

Useful Tools and Resources

Time Management:

[U of T's Assignment Calculator](#)

Several universities have a version of this calculator, usually found on the Student Services, Writing Centre, or library webpage. It is based on a calculator created by the University of Minnesota. What we love about this version is that it links to some Writing Centre resources. It also creates a PDF copy of the suggested timeline.

[Forest](#)

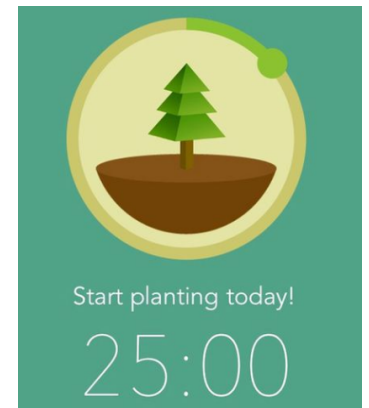
This is a free app for iOS and Android devices. Forest encourages users to stay focused and be more present in their daily lives by planting virtual trees. The trees planted in the app take a certain amount of time to grow — which you can customize depending on how long you want to abstain from your device. Plus, each time a user spends 2,500 virtual coins on a tree, Forest donates real money to Trees for the Future, which uses that money to plant trees in Africa.

[StayFocusd](#)

This is a simple Chrome extension that restricts the duration you can spend on the websites on which you know waste time. It is highly customizable, allowing you to choose entire sites, specific subdomains, specific pages and even specific content types (videos or games) and nominate the number of minutes or hours you are allowed to spend on the site.

[Focus To-Do - Pomodoro Technique & Tasks](#)

Set your task, complete one “pomodoro” (25 minutes on the timer), record your progress, take a short break, go back to work for 25 minutes. After 4 pomodoros, take a longer break.



Brain Breaks:

[Six-Minute Workout](#)

[Jigsaw Puzzles](#)

[Sudoku Puzzles](#)

[Crossword Puzzles](#)

[Logic Puzzles](#)

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Mental Health Resources:

[Good2Talk](#)

Good2Talk is a free, confidential service for post-secondary students in Ontario, available 24/7/365. By calling their number, post-secondary students in Ontario can receive professional counselling and information and referrals for mental health, addictions, and well-being.

Learning Exceptionalities Resources:

[Transition Resource Guide](#)

This guide is here to help parents and educators learn about resources and supports available to students with disabilities, in order that they can help guide students through this process. It is also very important for students to learn this information themselves, and to prepare themselves in order to access accommodations and advocate for themselves once they reach post-secondary school.

Priority Matrix

	Urgent	Not Urgent
Important	DO FIRST (RIGHT NOW!)	DO NEXT
Not Important	DO LATER OR NOT AT ALL	DON'T DO UNLESS EVERYTHING ELSE IS DONE