

# SELFTRACE for Universities

A tool to strengthen self-regulation, wellbeing, and student support.



Vertical

**Universities, mentoring, student retention, and campus wellbeing**

Focus

**SELFTRACE for Universities**

Core

**Scientific + actionable**

SELFTRACE can support university wellbeing, tutoring, and guidance by offering a clear way to read how students respond to pressure, frustration, relational strain, self-demand, and decision-making during critical transitions.

## What makes this valuable

- Detects coping patterns inside near-real-life scenarios.
- Creates a shared language between student, tutor, and guidance teams.
- Supports follow-up through rounds, epochs, and life areas.

## Use cases

- Student wellbeing programs and early prevention.
- Tutoring centered on self-observation and decision quality.
- Support during demanding academic or personal transitions.

## Relevant benefits for this sector

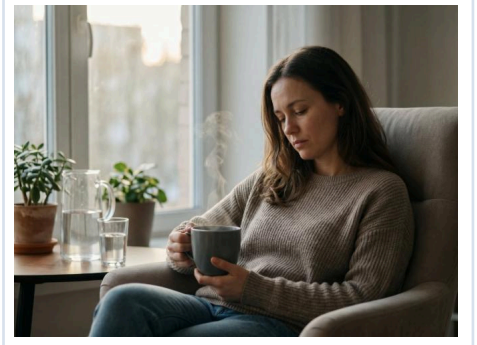
- More clarity to intervene before cost accumulates.
- Greater student autonomy in understanding their automatic responses.
- A developmental approach instead of a labeling approach.

## Sharing notes

- Useful for guidance, mentoring, retention, and wellbeing innovation.
- Helps people talk about behavior and regulation in accessible language.
- A strong fit for educational innovation and support ecosystems.

## Scientific and operational basis

SELFTRACE combines deterministic pattern reading grounded in psychological flexibility, traits, and attachment theory. AI only improves the output language; detection itself relies on reproducible rules.



## Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE turns real micro-decisions into clear, actionable signals with scientific grounding.

Registration / access: <https://www.self-trace.com/Identity/Account/Register>

System guide: <https://www.self-trace.com/HowItWorks>

Entry page: <https://www.self-trace.com/>