

# Victoria University Counselling Services: Software Applications – **Study Issues**

*This list is current as of 10 Dec 2012 and is provided for an informational purpose. The use of any of these listed Apps is solely an individual's responsibility after consideration of their own personal circumstances and in consultation with a mental health professional. Victoria University does not take any responsibility for any content, consequences nor actions taken as a result of the use of these externally provided resources. Some Apps may also change in their availability, functionality or content over time.*

## **Study Issues > Overcoming procrastination & time management**

Pomodoro: Using the Pomodoro approach to Getting Things Done, it is a timer to help you manage your time and reduce/eliminate distractions.

Goals to Do Free: a personal task manager, featuring a to-do list, Getting Things Done (GTD) support and lots of fresh ideas

## **Study Issues > Adjusting to university life**

Study break!: Put your timetable and your friends timetables in to see where you have common time spare

Victoria University: maps, and details of services for students

## **Study Issues > Content creation**

Ace your next test: Tips on what to do before and on the day of the test [paid]

## **Study Issues > Goal setting & task management**

Reminders: Tasks to do list and reminders [Preinstalled on all iOS devices]

Habit Factor: daily habits and goals tracker that provides charts to visually see your progress and successes [Free and full version]

Ritual: track daily your efforts of achieving goals [Free and paid version]

Do: Share tasks, projects and notes with others, real time alerts to stay on track.

Goal Achiever: Collaborate and achieve goals with friends

Priority matrix: Help you sort out priorities of tasks

## **Study Issues > Overcoming procrastination & time management**

Do it tomorrow: allows you to enter tasks you want to do today and tomorrow [Free]

Unstuck: [iPad only] Tools to help you get unstuck and move ahead with your own goals [Free]

Procrastinator: Helps you make a decision over the choices you are facing

Procrastination Quotient: Rate how much of a procrastinator you are and get some tips on how to be inspired and complete what you need to.

(10+2)x5 Procrastination Hack: A timer to keep you focussed on a task for 10 minutes, with an allowance of 2 minutes break after the ten minutes to do whatever you want, and then repeat this pattern 4 more times. [paid]

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