



USING TECHNOLOGY FOR PRODUCTIVITY

In what ways do you use technology to help you be more productive?

Reminders and Alarms

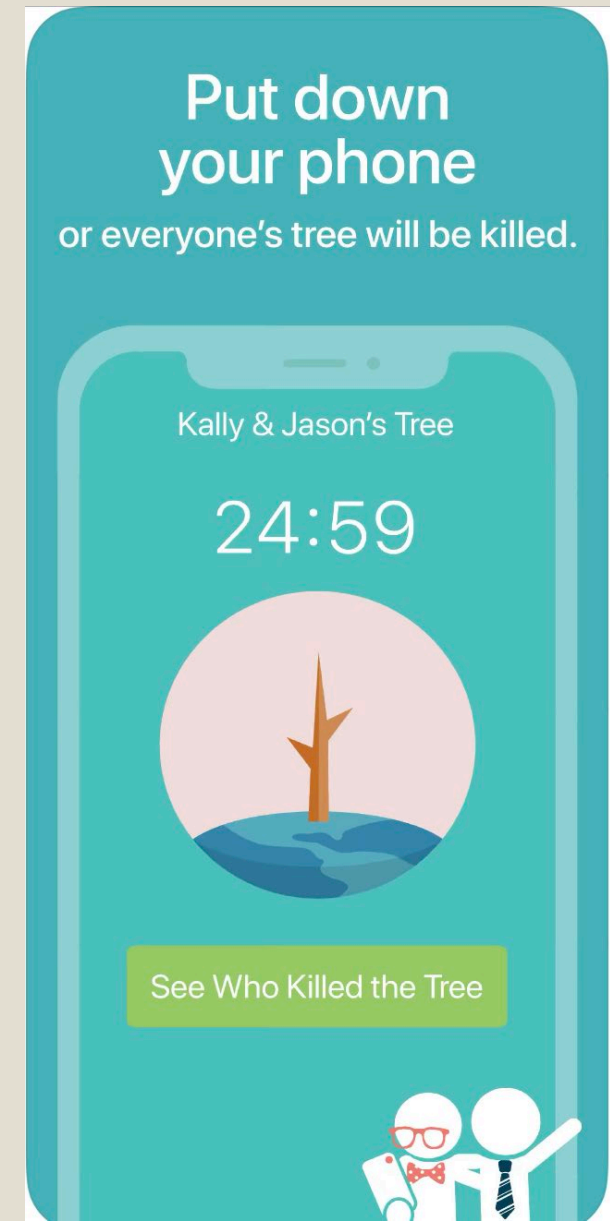
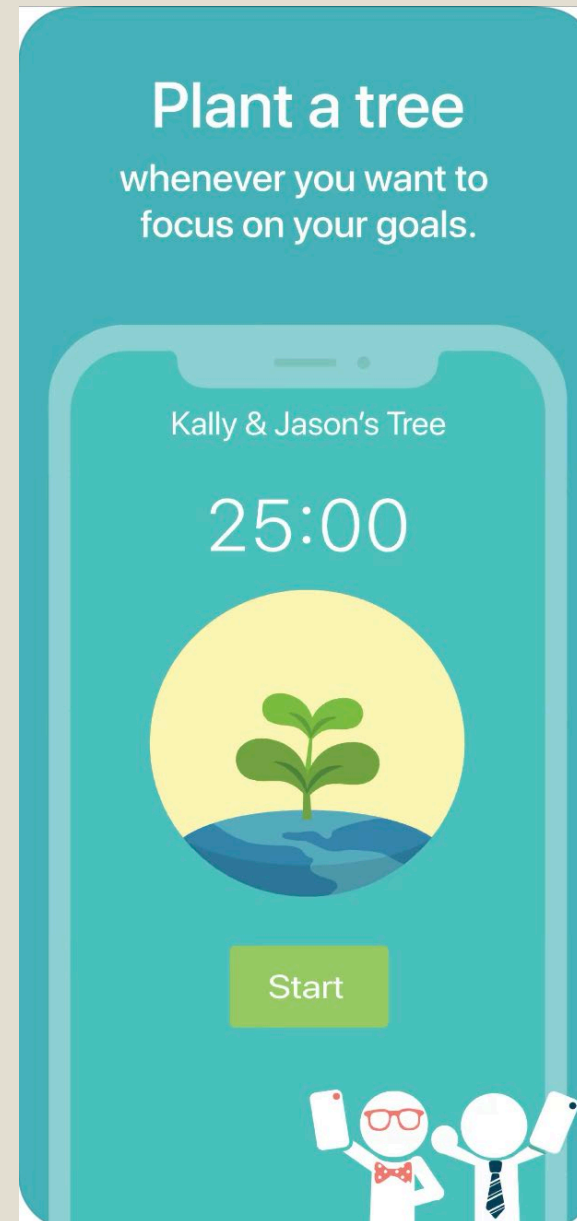
- Instead of trying to remember things you need to do at the right time, let your phone do the thinking for you.
- Set reminders for things like studying, doing homework, paying bills, refilling medication, and chores.
- Set alarms for times when you aren't watching the clock, such as when it's time to leave for class, or when you need to start a specific task.
- Alarm notifications are more urgent than reminder notifications, so use alarms anytime you need an extra push to get moving.

