

An abundance of technological tools exists that might help students with important executive function skills.

*Below is a small sample of apps, websites and Chrome extensions that you might like to try.<sup>1</sup>*

### Tools for self-monitoring

|                                    |                                               |                                |
|------------------------------------|-----------------------------------------------|--------------------------------|
| <b>Streaks</b>                     | Track how many days a task has been completed | \$5.99 (only available on iOS) |
| <b>Habitica</b>                    | Build habits through gamification             | Free                           |
| <b>Tally: The Anything Tracker</b> | Track progress with graphs                    | Free (only available on iOS)   |

### Tools for sensory cues

|                             |                                                                  |                                        |
|-----------------------------|------------------------------------------------------------------|----------------------------------------|
| <i>Keep track of time</i>   |                                                                  |                                        |
| <b>Focus Keeper</b>         | Set a 25-minute countdown timer (aligns with Pomodoro Technique) | Free; website and app version          |
| <b>Time Timer</b>           | Set a visual countdown timer                                     | Free                                   |
| <i>Set visual reminders</i> |                                                                  |                                        |
| <b>IFTTT</b>                | Set “if-then” reminders                                          | Free                                   |
| <i>Block distractions</i>   |                                                                  |                                        |
| <b>Stayfocusd</b>           | Block distracting sites during designated times                  | Chrome Extension – free                |
| <b>Strict Workflow</b>      | Block websites for 25-minute increments                          | Chrome Extension – free                |
| <b>Forest</b>               | Grow a virtual plant based on your timer                         | App: \$3.99<br>Chrome Extension – free |

### Tools for planning

|                        |                                                                      |      |
|------------------------|----------------------------------------------------------------------|------|
| <i>Plan ahead</i>      |                                                                      |      |
| <b>Class Timetable</b> | Keep track of schedule, organize tasks                               | Free |
| <b>My Study Life</b>   | Add due dates and important information                              | Free |
| <i>Organize Work</i>   |                                                                      |      |
| <b>Asana</b>           | Create simple to-do lists                                            | Free |
| <b>Trello</b>          | Track progress with digital notes (basically a digital to-do folder) | Free |

