

SUMMER 2022 / ADDITUDEMAG.COM

ADDITUDE

Strategies and Support for ADHD & LD

When ADHD Is Invisible

- The Truth About Inattention
- The Menopause Effect
- Self-Defeating Perfectionism

**DO DRUG
HOLIDAYS WORK?**

**THE SCIENCE OF
REWARD & PUNISHMENT**

**KEYS TO SAFER
TEEN DRIVING**

**HOW TO BUILD YOUR
EMOTIONAL RESILIENCE**

MORE

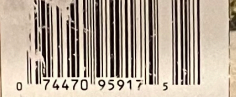
- > Brilliant summer learning ideas
- > Conquer revenge bedtime procrastination



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ADHD APPS

Solutions We Love

Back-to-school apps for students. BY LESLIE JOSEL, ADHD COACH

Focus Booster

> Free; \$4.99/month for professional version



Use this app to overcome distractions, maintain focus, and finish your work on time by applying the Pomodoro Technique on any device. Pomodoro sessions are automatically recorded so you can review your output and track your time, offering a deep understanding of your work cycles to help improve productivity.

Quizlet

> Free; \$35.99/year for Quizlet Plus



Create your own digital flashcards (a fab tool for memorizing important facts and figures) or use ones made by other students on Quizlet, which is available via app or website. This app offers live games and more than 300,000 study sets.

stickK

> Free (sort of)



It's easy to procrastinate when you're working alone without anyone to hold you accountable.

StickK is that accountability partner. You actually lose money if you don't follow through on your commitments. Here's how it works:

You set a goal and a time commitment. (I'm going to study for my economics test for the next five days.) Then set a sum of money that you are willing to lose if you don't reach your goal—ideally one that motivates you but doesn't leave

you penniless if you fail. Invite supporters for extra accountability and recruit a referee who will confirm whether you reached your goal. Finally, decide who gets your money if you fall short. And here's where it hurts: You pick a cause that you don't believe in! Who wants to lose money that way?

Todoist

> Free; \$3/month for pro version



What sets this to-do list app apart? It's free and available on all devices and platforms, and can be linked to apps you already use, making it seamless. But the biggest reason students love it? Its distraction-free design allows you to dive into the details, layering tasks onto projects, adding due dates, setting priorities by color, and ordering and creating recurring tasks.

Habit Hub

> Free; Android only; iOS coming soon



Habit Hub encourages you to create a daily habit by reminding you to perform a task and tracking when you complete it. The app creates a visual "chain" showing each day the task was completed. As the chain gets longer, it serves as an incentive to keep at it and avoid breaking the streak. You can organize your tasks into categories and then customize each one according to frequency. It's flexible and makes setting up a routine motivating.