## APPS + RESOURCES FOR STUDENT SUCCESS

### Academics

**My HomeWork Student Planner**
Organizing tool used to better track and manage homework, essays, projects, and other school-related assignments. Available and accessible across all devices.

**Quizlet**
Online study/learning tool available across all devices. Create your own flashcard/study sets, search through the thousands of flashcard sets and utilize the various learning techniques integrated into the study setup.

**Grammarly**
Free online writing assistance tool that uses AI technology to evaluate your essays/writing sample and suggest improvements in writing style, grammar, syntax and more.

**Focus ToDo**
Robust time and task management app utilizing the Pomodoro Technique. The App comes with built-in project planning capabilities, progress monitoring statistics, and the ability to sync across multiple devices.

**Habitica**
Gamified habit and task management system. Level up your character by completing your inputted daily tasks and to-dos. Join parties of other players to complete quests and keep each other accountable.

**Headspace**
Meditation and mindfulness app with integrated guided activities and exercises designed to help promote positive mental health. Special discount plans for students are available.

**Big Interview**
Improve your Interview Skills! UT has partnered with Big Interview, an online service focused on improving interpersonal engagement skills and interview proficiency through mock interviews, practice scenarios and guided evaluations.

### Management

**OFFTIME**
Phone usage management app that helps limit distractions and over-engagement through customizable programs/ routines with your smartphone that block notifications, calls and other distractions.

**Alarmony**
Motivational Alarm Clock designed to get you out of bed and starting your day off right. Customizable to your liking, the Alarmony app incorporates to-do list activities that need to be completed (ex: brushing teeth, making bed, etc) before the alarm can be turned off.

**Sleepyti.me**
Sleep is crucially important! Tools built into the Sleepyti.me website follow sleep research guidance on best sleep structure and information input by the user to advise for the best times to fall asleep and wake up.

### Health

**Headspace**
Meditation and mindfulness app with integrated guided activities and exercises designed to help promote positive mental health. Special discount plans for students are available.

### Life Skills

**Mint**
Connect your bank accounts to the site and utilize the tools provided to set budgets, evaluate and categorize expenses, set goals for yourself and learn how to better manage your finances with the integrated money management tips and information.