Helpful Tools for Studying and Group Projects

Available for iOS and Android

RescueTime
- Assists with building better habits, blocking distractions, and productivity
- Track time spent on mobile devices
- Set and track goals for screen time

Timely
- Record time spent on different apps to create a timeline of your day
- Helps with tracking group projects
- Assists in visualizing and scheduling project resources

Toggl
- Allows review of week to see where time is spent
- See how people are spending time on tasks and offers ways to optimize time spent on those tasks.
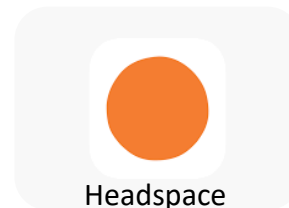- Syncs across devices

Slack
- Allows remote teams to stay on task and communicate effectively
- Offers face-to-face video communication
- Share files with team members

Trello
- Organize individual and team-based tasks
- Share files
- Send reminders on due dates, meetings, and other task

Wunderlist
- Utilize a daily planner and task list
- Share your task list with others to stay on track

Freedom
- Block distracting apps and websites for a period of time

Meditation and Mindfulness Apps

Headspace

Smiling Mind