



Time Management & Self-Monitoring Apps & Resources

Self-Monitoring

I-Connect (Self-Monitoring) for ipad or iphone (<https://apps.apple.com/us/app/i-connect-self-monitoring/id1465164902>) that asks the question, "Am I on task?" and you have to tap the screen in response. This was developed by Kansas State.

SelfControl - free and open source app for MAC OS X that lets you block your own access to distracting websites, email or anything else on the internet

StayFocusd is a productivity extension for Google Chrome that restricts time on too-engaging websites. You are blocked for the rest of the day after your time is used up.

BeFocused app

Think - an application that allows you to stay focused on one task - when you launch it, the illumination panel allows you to select the window you want to focus on - other applications are kept behind

Dejal Time out - helps us to take a break on a regular basis

Time mgt

MyHomework app

<https://myhomeworkapp.com/>

30/30 app (free) - enter how much time you want to spend on a task and it alerts you when your time is up and you should move on to the next task

ical - syncs with google calendar (can prioritize to do lists)

Pocket Informant HD (\$12.99) - calendar, prioritizing abilities, note-taking (text and voice notes)

Tasks – task list with ability to prioritize <https://mytasksapp.com/>

Google calendar app and reminder and task list functions

Here's an article on a variety of ways to improve organization and time mgt - even having your daily agenda emailed to you, how to add tasks, how to add reminders with events or hw assignments, - <https://www.oberlo.com/blog/google-calendar>