

Free and Low-Cost Apps

Note taking Apps

- **Microsoft OneNote (Free) Compatibility: Windows, Mac, IOS, iPad, iPhone, Android**
Take all your notes in OneNote by typing, writing with a touchscreen, importing pictures, video, web links and other resources. Ability to record your lecture with this program. Divide up your classes and work by notebook, section, and pages. Using OneDrive online, share your OneNote document for others to work on and interact with. Search your notes for the ability to easily find what you need.
More Information: <http://office.microsoft.com/en-us/onenote/>
- **Otter (Free) Compatibility: Android, IOS**
Otter lets you record, transcribe, search and share your voice conversations. Essentially, a voice recorder that offers automatic transcription. Otter is designed to be able to understand and capture long-form conversations that take place between multiple people. More information: <https://otter.ai/login>
- **Evernote (Free) Compatibility: Windows, Mac, IOS, Android**
A one-stop place to collect notes, files, web-clippings, and images with the ability to access them virtually any device. Collect and find your information easily. Great tool for researching, planning events and everyday organizational use. Collaborate with others on projects using the sharing features.
More Information: <http://evernote.com>
- **Soundnote (\$4.99) Compatibility: MAC: IOS**
Type or write out your notes while the audiorecording is synced to each word or pen stroke. Tap on the word and then the play button to playback what was being said at that moment in the audio recording. Share your audio recording and notes via email, Dropbox, or transfer directly to your computer.
More Information: <http://soundnote.com/>
- **Notability (\$8.99) Compatibility: IOS, iPad, iPhone, iPod touch.**
Write, type, or highlight your notes using this all-in-one notetaking app. Ability to take pictures and audio record with sound being linked to your notes. Use Google Drive, Dropbox and Box to import, export and share documents such as PowerPoints and take notes direction on them. Organize all your notes in one place.
More Information: <http://gingerlabs.com>

Textbooks Apps

- **Audible - (Free) Compatibility: IOS, Android, Windows.**
Amazon's audiobook software, access to thousands of audiobooks.
More Information: <https://www.audible.com/s>

- **Text 2 Speech (Free) Compatibility: IOS, Android, Online resource**
Enter text from any source and have it read out loud by this online resource. Ability to download file to an mp3 file. Customize voice and speed. 4000-character limit to text read.
More Information: <http://www.text2speech.org/>
- **Voice Dream Reader (\$9.99) Compatibility: IOS, Android.**
Text-to-speech app to read books with the ability to customize your screen for preferred reading options. Read by listening to the text, visually or both at the same time. Supports PDF, Word Docs, EPUB, DAISY, eBooks, Web pages. Includes multiple language options along with various fonts, including Open Dyslexic font, and voices, including the option to purchase additional voices. Highlight information in the reading and export it to other programs and apps. More Information: <http://www.voicedream.com/features/>
- **Natural Reader (Free) Compatibility: Windows, Mac, IOS, Online**
Text-to-Speech software which converts Microsoft Word, Webpages, PDFs, and Email into spoken text. Customize reading voice and speed for your readings. Floating toolbar to read text in other applications. Online Text-to-Speech program with options to input text from various sources on your computer.
More Information: <http://www.naturalreaders.com/>

Time Management Apps

- **Remind Me (Free) Compatibility: Chrome**
Set reminders of tasks while you browse the internet. Use it to remind you of job tasks, meetings, online projects or tasks. Sync the reminders with multiple computers so you get reminders at home, school or work. Set reminders of “in” so long or “on” a certain time. More Information: <https://chrome.google.com/>
- **Remember the Milk (Free) Compatibility: Online, IOS, Android**
Organize your tasks with priorities, due date, time estimates, tags, repeating tasks and more. Sync tasks on multiple devices and with calendars such as Gmail, Google Calendar, Outlook, iCal, and more! Get email, text or Instant Message Reminders to yourself using their website reminder feature.
More Information: <http://www.rememberthemilk.com/>

Goal Setting Apps

- **Goals on Track (Free) Compatibility: IOS, Android**
Goal setting and personal productivity application that helps you set and track goals, manage tasks, track time, build habits, and keep a goal journal. It offers a comprehensive set of tools to guide you through a successful goal achieving process, from setting goals, creating action plans, tracking progress, to forming habits and keeping goal journals and finally reaching your goals.
- **Be S.M.A.R.T. (Free) Compatibility: IOS**
Set and achieve your goals using this app that employs the S.M.A.R.T. goal setting system. Goal categories include: Career, Family, Health and Fitness, Knowledge and Skills and more. Track your progress with reminders and visual achieved versus outstanding goals boxes. More Information: <http://www.goals4.me/>

Study Tool and Class Information Management Apps

- **Calendar (Free) Compatibility: IOS, Android**
Comes automatically with all IOS devices, allows you to set events and notifications. Can sync with multiple email accounts and the calendars associated with them.
- **In Class (Free) Compatibility: IOS, Android**
Keep track of all your courses and course tasks in one place. Reminders of when tasks are due. Take and share notes using text, videos, audio, or photo notes. Collaborate with classmates using Study Room feature. More Information: <http://www.inclassapp.com/>
- **Quizlet (Free) Compatibility: Online, Mac, Windows, Android, iPhone**
Make flashcards for your courses or search through the database to find already made flashcards, audio is available in 18 languages. 3 distinct study modes- flash cards, learn, and scatter.
- **iStudiez Pro (\$2.99-\$9.99) Compatibility: Mac, Windows**
Stay organized and on top of all your school work and your schedule with this app. Using the built-in planner with alerts and reminders, track tasks, homework, deadlines, meetings, and your grades. Sync on all your devices so you're never without this tool. More Information: <http://istudentpro.com/>

Stress Relief Apps

- **Guided Mind (Free) Compatibility: IOS, Android**
Relax and get guided through meditations on a variety of topics. Step-by-step voice guided meditation. Short (5 mins), medium (15 min) or long (30+ min) meditations. Instrumental, nature soundscapes, with looping for continuous play. Easy to use with instructions. More Information: <http://goo.gl/Q0JC0o>
- **Momentum (Free/Plus-version \$2.50/month) Compatibility: Chrome**
Get daily inspiration from your homepage. Momentum provides a daily quote and picture to help your mood, motivation, and positivity. Ability to add in a task list and customize the home screen for personalization. Plus-version has additional customization features such as pictures, fonts, and colors. More Information: <https://momentumdash.com/>
- **Zen (Free/upgrade \$12.99/month) Compatibility: iPhone, iPad, Apple TV, Apple Watch**
Weekly guided meditations or relaxation, deep sleep, mood improvement, anxiety relief, stress reduction, focus at work or school. Includes audios and videos for relaxation and meditation. Deep sleep music and morning music for positive energy.
- **Self-Help for Anxiety Management (Free) Compatibility: IOS, Android**
SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.
- **Happify (Free) Compatibility: IOS, Android**
Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-

track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts. The best part? It's free!