ANA HOMAYOUN

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

App	What Is It?	Pros	Cons
Manage Time			
Plantie (App Store)	The app grows fruit while you work, and growth is interrupted when you switch to other apps.	It's a free download and has a satisfying design.	Timer notifications are quiet and easy to miss.
Forest (App Store and Google Play)	You use the app to stay focused; set the phone lock timer, and the app grows trees while you work.	It keeps you locked out of your phone for the time period that you designate.	It can be disabled by restarting your phone.
Tomato Timer (App Store)	The app uses the Pomodoro method (25 minutes on, 5 minutes off) to alert you about when to focus on work and when to take breaks.	You can easily set timers, regulate productive work periods, and manage your time.	It does not lock your phone's features for the duration.
Tide (App Store and Google Play)	This timer is based on the Pomodoro method (25 minutes on, 5 minutes off) and plays natural white noise.	It has a relaxing audio component and also has meditation and sleep features.	You probably need headphones while you're working in public spaces.
Increase Productivity			
SelfControl (Mac) and Cold Turkey (PC)	Each one blocks websites that a user designates as disallowed.	They're great for users who are disciplined or have someone who will add the blocked website (parent/guardian).	Setup can take a while, because adding websites is a manual process.
Stay Focused (Google Play)	It blocks websites and apps during specific times of the day, helping you avoid distractions.	You can set daily usage limits and track your time across apps.	It's not free to use.
Freedom (all devices)	This blocker disables access to the internet so that you can focus on an essay or on studying.	It takes away the option of using the internet to procrastinate.	It's not ideal if you need internet access for a research paper; you can reset it by rebooting.
Reduce Stress			
Calm	The app is designed to help you focus, sleep better, and relax more through meditation.	It's the top app for mindfulness, guided programs for meditation, and sleep stories.	Nature sounds can be distracting for some users.
Headspace	You get guided meditations on sleep, stress management, calm, and happiness.	It can help beginners learn to meditate; advanced users can purchase personalized programs.	Most features are not free to use.