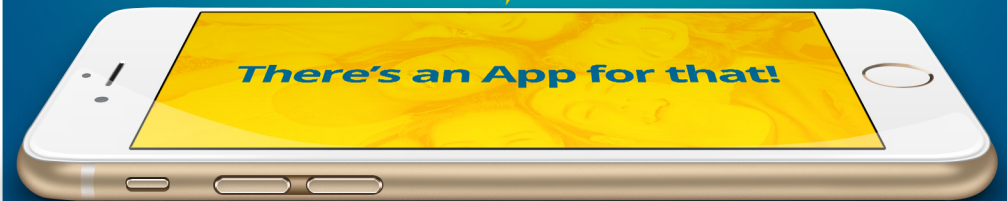


The background of the entire graphic is a blue-tinted photograph of a group of young people walking and looking at their smartphones. Overlaid on this is a large yellow speech bubble.

app-y HOUR



APP MENU



BUDGETING



Mint — The average student over four years of college receives \$1,016 in overdraft and late fee charges. Make a monthly budget and get suggestions from the program based on your spending. Track and pay your bills, so you don't encounter late fees. This app also displays your credit score and tips on how to improve it.

HEALTH



Zombies, Run! — Staying fit has never been more fun. Zombies, Run! transports you to the post-apocalyptic world as a survivor of the raging zombie epidemic rampaging the world. You are given a mission and music through your headphones, but watch out! Zombies can pop out around any corner, and you will have to speed up to get away. A combination of a game and a workout, this app helps keep the freshmen 15 at bay.



Couch to 5K — Not into zombies or want a more serious workout? Couch to 5K can help with that. Train to run in the next 5k, 10k or whatever race you would like to join. With this app, you can train for an event in nine weeks.



Headspace — "A few minutes could change your whole day" are the first words you see when you pull up the website, and it is true. Feeling stressed about a class or situation? Take a few moments to let this app help reduce your stress and develop mindfulness that will help you stay centered and focused.

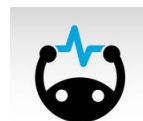
STUDYING



Duolingo — This app helps you learn another language or keeps what you have already learned fresh in your mind, so you don't lose progress over break. Gamifying the act of learning languages helps make this app an addictive and effective learning tool.



Quizlet — Use this app to help you study for upcoming tests. Create your own flashcards or use one of the 184 million other study sets to master a topic before the test. You can enter the date by which you need to know the material and Quizlet will create a plan and chart your progress.



Brainscape — Using cognitive science research, Brainscape has developed a flash card app to increase study efficiency and retention. Collaborate with classmates, track your progress and create your own content, or browse its collection from publishers, teachers and students. Prepare for any test from the MCAT to fine arts.

ORGANIZATION



My Study Life — Rotate schedules, track assignments and set exam reminders. My Study Life can do it all from your phone. Thanks to cloud storage, it can sync across platforms and remains accessible even when you are offline. Best of all, it is free for students.

HOMEWORK HELP



EasyBib — Need a fast and easy way to cite sources in your research papers? EasyBib is here to help. Scan the book's barcode, search by title or ISBN, enter the website or choose from a variety of other search options. Select the required format, and voila, your paper is correctly sourced.



CamScanner — Use your phone or tablet as a scanner. Take photographs of your homework, organize the pages and turn them into a PDF. You can share or store the documents.

PRODUCTIVITY



Forest — Sometimes putting down your phone is a challenge. The Forest app helps you stay off your phone and helps the environment. When you start studying or before class starts, use the app to plant a seed and let it grow by keeping the phone locked. The more virtual trees you grow, the more coins you earn. Those coins can be submitted to have real trees planted by Trees for the Future.



Pockets Points — If planting trees isn't temptation enough to stay off your phone, how about saving money? With Pocket Points, students earn rewards for not using their phones during class. The longer the app is open, and your phone is locked, the more points will accrue. Use these points at local and online businesses for discounts, coupons or gifts.

**fees may apply on some of the listed apps.
Consult the app store on your phone for more details.*