

A background image showing a hand holding a whiteboard marker, with a blurred classroom or meeting room in the background. The lighting is soft and focused on the hand and marker.

20 APPS FOR STUDENT SUCCESS

20 Apps for Student Success

Walking around campus, you may notice that a majority of students looking down at their phones: in fact, according to a study of about 1,200 students found that approximately 86% own a smartphone (Pearson, 2015). Nowadays, convenience is usually right at your fingertips, you can order food or connect with a long-distance friend with use of mobile apps. With many students owning a smartphone, who also crave convenience, encouraging apps to promote student success can be a positive tool.

After choosing various areas that students with mental illness may need additional support in, we have chosen 20 apps that we feel may be helpful in student success. Some of these applications are only for use on desktops, while most are available on iPhones or Android products. The Temple University Collaborative is not being sponsored by any of these apps.

20 Apps for Student Success

Productivity

[Rescue Time Lite](#)



FREE

This app allows you to set a time limit for certain websites that may be distracting. However, this app takes time management one step ahead by keeping track of how much time you're spending on each website. This helps give an accurate picture of what you are doing online daily. If you are curious on how much time is wasted scrolling through Facebook and other social media sites, this app is for you!

[Wunderlist](#)



FREE

Having trouble staying on top of your daily or weekly checklist? This app allows you to create a list, set priority tasks, and send it to specific people. Sometimes sharing a list of things to do with someone who supports you can make you more motivated to complete it. It is also a great way to send lists of tasks to members for a group project.

[30/30](#)

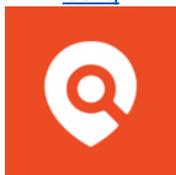


FREE for iPhone

Need more structure to help you stay on task? This app is for you! Set a timer for how much time you want to spend on each task to help you stay on track. This app allows users to learn better planning and time estimation for tasks. This may help prevent those all-nighters! It is also always helpful to take breaks during long study sessions to help retain info, but this app will allow you to not spend too much time on those breaks procrastinating! You can even share your task timer with your support system.

Campus Engagement

[Corq](#)



FREE

Want to be more involved in campus activities but don't know where to start? Corq is available on most college campuses. It links directly to the events that are happening on your college campus in one easy to use app. All events are separated into categories and listed in chronological order. It even has a list of all student organizations!

Mental Health & Wellness

[Therapy Buddy](#)



FREE

Forget what you talked about in a therapy session? This helpful app allows you not only to record the session and write homework, it also has a “things to bring up” feature so you can take notes throughout the week to get the most out of your session. It even allows you to set up reminders so you never forget about an appointment again!

[Happify](#)



FREE

Happify is an app that was developed by experts, including positive psychology researchers. The app offers various exercises (including games!) which are meant to promote positive change.

Stress Management

[Headspace](#)



FREE

Ever wanted to meditate but don't know if it's right for you or where to start? Headspace allows users to start with their free “Take 10” which teaches you how to meditate and be more mindful for only ten minutes a day. If that's enjoyable, you can subscribe for loads of various content that incorporates the use of mindfulness to live a fuller and happier life!

[Breathe2Relax](#)



FREE

Overwhelmed and stressed? Take a deep breath. This easy to use breathing tool goes through inhale and exhale exercises to help you calm down after a long day or in a stressful situation. Through diaphragmatic breathing, users may find this help decrease their stress response, mood stabilization and anger control.

[Smiling Mind](#)



FREE

Meditation can be a great way to become more mindful and check in with your mental health. However, it can be difficult to do without support. Smiling Mind walks you through meditation practices for your specific age group or environment.

[Simple Habit](#)



FREE

Simple Habit offers a variety of guided meditations. A sampling of meditations that may especially be beneficial to college students are “Sleep Challenges,” “Improve Focus,” “Worry Less About Grades,” and “Get Over a Crush.” What's REALLY awesome is that each program gives you a time limit, so you can choose a 5 minute or 20 minute meditation, making this the perfect app for college students with full lives!

Support System

[Circle of 6](#)



FREE

Pick 6 of your natural supports (friends, family, classmates) and with two taps be in contact with all 6 when needed easily. There are 3 different icons to allow your circle to either come and get you, call or talk in person so they know what support you need. This can be used not only for nights where you need someone to walk home with or when you need to clear your head during a stressful time.

[ReliefLink](#)



FREE

Although specifically for suicide prevention, this app may aid in improving overall mental health. Create a personal profile, make a safety plan and track your mood daily. It also educates the user on different coping skills that may help in various situations. If you are experiencing a crisis, it helps locate nearby help centers or allows you to call 911 with an emergency button.

Financial

[Scholly](#)



FREE

Having trouble finding scholarships and grants to help cover the costs of college? Use this simple app to input your personal date so you only find scholarships specific to you! This cuts down time looking up scholarships so you can spend more time putting together great applications.

[Mint](#)



FREE

Budgeting is HARD! Consider Mint the really thoughtful, level-headed friend who warns you when you are overspending and NOT to buy that really cool jacket. Input your budgets into the app, like food, clothes, and books, while Mint takes care of the rests, tracking spending and alerting when your close to your budget or overspending.

[Venmo](#)



FREE

Who carries cash anymore? Venmo is taking over the guilty IOU. Ever gone to a restaurant with friends, don't have enough cash to cover, and then realize they only take one debit? Instead of feeling guilty when you keep forgetting to pay that friend back, take out your phone, open Venmo and send them money just like that! It's also great for reminding roommates of bills and keeping track of who has paid.

Creating Healthy Habits

[Habitica](#)



FREE

Are you into role playing games? Need to break bad habits or make new ones? This app combines these two things into one great app. By “gamifying” your life, complete tasks to earn gold to unlock your rewards (like watching TV or perusing social media), level up by being productive, and lose health when you forget a task.

[Way of Life](#)



FREE for iPhones

Track tasks in less than a minute to help identify trends and change your habits with Way of Life's unique color system. This makes it easy to monitor how you are doing with creating new habits. Another great aspect of the app is that you can set reminders with or without alarms to keep you on track.

[StickK](#)



FREE

StickK is a goal-setting app which allows you to create a contract with yourself for whatever goals you want to achieve, whether it's getting more sleep, studying a certain amount of time, or engaging in more recreational activities with friends! What's really cool about this app is that you can share your goals (and see others' goals) with people in your support network, providing a great way for college students to cheer each other on and build community.

[Pocket](#)



FREE

Great for saving everything from online class readings to your favorite cat videos, Pocket is an app and Google Chrome plug-in that allows you to save articles, links, videos, and websites to a single, easily accessible list. Pocket is great for students who have a lot of online reading assignments and for anyone who likes to save articles, videos, and websites for later. Pocket also has a Text-to-Speech option that lets you listen to the articles you save, making it great for students who prefer to listen to course material or like to learn on the go!

Study Support

[Study Blue Basic](#)



FREE

Create mobile flash cards that you can look at anywhere! This app allows users to make their own flash cards and even recommends content to add. By joining your college, you can view other student decks in your classes and take quizzes on the go. Upload powerpoints and notes or view classmates to aid in learning and understanding class knowledge.