Timers

- Set timers for work and for breaks.
- For tasks that are difficult to start, set a timer for 5 or 10 minutes and just start somewhere. When the timer goes off, you can decide if you want to stop or keep working. Often the starting is the hardest part, and once you complete that first 5 minutes, it will be easier to keep going.

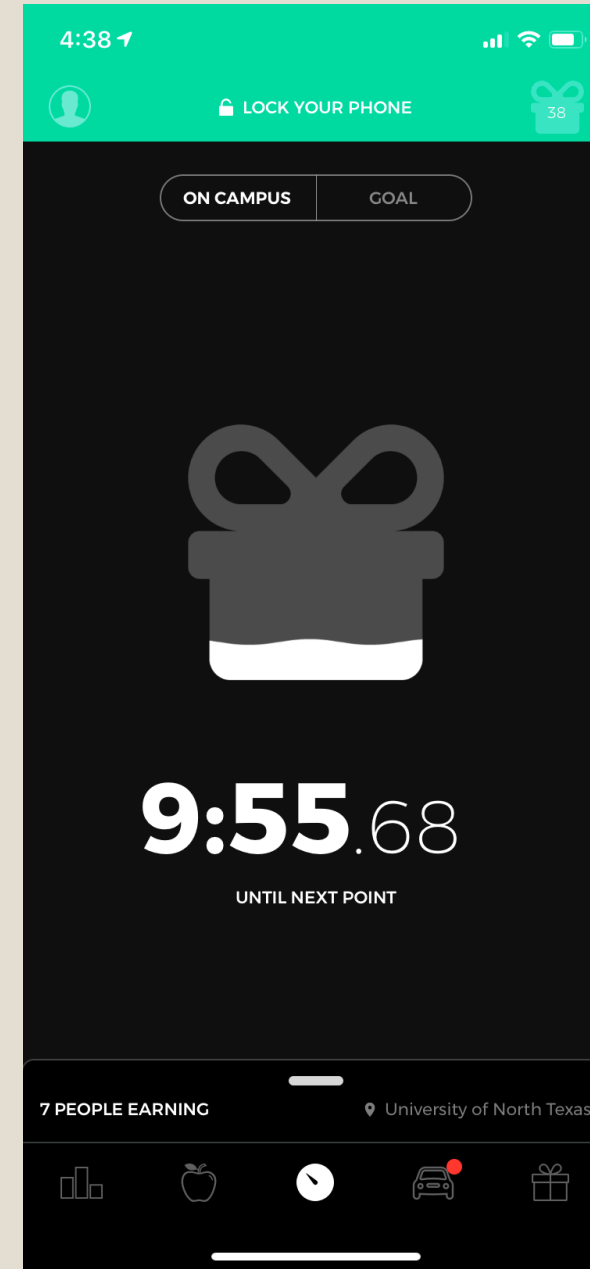
Flora

- Plant a tree and set a time.
- As long as you don't look at your phone, the tree keeps growing.
- At the end of the time, you get to add your tree to your "garden."
- Plant trees as a group when working on a group project or studying together.
- The first person to use their phone kills the tree.



