Apps to Avoid Distraction

If a student is having issues with staying focused on work--particularly with distractions from social media or web surfing--one of these applications may help. These applications have not been tested by U of D Jesuit and this doesn't constitute a recommendation; however, looking at publishers' information and reviews online, these apps look promising.

Name & Link	Platform	Cost	Description
Anti-Social http://anti-social.cc/	Windows & Mac	$15	Blocks distracting sites for specified time period.
RescueTime Lite https://www.rescuetime.com/	Windows (XP, Vista, 7, 8), Mac, Android, Linux	Free (for Lite)	Tracks time spent in different applications and on different websites; does not block but allows the user (or the parent) to see trends.
Cold Turkey http://getcoldturkey.com/	Windows	Free/ $14.99 pro	Block apps and websites for scheduled amounts of time (pro version--can set a weekly schedule)
SelfControl http://visitsteve.com/made/selfcontrol/	Mac	Free	Blocks access to websites and/or mail servers for a set period of time; can't be turned off until the time expires even if you delete the app or restart the computer.
Concentrate http://www.getconcentrating.com/	Mac	$29	Lets you define different tasks; when you start tasks, will automatically close apps; block websites, and set chat statuses.
Focus Lock https://play.google.com/store/apps/details?id=com.focuslock.zee	Android	Free	Allows you to block notifications from specific apps in 25 minute blocks (Pomodoro System).
Focus ON https://play.google.com/store/apps/details?id=com.mavdev.focusoutfacebook	Android	Free	Block apps & websites for set amounts of time.
StayFocused https://chrome.google.com/webstore/detail/stayfocusd/laankejkbhbdhmipfmgcngdelahlfoji?hl=en	Chrome add-on (multi-platform)	Free	Limit the amount of time you can use a website per day or block specific websites for a set amount of time.
LeechBlock https://addons.mozilla.org/en-us/firefox/addon/leechblock/	Firefox add-on (multi-platform)	Free	Block specific websites for set time periods.
NetNanny iOS https://www.netnanny.com/ios/	iPad (Also exists for Windows, Mac, and Android with fuller features and different pricing.)	$4.99	Because of how the iPad works, there aren't options similar to other platforms' apps. One option is NetNanny iOS, which replaces the iPad's web browser, and won't allow access to specific websites. To make this effective, you would have to uninstall other web browsers and lock the student from installing apps. Unfortunately NetNanny doesn't provide for different access at different times of day, and it may not display some websites properly.

None of these applications are foolproof. Students may find ways to circumvent them using proxies or other techniques.