

# Assistive Technology

## Organization & Time Management

### ORGANIZATION/TIME MANAGEMENT

**Todoist** *\*\*Not offered or managed by the DRC.*

- Use on your computers internet browser or phone to create to do lists for your classes
- Set automatic reminders with key words
- Create multiple lists or boards for each class

**Browser Login:** <https://a2bassessments.com/todoist-organisational-app/>

**For Apple:** <https://apps.apple.com/us/app/todoist-to-do-list-tasks/id572688855>

**For Android:** [https://play.google.com/store/search?q=todoist&c=apps&hl=en\\_US&gl=US](https://play.google.com/store/search?q=todoist&c=apps&hl=en_US&gl=US)

### FOCUS/STUDY

#### AT Bar

- Free cross-browser toolbar that changes how websites look and reads.
- Increase/decrease font size without zooming in the entire screen
- Change a website's font
- Spell check, word predict, dictionary
- Reads text out loud
- Color overlay

**Google Chrome Extension:** <https://chrome.google.com/webstore/detail/atbar/lihjlachbdicbhpalgcg-gknkmbmjhcl?hl=en>.



**DISABILITY RESOURCE CENTER**

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## DF Tube

- Distraction Free **You**Tube
- Can hide the recommended videos, hide the custom feed and stop the automatic playing of videos to increase focus and productivity

**Google Chrome Extension:** <https://chrome.google.com/webstore/detail/df-tube-distraction-free/mjde-pdffccjgcndkmemponafgioodelna?hl=en>

## Forest

- When using the extension, you plant a seed. Over the next 30 minutes, it grows into a tree. If you leave the **Forest** window and visit another website your tree will wither and die. When you can visually see your tree's growth, it can give you a sense of achievement for staying focused on your task.
- Great for spending 30 minutes working on an essay or reading an article

**Google Chrome Extension:** <https://chrome.google.com/webstore/detail/forest-stay-focused-be-pr/kjacjdnoddpbbcjilcajfhhdhkpgk?hl=en>

## Office Lens App

- Free **OCR Scanning** creates scanned copies of paper pages that work with a reader
- Can convert the scans to editable **Word** documents
- **Whiteboard Tool** creates scanned copies of dry-erase or large boards that can be used with a reader

**Apple:** <https://apps.apple.com/us/app/microsoft-lens-pdf-scanner/id975925059>

**Android:** [https://play.google.com/store/search?q=office%20lens%20app&c=apps&hl=en\\_US&gl=US](https://play.google.com/store/search?q=office%20lens%20app&c=apps&hl=en_US&gl=US)

## Tide

- Customize focus and break time using the **Pomodoro Technique**
- Block any distracting website in **Immersive Mode**
- Track your focus time to get an accurate picture of a day or a week.
- Five natural sounds to listen to: ocean, rain, forest, muse and café.

**Google Chrome Extension:** <https://chrome.google.com/webstore/detail/tide-focus-timer-white-no/lm-begcmkonokdjhbhbmhpmkihpatchdbk>