TABLE 5.1 Apps to Help Students Manage Time, Increase Productivity, and Reduce Stress

APP	WHAT IS IT?	PROS	CONS
Forest (forestapp.cc)	Use to stay focused; set timer and the app grows trees while you work	Keeps you locked out of your phone for a time period you designate	Can be disabled by restarting phone
Freedom (freedom.to)	Disables access to the Internet to allow focus on an essay or for studying	Takes away the option of using the Internet to procrastinate	Does not work if access is needed for research; can reset by rebooting

TABLE 5.1 (Continued)

APP	WHAT IS IT?	PROS	CONS
Hocus Focus (Mac) (hocusfoc.us)	Makes inactive windows disappear from view, leaving the current window as the only one visible on the screen	Helps concentrate focus on current window because the inactive screen vanishes quietly from view	Not good if user needs to toggle between screens constantly
Moment (inthemoment.io)	Automatically tracks how much you use your iPhone and iPad each day; can use individually or Moment Family	Can set daily limits on use, set notifications when you exceed limits, and even force yourself off your device when over your limit	Over-limit notifications block screen if you've forced yourself off your phone; can still take phone calls
myHomework (myhomeworkapp.com)	Student-friendly all-in-one planner for school	Lots of useful features: tracks homework, sends reminders of items due, syncs information, tracks class schedule	So many features, app can be overwhelming
Research Project Calculator (rpc.elm4you.org)	Helps students create a schedule for completing an assignment or project based on the start date and due date	Gives concrete dates for when parts of a project need to be done; helps break down a large assignment into simple phases	Each phase can be too general; for example, if creating a video project, it doesn't give a breakdown of when each step should be done
SelfControl (Mac) (selfcontrolapp.com); Cold Turkey (PC) (getcoldturkey.com)	Blocks websites that a user designates as blacklisted	Great for those who are disciplined or have someone who will add the blocked websites (i.e., a parent)	Setup can take a while, as adding websites is a manual process

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Tomato Timer (a simple Pomodoro timer) (tomato-timer.com)	Use the Pomodoro Technique (25 minutes on, 5 minutes off) to alert users of when to focus on work	Easy-to-set timer; helps regulate the periods of productivity	None; choosing timer is a matter of individual interface preference
ZenFriend (zenfriend.com)	Use to track daily meditation; helps to build a daily practice	Meditation reduces anxiety and stress, while helping a person's overall ability to focus	None; easy to use and good for you!