Reducing Distractions with Technology

**SELFCONTROL**
- Free app for Mac computers
- Blacklists distracting websites on a timer
- Whitelists websites you need so you can access only the sites listed

**STAYFOCUSED**
- Free Chrome extension
- Choose how you want to block distractions
- Set the amount of time allowed for certain websites per day
- Set time restrictions for certain websites (i.e. no Twitter after 9pm)

**MINDFUL BROWSING**
- Free Chrome extension
- Flags your attention when you try to access sites that you mark as distracting
- Reminds you of how you’d like to spend your time

**BE FOCUSED**
- Free app for iPhones/iPads
- Create tasks and set custom timers for periods of work and breaks
- Track your progress throughout the day/week

**GOOGLE TASKS**
- Free on web browser, iPhone & Android
- Add and organize tasks in lists
- Option to add due dates and times
- Check off as you finish
- Synchronizes with Google Calendar and viewable in Gmail on web browser

**DO NOT DISTURB MODE**
- Set your phone to Do Not Disturb Mode or turn it completely off when completing a task that requires focus

For more information visit [https://cep.barnard.edu/remote-learning-resources-students](https://cep.barnard.edu/remote-learning-resources-students) or email pedagogy@barnard.edu