

Apps to support learning

There are some great apps and online tools to support your learning. Most of these are free but some are paid for so do check before downloading.

Timing your sessions

Flat tomato

This allows you to use the Pomodoro technique for studying – focus for 25 mins and get a 5 min break . . . repeat 4 times and get over 1.5 hours of work done! This app also lets you alter the focus and break times so you can tailor it to your needs.

Remove distractions

Forest

This app encourages you to stop using your phone as a distraction. The less you use your phone the more you grow a tree on the app and this relates to Forest planting real trees for the Trees for the Future scheme.

There are also software options to block notifications on a desktop or laptop so have a look or check how to remove notifications on your devices.

Make your own quizzes

Practising multiple choice questions can be hard – so use these apps to make your own. You can also then share them with friends and build your own learning library.

Kahoot

Quizlet