

REMOTE LEARNING

Reducing Distractions with Technology

SELFCONTROL

- Free app for Mac computers
- Blacklists distracting websites on a timer
- Whitelists websites you need so you can access only the sites listed



STAYFOCUSED

- Free Chrome extension
- Choose how you want to block distractions
- Set the amount of time allowed for certain websites per day
- Set time restrictions for certain websites (i.e. no Twitter after 9pm)



MINDFUL BROWSING

- Free Chrome extension
- Flags your attention when you try to access sites that you mark as distracting
- Reminds you of how you'd like to spend your time



BE FOCUSED

- Free app for iPhones/iPads
- Create tasks and set custom timers for periods of work and breaks
- Track your progress throughout the day/week



GOOGLE TASKS

- Free on web browser, iPhone & Android
- Add and organize tasks in lists
- Option to add due dates and times
- Check off as you finish
- Synchronizes with Google Calendar and viewable in Gmail on web browser



DO NOT DISTURB MODE

- Set your phone to Do Not Disturb Mode or turn it completely off when completing a task that requires focus

