



# Technology Tools for Success

These are some online tools—mostly FREE—that students have recommended. In addition to these resources, please note the following Emmanuel remote academic and wellbeing resources for Spring 2020:

- Academic Resource Center
  - ARC Peer Tutor, Writing/Math/Science Specialists, and Academic Coaching appointments via WOnline: <https://emmanuel.mywconline.com/>
  - Instagram and Twitter: @ecarcservices; Facebook: Emmanuel College ARC
- Library
  - Library homepage: <https://learningcommons.emmanuel.edu/library/>
  - "Contact Us: Ask a Librarian" <https://learningcommons.emmanuel.edu/contact>
  - Library Provisions <https://learningcommons.emmanuel.edu/libraryservicesduringcoronavirus>
- Career Center: [www.emmanuel.edu/CareerCenterAppointment](http://www.emmanuel.edu/CareerCenterAppointment)
- Counseling: Instagram @ECCounseling, Twitter @EmmanuelCounsel, and [YouTube offerings](#)

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|                        | <b>Reduce Distractions &amp; Stay Focused:</b>  |
| Mindful Browsing       | Chrome extension that interrupts mindless browsing by asking if you'd like to visit the site & gives 10 minute reminders.                               |
| SelfControl            | App for Mac to block distracting websites for periods of time you set.  |
| Habitica               | App for Habit-building with To Do List. A gamified task manager to keep you motivated with rewards. If you like D&D w/ friends, you'll love this!       |
| Do Not Disturb         | Setting on smartphones.   |
| Forest app             | App: you grow or kill a tree depending on your ability to stay focused.   |
|                        | <b>To-Do Lists:</b>   |
| Trello                 | Task-management system: To Do, In Progress, and Completed in an online corkboard format.  |
| Todoist                | App to keep track of tasks in one place; can set and track goal progress.   |
| Smartphone             | Notifications, reminders, and alerts.   |
| Microsoft To-Do        | To Do List & task management app.   |
| Any.do                 | App for task management across platforms.   |
|                        | <b>Project Management:</b>  |
| Google Keep            | Synching notepad that connects to Google Drive and records voice notes, creates drawings, and transcribes notes.  |
| myHomework             | Cross-platform student planner that tracks assignments, classes, sends due date reminders, and syncs on devices.  |
| OmniFocus              | App for task-management and projects with capability to use Siri in lieu of typing.   |
| Evernote               | App for creative projects and creating notes that can be tagged, annotated, edited, searched, and exported.   |
|                        | <b>Time Awareness:</b>  |
| RescueTime             | App for time awareness: tracks how you spend your time.   |
| Screen Time            | Settings on your iPhone / iPad: keeps track of your screen time.  |
|                        | <b>Calendars &amp; Planners:</b>  |
| Google calendar        | Time-management app that supports view modes such as weekly, monthly, and daily. Can sync with ECLearn.   |
| iCal                   | Online calendar that supports view modes such as weekly, monthly, and daily. Can sync with ECLearn.   |
| Canvas calendar        | Monthly calendar on ECLearn where professors often put assignments and you can add to it.   |
| Canvas mobile app      | Download and check ECLearn at any time.   |
| Doodle                 | Online calendar tool for time management and coordinating groups.   |
| ScheduleOnce           | Calendar that keeps you from double booking; will send 3 reminder emails to the person you're scheduled to meet with.                                   |
|                        | <b>Conferencing and Video Calls:</b>  |
| Zoom                   | Video communication system.   |
| Google Hangout         | Make voice calls, send messages, and group video chat from your device.   |
| Microsoft Teams        | Make voice calls, video calls, messages, and create Teams of people for easy communication.   |
| Amazon Chime           | Conduct online meetings, video-conferencing, call, chat, and share content.   |
| Skype                  | Online calls, messaging, and video-conferencing.  |
| Slack                  | Organize communications in a chat-room setting to share messages and files in one place.  |
| Discord                | Audio communication in a group setting that also allows messaging and image sharing.  |
| Social Media Platforms | Allows you to interact with others through messaging, photos, live streams & videos (FB,IG,Twitter).  |
| Google Voice           | Audio communication tool where you make audio-calls, leave voicemails, and receive email or text transcriptions of voicemail messages that you receive. |

