



TIME MANAGEMENT APPS



Time Management Apps

Good time management skills have been identified as having a “buffering” effect on stress (Misra & McKean, 2000) and are a key indication of higher performance and lower stress and anxiety in higher education (Kearns & Gardiner, 2007). Empirical evidence suggests that effective time management is associated with greater academic achievement (McKenzie & Gow, 2004; Trueman & Hartley, 1996).

Below are some great apps to help you maximize your productivity!

Rescue Time

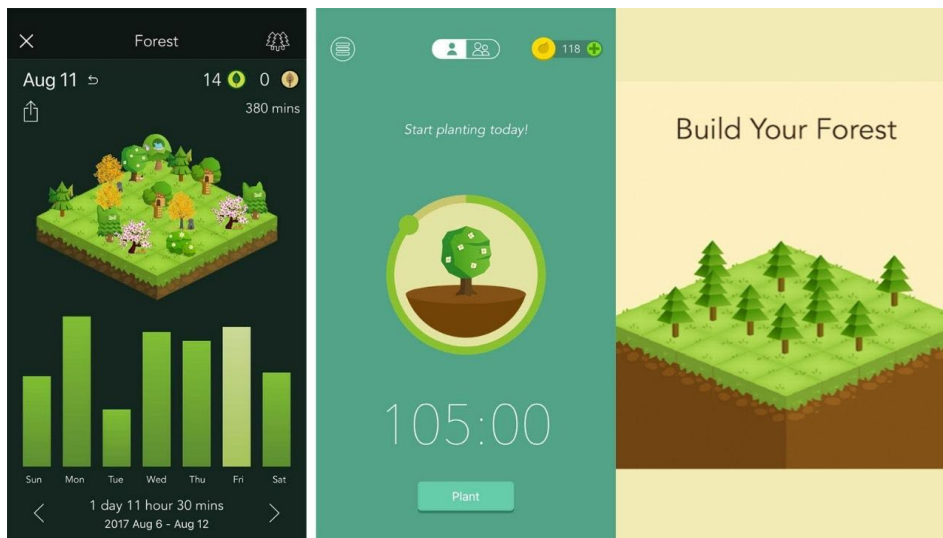
[Rescue Time](#) is an app that runs in the background of your computer or phone and tracks your time spent on apps and websites. It creates a report to show you where you’re spending the majority of your time, and just how much time you are actually spending on a screen. This app logs the time you spend on websites and apps, grouping your activity into categories like “Productive”, “Neutral”, and “Unproductive”. You can check your Daily Dashboard for a productivity score from 0-100.





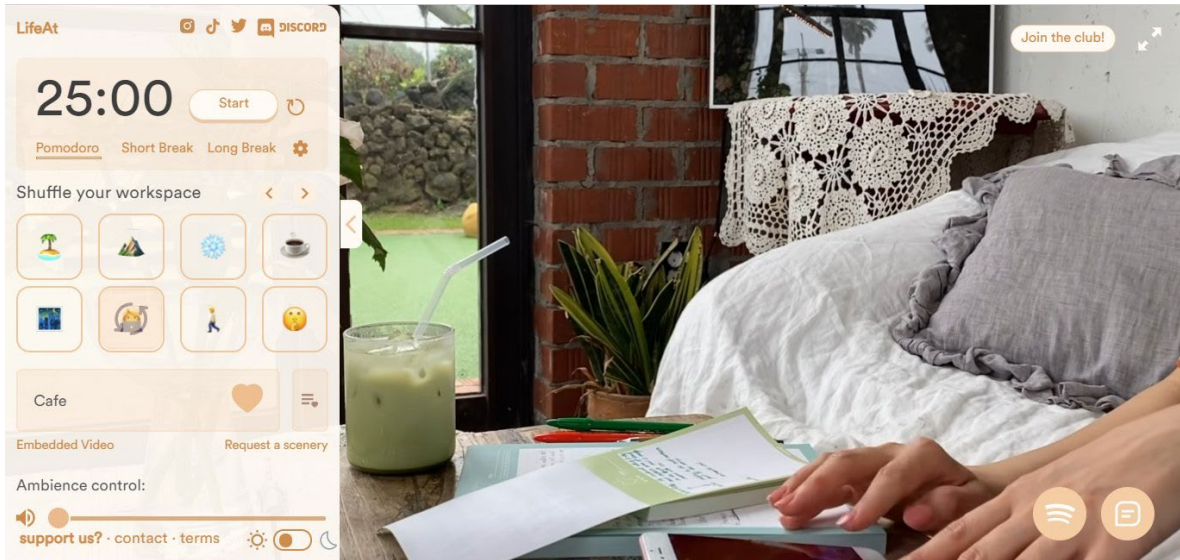
Forest

Forest is a unique reinvention of time management apps. This unique and fun app helps you stay focused, breaking work into chunks with short intervals. The concept is simple: If you stay focused during this time, your virtual tree will grow. If you lose focus, the tree will die. You can collect and add more trees to your forest the more you focus. The company even plants real trees in dozens of countries! It's a win-win situation for you and the Earth.



