20 APPS FOR STUDENT SUCCESS

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20 Apps for Student Success

Walking around campus, you may notice that a majority of students looking down at their phones, in fact, according to a study of about 1,200 students found that approximately 86% own a smartphone (Pearson ,2015). Nowadays, convenience is usually right at your fingertips, you can order food or connect with a long-distance friend with use of mobile apps. With many students owning a smartphone, who also crave convenience, encouraging apps to promote student success can be a positive tool.

After choosing various areas that students with mental illness may need additional support in, we have chosen 16 apps that we feel may be helpful in student success. Some of these applications are only for use on desktops, while most are available on iPhones or Android products. The Temple University Collaborative is not being sponsored by any of these apps.

20 Apps for Student Success
Productivity

Stay Focusd FREE	Spending too much time on Facebook? Can't stop watching YouTube videos? StayFocusd can help you focus your valuable time and energy on the school work that keeps piling up. You are able to choose how much time you can spend on "blocked" sites-think Facebook, Pinterest, and YouTube. Once your time limit is up, these websites are blocked for the set time. You can decide if you want to block only the blocked sites or everything but the "safe" sites. Unfortunately this is only an addition to google chrome. However, if you have enough willpower to only stay on one browser, this is a great app.
Rescue Time Lite FREE	Similar to stay focusd, this app allows you to set a time limit for certain websites that may be distracting. However, this app takes time management one step ahead by keeping track of how much time you're spending on each website. This helps give an accurate picture of what you are doing online daily. If you are curious on how much time is wasted scrolling through Facebook and other social media sites, this app is for you!
Wunderlist FREE	Having trouble staying on top of your daily or weekly checklist? This app allows you to create a list, set priority tasks, and send it to specific people. Sometimes sharing a list of things to do with someone who supports you can make you more motivated to complete it. It is also a great way to send lists of tasks to members for a group project.
30/30 FREE for iPhone	Need more structure to help you stay on task? This app is for you! Set a timer for how much time you want to spend on each task to help you stay on track. This app allows users to learn better planning and time estimation for tasks. This may help prevent those all-nighters! It is also always helpful to take breaks during long study sessions to help retain info, but this app will allow you to not spend too much time on those breaks procrastinating! You can even share your task timer with your support system.

Campus Engagement

Corq

FREE

Want to be more involved in campus activities but don't know where to start? Corq is available on most college campuses. It links directly to the events that are happening on you college campus in one easy to use app. All events are separated into categories and listed in chronological order. It even has a list of all student organizations!

Mental Health & Wellness

Therapy Buddy

FREE

Forget what you talked about in a therapy session? This helpful app allows you not only to record the session and write homework, it also has a "things to bring up" feature so you can take notes throughout the week to get the most out of your session. It even allows you to set up reminders so you never forget about an appointment again!

Optimism

FREE

Want to recognize early warning signs and identify triggers to a decline in mental health? This app allows you to chart moods along with other relevant data like exercise, sleep and eating patterns and how you coped with a situation to help identify how your daily life impacts your mental health. You can print our or get emailed a detailed chart that you can look over to see how your mood changes weekly. The only downfall of this app is it can be overwhelming with how many areas you can chart, but if you are motivated it gives great feedback.

Stress Management

Headspace

FREE for Basic

Ever wanted to meditate but don't know if it's right for you or where to start? Headspace allows users to start with their free "Take 10" which teaches you how to meditate and be more mindful for only ten minutes a day. If that's enjoyable, you can subscribe for loads of various content that incorporates the use of mindfulness to live a fuller and happier life!

Breathe2Relax

FREE

Overwhelmed and stressed? Take a deep breath. This easy to use breathing tool goes through inhale and exhale exercises to help you calm down after a long day or in a stressful situation. Through diaphragmatic breathing, users may find this help decrease their stress response, mood stabilization and anger control.

Smiling Mind

FREE

Meditation can be a great way to become more mindful and check in with your mental health. However, it can be difficult to do without support. Smiling Mind walks you through meditation practices for your specific age group or environment.

Pacifica
FREE

Pacifica allows users to track their daily goals, habits and moods while providing activities like deep breathing and progressive muscle relaxation to help control negative feelings associated with stress. Using this daily helps users progress to reach their goals and learn how to manage stress effectively.

Support System

Circle of 6
FREE

Pick 6 of your natural supports (friends, family, classmates) and with two taps be in contact with all 6 when needed easily. There are 3 different icons to allow your circle to either come and get you, call or talk in person so they know what support you need. This can be used not only for nights where you need someone to walk home with or when you need to clear your head during a stressful time.
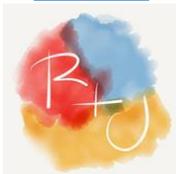
Code Blue
FREE (Not yet launched)

Keep a lookout for this awesome app that will help connect you with your support system when you have an emergency. It may be difficult to reach out for help, this simple app will allow you to contact your support system with one easy click without any explanation on your end.

ReliefLink
FREE

Although specifically for suicide prevention this app may aid in improving overall mental health. Create a personal profile, make a safety plan and track your mood daily. It also educates the user on different coping skills that may help in various situations. If you are experiencing a crisis, it helps locate nearby help centers or allows you to call 911 with an emergency button.

Financial

Scholly
FREE

Having trouble finding scholarships and grants to help cover the costs of college? Use this simple app to input your personal date so you only find scholarships specific to you! This cuts down time looking up scholarships so you can spend more time putting together great applications.

Mint
FREE

Budgeting is HARD! Consider Mint the really thoughtful, level-headed friend who warns you when you are overspending and NOT to buy that really cool jacket. Input your budgets into the app, like food, clothes, and books, while Mint takes care of the rests, tracking spending and alerting when your close to your budget or overspending.

Venmo

FREE

Who carries cash anymore? Venmo is taking over the guilty IOU. Ever gone to a restaurant with friends, don't have enough cash to cover, and then realize they only take one debit? Instead of feeling guilty when you keep forgetting to pay that friend back, take out your phone open Venmo and send them money just like that! It's also great for reminding roommates of bills and keeping track of who paid.

Creating Healthy Habits

Habitica

FREE

Are you into role playing games? Need to break bad habits or make new ones? This app combines these two things into one great app. By "gamifying" your life, complete tasks to earn gold to unlock your rewards (like watching TV or perusing social media), level up by being productive, and lose health when you forget a task.

Way of Life

FREE for iPhones

Track tasks in less than a minute to help identify trends and change your habits with Way of Life's unique color system. This makes it easy to monitor how you are doing with creating new habits. Another great aspect of the app is that you can set reminders with or without alarms to keep you on track.

Study Support

Study Blue Basic

FREE

Create mobile flash cards that you can look at anywhere! This app allows users to make their own flash cards and even recommends content to add. By joining your college, you can view other student decks in your classes and take quizzes on the go. Upload powerpoints and notes or view classmates to aid in learning and understanding class knowledge.

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