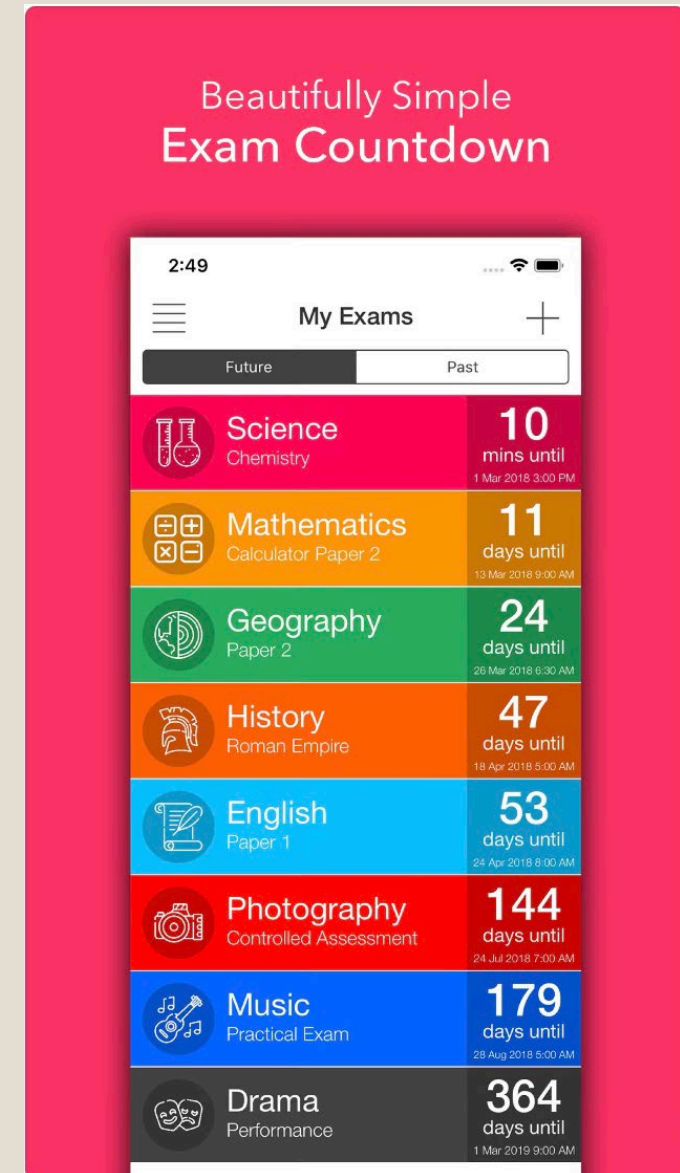
Pocket Points

- Earn points by keeping your phone locked while you're on campus. .
- Redeem points for coupons and freebies.



Exam Countdown Lite

- Quickly see how many days, hours, and minutes until your next exam in any of your classes.
- You can include projects and presentations as well as exams.



Alarmy

- This alarm requires you to complete a task before it turns off.



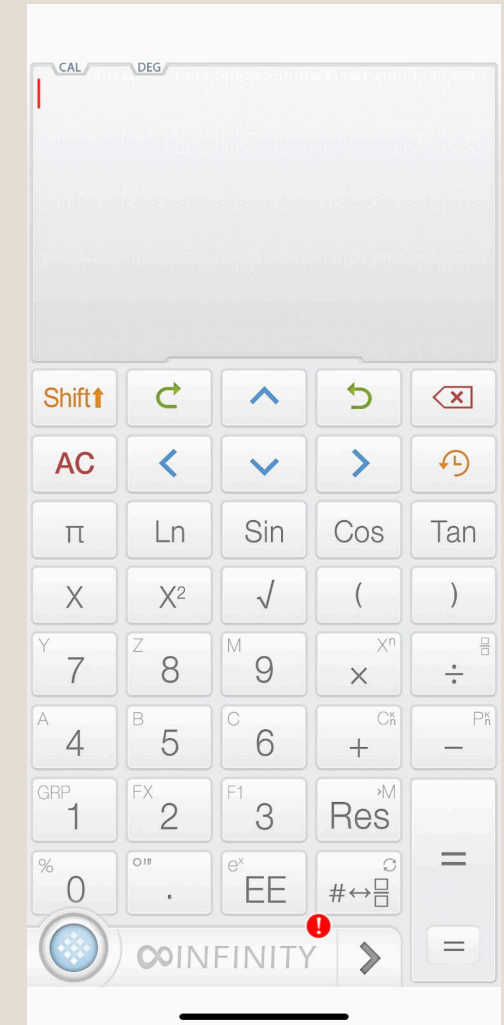
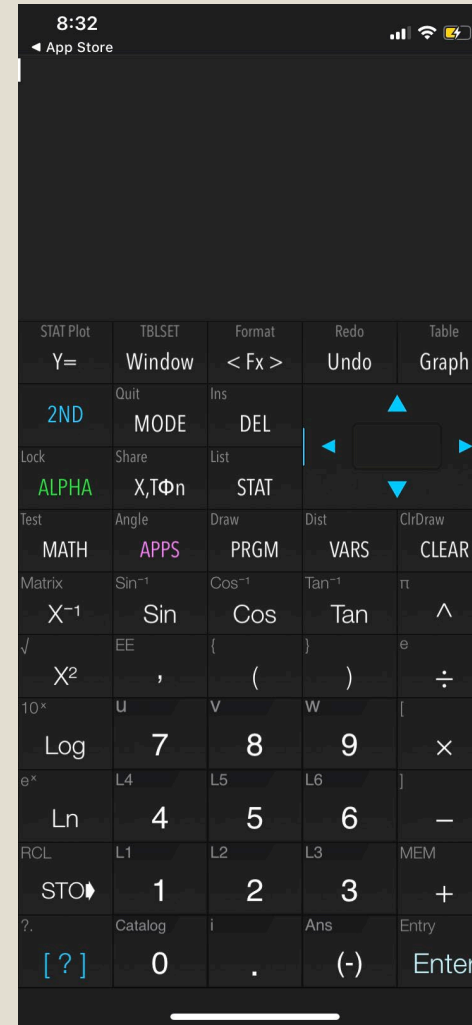
Sleep Cycle

- Tracks your sleep cycles by listening to your breathing.
- Set a window of time you would like to wake up, and it will wake you up when you are in the lightest phase of sleep.



Scientific Calculator

- The default calculator on your phone is really not that great.
- Grab a scientific calculator instead.
- These allow you to type in a whole line of math instead of being limited to one number at a time.



Productive

- Set habits that you would like to work on.
- Choose what days of the week you want to work on those habits.
- Set up non-school related habits as well such as drinking enough water and getting to bed on time.
- Get reminders to complete tasks and see how many days/weeks in a row you've kept up the habit.

