

# 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.