Self control apps – Waverley College.

Background

iAssist have been looking to source/recommend applications or solutions that will allow a student to monitor and self control their internet useage. As students are not administrators of their devices applications such as SelfControl, anti-social, Freedom etc are not viable, however listed below are a range of solutions that may provide an alternative:

For Chrome users:

In the Chrome Web Store (which is accessible by students when in school) the following plug-ins 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:

Search for:

- WasteNoTime

iAssist staff can assist students with how to obtain any of these applications and assist with setting them up.