

Useful productivity apps:

Forest (iOS + Android) - In the app you can plant a seed which will grow a tree. If you stay focused you can build a whole forest. However, if you lose concentration and use your phone your trees will wither.

AppBlock (Android) - With this app you can set up a profile and decide which times you need to study. During these times the app will block distracting applications.

FocusNow & Zero willpower (iOS) - FocusNow has different sounds to create white noise. This way you won't get distracted. With Zero willpower you can block websites on safari so you won't have to use your self-control, the app will do it for you.

Cold Turkey (Windows PC) - Cold Turkey can block different websites or even your whole computer for you, set up what you need and you can get to work!

[Link](#)