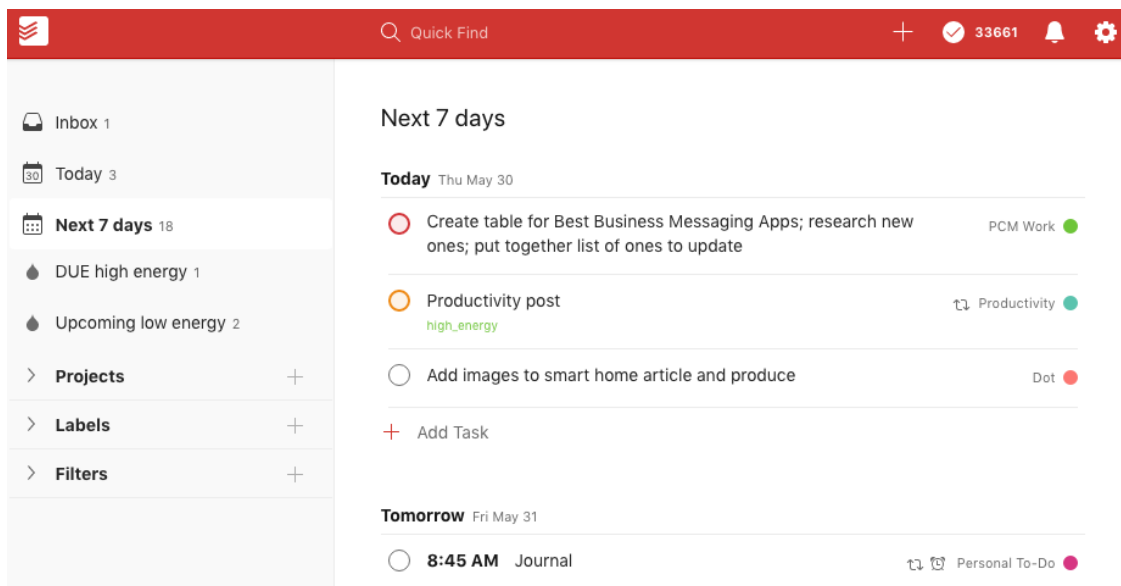
LifeAt Virtual Spaces

LifeAt is a website that can supplement your study sessions, especially while working from home. You can set a Pomodoro timer with regular breaks, and choose from a range of videos to help you concentrate. There's a '*study with me*' option for those who enjoy these kinds of videos on YouTube. One of their most popular features is the '*celebrity*' option that feels as if you're studying virtually with your favorite celebrities. But if some ambient scenery is more your thing, there's plenty more options to choose from.



Todoist

Todoist is a simple but effective tool that lets you set recurring events and essential one-off tasks, and check them off once they're complete. This app combines efficiency with simplicity, using its various task-keeping features. Set up different to-do lists under different projects, create reminders, and set different priorities on your tasks.





References

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Kearns, H., & Gardiner, M. (2007). Is it time well spent? The relationship between time management behaviors, perceived effectiveness and work-related morale and distress in a university context. *Higher Education Research & Development*, 26, 235- 247.

McKenzie, K., & Gow, K. (2004). Exploring the first year academic achievement of school leavers and mature-age students through structural equation modelling. *Learning and Individual Differences*, 14, 107-123.

Misra, R., & McKean, M. (2000). College students' academic stress and its relation to their anxiety, time management, and leisure satisfaction. *American Journal of Health Studies*, 16(1), 41-51.

Trueman, M., & Hartley, J. (1996). A comparison of the time-management skills and academic performance of mature and traditional-entry university students. *Higher Education*, 32, 199-215.

Top 10 best productivity apps for students. University of Waterloo.

<https://uwaterloo.ca/future-students/missing-manual/high-school/top-10-best-productivity-apps-students>

A Realistic Guide to Time Management. Fadeke Adegbuyi.

<https://blog.doist.com/time-management/>



Further Readings and Resources

- [What to look for in a time management app](#)
- [Top time management tips for students](#)
- [Time Management Tools and Resources](#)