

Productivity *and* Organization

Wellness Mobile Apps

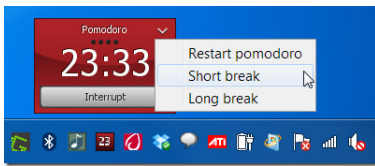


Benefits of Productivity/Organization Apps

- Keeps you on task with activities, goals, and tasks
- Reduces stress, increases sleep
- Keeps everything in one place – less stressful, all information is together and easily accessible
- Holds you accountable, teaches other important life skills
- Used for academic purposes, also may benefit personal life/habits

Pomodoro Technique

- Breaks work into 25-minute intervals (called Pomodoro sessions) with short 5-minute breaks in between
- Requires person to really focus on task at hand, then step away for break
- Helps manage distractions, increase productivity
- Proven to work well with studying!



Tomighty (Computer [Mac/Windows], FREE)

This app is used to keep track of the 25 minutes outlined by the Pomodoro technique. The app notes how many times the user has been distracted and is helpful for reducing burnout and staying on track.



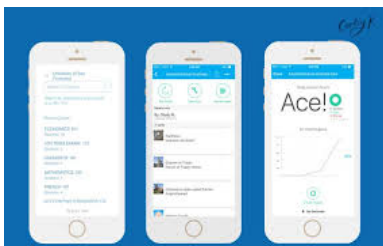
SelfControl (Computer [Mac], FREE)

Download the SelfControl app to your computer to block any distracting websites. The app allows a user to enter websites to block in order to stick to specific tasks.



MyStudyLife (iPhone/Android/Website, FREE)

MyStudyLife is a tool that a student may use to keep track of schedules, tasks, class schedules, and assignments. This app keeps everything in one place and helps the student decide what to study for exams.



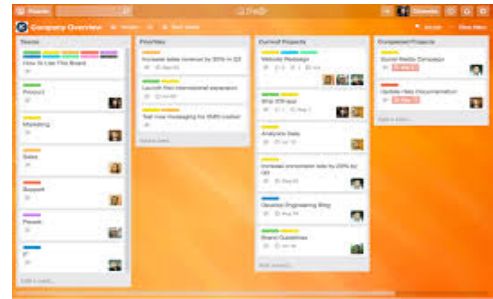
StudyBlue (iPhone/Android/Website, FREE)

This app allows the user to create an unlimited number of flashcards for studying. Students can join actual university classes to collaborate, use the provided homework feature, and learn more about other interests.



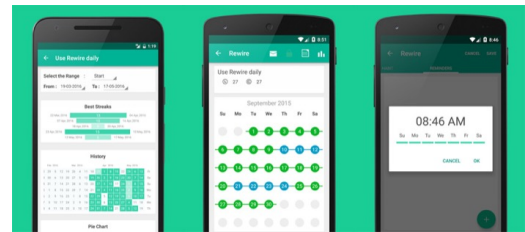
EasyBib (iPhone/Android/Website, FREE)

EasyBib is an accurate citation generator for hundreds of styles of citations (MLA, APA, Chicago, etc.). A user can easily export bibliographies and keep track of projects.



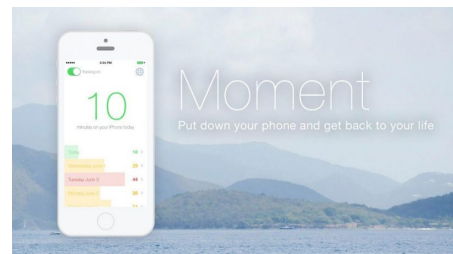
Trello (iPhone/Android/Website, FREE)

This digital bulletin board is especially helpful for group projects that require more intricate organization. Make notes, assign responsibilities, and notify group members to encourage participation in getting that "A"!



HabitHub (Android [iOS coming soon], FREE)

The goals of HabitHub are for the user to continually practice their desired habits, set personal goals, and be rewarded for making an effort to changing their habits.



Moment (iPhone, FREE)

Moment tracks how much a user uses their iPhone/iPad, breaks down usage by each app, and motivates the user to set a limit on their phone so they can focus more on their daily tasks.