

App Handout for Think College webinar – June 18, 2020

Tools to Help Manage Daily Life for College Students with Intellectual Disabilities

Managing time and staying organized:

- **Errands To-Do List**, iOS, Free or Premium (\$4.99)
 - Easy-to-use task list with bold visual layout and helpful customizations
 - <https://apps.apple.com/app/id318095638>
- **CanPlan – Task Manager**, iOS, Free
 - Create tasks with simple steps and photo and video instructions with audio support
 - <http://www.canassist.ca/EN/main/programs/technologies-and-devices/at-home/canplan.html>
- **LastPass Password Manager**, iOS & Android, Free
 - Manage all your passwords in one location for easier and more secure online activity
 - <https://www.lastpass.com/>
- **Toggl**, iOS & Android, Free or Premium (\$10-20/mo.)
 - App for remembering and tracking tasks and activities on mobile and desktop devices
 - <https://toggl.com/>

Finding where to go on campus:

- **Google Maps**, iOS & Android, Free
 - Online map with directions for driving, walking, biking, and public transit
 - <https://www.google.com/maps>

Connecting with parents:

- **Life360: Find Family & Friends**, iOS & Android, Free or Premium (\$4.99)
 - App for sharing location with family members
 - <https://www.life360.com/>

Managing social life on campus:

- **Social Skills Pro**, iOS & Android, \$2.99
 - Social skills and communication training app with prompts and lessons
 - <http://www.socialskillspro.com/>
- **Social Learning Platform (SLP)**, iOS or web-based, \$25-35/month
 - Extensive social skills learning curriculum with video modeling, activities, and games
 - <https://everydayspeech.com/>

Keeping track of money:

- **Life Budget**, iOS & Android, Free or Premium (\$1.99)
 - Easy-to-use to record money spent; visually clear design with customizable settings
 - <http://lifebudgetapp.com/>
- **Dollarbird**, iOS & Android, Free or Pro (\$3.33/month)
 - Calendar-based money tracking with daily balance without linking to bank account
 - <https://dollarbird.co/>