

CFAR's Favorite

Apps and Websites
for Reducing Distraction and Staying Focused:

TIME MANAGEMENT:

[Flora](#) Stay focused on your tasks, clear to-do lists, and build positive habits

[Tomato Timer](#): Set the clock and start studying!

[Chipper](#) Digital Planner app

FOCUS

[RescueTime](#): Time tracking and distraction blocking software

[Focus](#): Website and Application Blocker for Mac OS

Stay focused and plant trees with [Forest](#)

Calendars and To Do Lists:

Microsoft [To Do](#)

[Pocket Schedule/Planner](#) for Apple products

[Smart Tasks](#): Lists made easy!

Motivation Videos

[Study Hard, Motivation for Students](#)

[Just Keep Studying! Study Motivation](#)

[Study Less Study More](#)

Click [here](#) for CFAR's Finals 2020 Toolkit