

TECH TO SUPPORT EXECUTIVE FUNCTIONS

SUSTAINING ATTENTION

Timers

Pomodoro
TimeTimer
Smart Cube Timer

Wearables

WatchMinder3
Fitbit
Jawbone

Apps

30/30
StayOnTask
FocusTime
360Thinking
Haze
Freedom
Cold Turkey
Anti-Social
Self-Control
Noizio
Noisli

EMOTIONAL REGULATION

Calm
Insight Timer
MindShift
HeadSpace
Stop, Breath & Think
Smiling Mind
Noizio
F.lux
RelaxMelodies

SELF-MONITORING

STICKK
RescueTime
Focus Extension
30/30
360Thinking
StayOnTask
Forest
Habitika

ORGANIZATION

Digital File Sharing

Google Docs
Dropbox

List Sharing

Asana
AnyList
Wunderlist
Trello
Any.Do

Digital Filing

Evernote
Microsoft OneNote

WORKING MEMORY

DragonDictation
Livescribe Pen
Quizlet
SnapType
Learning Alley
Kurzweil
Read & Write Gold

FLEXIBILITY

First...Then
Inspiration
Kidspiration
MindMapping

INHIBITION + IMPULSE CONTROL

FocusMe
Freedom
Cold Turkey
Anti-Social
Self-Control
StayOnTask

PLANNING & PRIORITIZATION

Homework Management

MyHomework
MyStudyLife
iStudiezPro
Research Calculator

Calendar Sharing

Google/Apple Calendar
Cozi
Picniic

List Sharing

Asana
Wunderlist
Trello
Any.Do