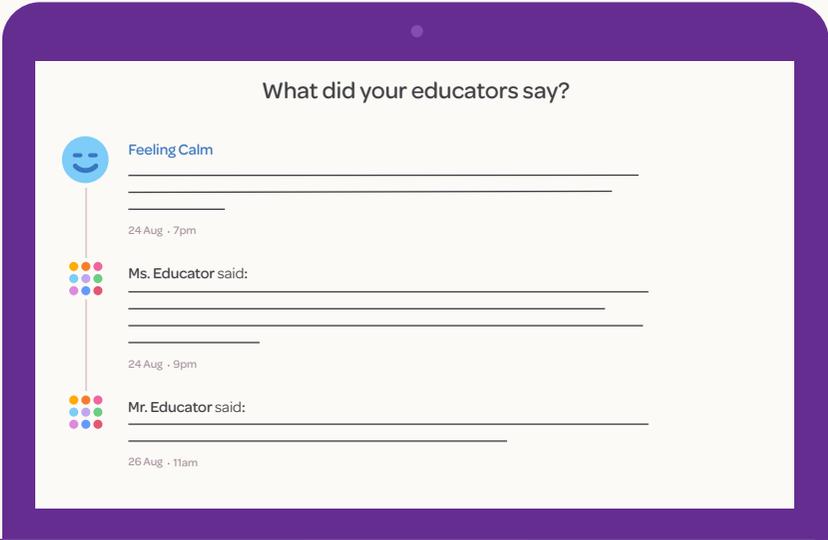
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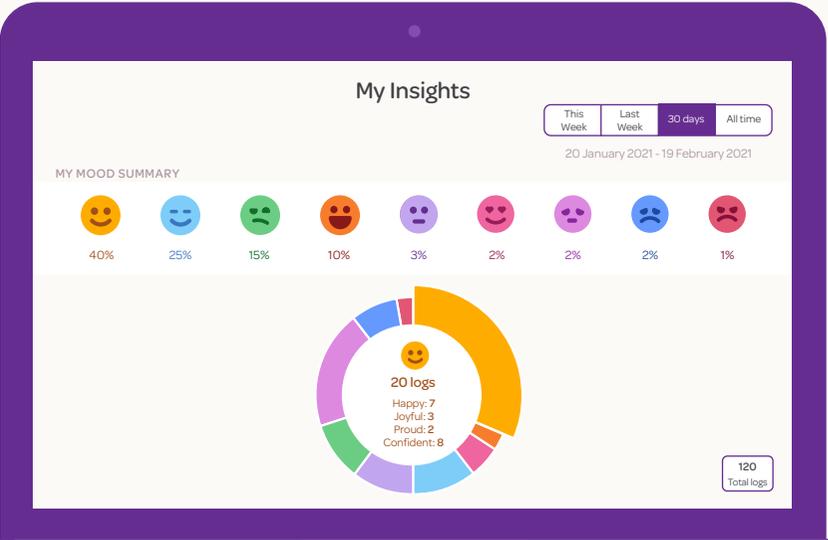
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Frequently Asked Questions

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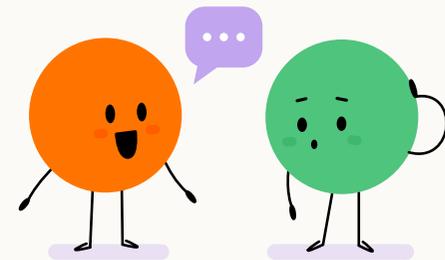
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What is YouHue? How does it work?

YouHue is a technology schools use to help students practice self-expression in the classroom and help teachers get to know each of their kids as individual learners.

The YouHue app uses mood tracking to help students understand emotions and express them. It helps students practice social-emotional skills while giving educators insights that can be used to support student learning, surface challenges, and build meaningful relationships.

What if I feel more than one emotion?

It's totally normal to feel a mix of emotions at once. Choose the emotion that is most predominant in your mind. For example, if you feel excited about a basketball game but anxious that you won't do well, ask yourself: which emotion am I giving into most? If anxiety feels more powerful, then log about anxiety. It's empowering to clarify to ourselves which emotion we're feeling most strongly and understand how the other emotions we're feeling at the time are related. You may only pick one emotion, but by doing that we better understand the others!

What if I don't want to log?

Some days you may not want to log. If you don't feel like logging, that's okay! Just know that YouHue is a judgment-free technology that accepts you where you're at. You should never feel ashamed of your thoughts. Happy, sad, anxious, silly, tired, angry – YouHue accepts you for you.

What if I don't know how I feel or why I feel the way I do?

It's very common to experience what we call "vague" emotions. This is when we don't know exactly how to label how we feel or we're not sure why we feel a certain way. In these moments it's helpful to think, "how does my body feel?" "How much energy do I have?" "Is there something on my mind that is making it hard for me to focus?" Sometimes it can even just be helpful to guess which one you feel and then as you're explaining 'why' you might get clarity how you really feel. Ask yourself questions as if you are a good friend checking in on you. Then, do your best to identify an emotion. The more you check in with yourself, the easier it will be to identify and understand your thoughts and feelings.

Can I use YouHue without an internet connection?

No, an internet-enabled device is required to access YouHue.

Can I stay logged in on my device?

Yes, you can stay logged in on your device by going into 'My Account' on your app and toggling right the 'Keep me logged in' button. However, if you are sharing a device in a classroom then it is highly recommended to not stay logged in and log out as soon as you have logged your mood.

I don't have my class access code. Where can I find it?

Ask your educator to provide you with your class access code. It is a unique 10-digit alphanumeric code and/or a QR code. You will only need to enter it once on your device.

I forgot my passcode. What should I do?

Ask your educator to provide you with your passcode. Keep it handy as you will need to enter it each time you want to log in. Don't share your passcode with anyone!

How do I update my account details?

If you would like to update your name, let your educator know about the change and they will do it for you.

If you want to change your passcode, ask your educator to replace it with a new one.



Need more help?

www.youhue.com/help

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