Managing Technology Distractions

Programs to try:

- 'Self Control' for MAC
- 'Cold Turkey' for MAC & PC
- 'Freedom' for MAC & PC
- 'FocusMe' for MAC & PC
- 'Focal Filter' for PC
- 'Stay Focusd' for Android Phones

If you can't install software on your computer you could manage your browsers instead:

For Chrome users:

In the Chrome Web Store the following plugins can be used to self-manage internet time and use:

- 'Stayfocusd'
- 'I-AM-STUDYING'
- 'Block site'
- 'Focus45'

For Safari users:

By going to https://extensions.apple.com Students can install an extension to the browser which allows timed access to certain sites or timed exclusion from sites:

- 'WasteNoTime'

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