**Summary**

I worked at the Embedded Systems Laboratory of EPFL to develop an Android smartphone and smartwatch application for monitoring the physical and emotional health of student-athletes on campus. We conducted a study on 100 EPFL students, all of whom used my app on a daily basis. The smartwatch app collected data about students’ heart rate and time spent exercising, while the smartphone gave them questionnaires about their daily levels of fatigue and stress. The app then used machine learning techniques to assess their fatigue level and alert them in cases of over-exertion. I got to present my work at the 2018 SPOT Conference on innovative technologies in sports.

**Fun Cultural Experience**

The wonderful EPFL running club organized a 30-km-long trail run in the Jura mountains in the Spring. They assured me that we would go at an easygoing pace and that there was no more snow on the mountains. I learned that the Swiss definition of "easygoing" is my definition of "strenuous," and we were up to our knees in snow! Nonetheless, I made friends with a lovely, diverse group of people and had fun pushing myself to my absolute limit. Along the trail, we discovered a toppled trail marker and took funny pictures with it, and we sledded down the mountain on our way back.

**Relation to Your Major**

My internship helped me master several skills that are essential in electrical engineering including object-oriented programming and good software design practices. By designing a product for 100 clients alongside partners from universities and start-ups, I learned all about debugging, implementing user feedback, and working with diverse teams to achieve a goal. At the beginning of my internship I was unsure of which specialization of electrical engineering to pursue, but this project made me very interested in signal processing and machine learning, so that I can learn how to develop algorithms to solve problems and help people live healthier lives.