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|                                | <b>Screen Reading + Dictation Software:</b>  |
| VoiceAloudReader               | App that can upload a photo of text and read the text aloud.   |
| Read and Write Gold            | Text-to-speech software, dictionary access, speech-to-text notes.  |
| Seeing AI                      | App for iPad/iPhone to read text, handwriting, barcodes, and currency.   |
| Kurzweil                       | Text-to-speech, audio playback, highlighters, create sticky notes and graphic organizer.   |
| Google Dictate                 | Speech-to-text via Google Doc to write papers, create voice memos, and take verbal notes.  |
|                                | <b>Writing:</b>  |
| Purdue OWL                     | Online writing lab from Purdue University that provides comprehensive writing tips, as well as citation information.   |
| NIU Effective Writing Tutorial | Online tutorial from Northern Illinois University with lessons and self-tests on important writing skills.   |
| Scrivener                      | Digital tool that helps writers organize & complete drafts.  |
|                                | <b>Studying and Memorizing:</b>  |
| Quizlet                        | Online (and mobile app) flash card generator for studying. Create flash cards, make sample tests that get auto graded, and play games to memorize definitions.   |
| Brainscape                     | Adaptive web & mobile education platform that helps students learn faster using smart flashcards that utilize spaced repetition to best help students learn.   |
| StudyBlue                      | Online crowdsourced study library where you can make and share study materials, such as flash cards. Unlike Quizlet's free version, this free version lets you upload your own <i>photos</i> . Great for studying art history.                 |
| Kahoot                         | Online (and mobile app) quizmaker for self-study, group learning, and e-learning.  |
| MindMeister                    | Online mind mapping tool to capture, develop, and share ideas visually. For brainstorming, note taking, project planning, etc.   |
| MindNode                       | App that helps you visually brainstorm and organize ideas for writing or studying.   |
|                                | <b>Tutorials/Content-based Learning:</b>   |
| Lynda.com                      | Online (and app) video tutorials on a variety of subjects.   |
| Khan Academy                   | Free, comprehensive learning app with instructional videos.  |
| Socratic by Google             | App that provides step-by-step explanations on a variety of topics.  |
| Duolingo                       | App for foreign language learning; can set goals.  |
| Microsoft MathSolver           | App to scan and solve math problems with step-by-step explanations.  |
| Science Dictionary by Farlex   | Science app with definitions, illustrations, and diagrams for Biology, Chemistry, Physics, and more.   |
| Hippocampus                    | Online collection of 7,000+ educational videos covering 13 different subject areas.  |
|                                | <b>Exercise:</b>   |
| SworKit                        | Free app with video workouts; customize to whatever time you have.   |
| Nike Training Club             | App that has over 365 workouts, most of which are free. Also includes pieces on fitness, nutrition, lifestyle and more.  |
| FitOn                          | App that provides free workouts by target area, length or intensity to begin immediately or schedule for a future time and date. You can also use the meals tab to keep track of your nutrition and share your progress with friends!          |
| Map My Fitness-Under Armour    | Free app that allows you to track your activities and provides access to training plans that you can participate in throughout the year. You can also take part in challenges, connect with other app users, track routes, set goals and more. |
| Yoga For Beginners             | App that offers 16 free yoga classes.  |
|                                | <b>Nutrition:</b>  |
| ShopWell                       | Free app that helps you make healthy decisions at the grocery store.   |
| Fooducate                      | Free app that helps you shop and eat healthy by allowing you to quickly pull up nutritional information about food products from barcodes.   |
| MyPlate                        | Free calorie tracker app.  |
| Waterlogged                    | Free app that helps you make sure you're getting enough water. It also allows you to set up reminders to drink fluids, and can help you quickly assess your hydration with handy graphs.   |
| Wholesome                      | Free app that tracks your nutrition, offers recipes, and teaches you about healthy eating.   |
|                                | <b>Meditation &amp; Sleep:</b>   |
| Headspace                      | App that teaches you how to meditate; choose guided meditations on topics from stress to sleep.  |
| Insight Timer                  | One of the top FREE meditation apps.   |
| Sleep Time                     | App that monitors the quality of your sleep, sets an alarm, helps you improve sleep, and has a library of relaxing sounds.   |
| ReColor                        | Adult coloring book app with more than 1,000 images to help you relax, rest your mind, and send you into a Zen-like meditative state.  |
| Digipill                       | Free app that uses a formulated blend of language and sound to engage and activate the mind, change your thinking, and promote well-being.   |
| Smiling Mind                   | Web and app-based meditation program developed by psychologists and educators for mindfulness.   |

Adapted from materials by Jodi Burrell, WARC Associate Director at Emerson College

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Feedback or additional ideas we might add to this list? Let us know at [arcservices@emmanuel.edu](mailto:arcservices@emmanuel.edu)