

5 Apps to Help College Students Beat Stress



PRIORITY MATRIX

Priority Matrix helps students find balance between schoolwork, extra-curricular activities, work, and more. The app helps students sort to-dos by priority level, so they can focus on what is most important. It is also free for iOS and android.



EVERNOTE

Evernote is a one-of-a-kind note taking app that will streamline your note taking process and keep all of your notes in one place. The best part about Evernote is that it is a cross-platform tool so that you can keep your notes organized from anywhere.



AnkiApp isn't your ordinary flashcard app. Using Spaced Repetition and Artificial Intelligence, you will maximize how much you learn in each study session as well as get the most out of your time. This is especially useful for subjects that you have to a lot to memorize in --- like languages and medical courses.



A common stressor in college is worrying about your finances. For keeping track of expenses and spending, use Mint - a simple budgeting and money management app. The app helps you get a view of your finances in one place so that you can plan more efficiently for the future.



How many times have you been told this semester to take a deep breath? As a stress reliever, download Stop, Breathe, & Think. On the app, you choose your current mood and emotions, and it generates free guided breathing and meditations for you to do that only take a few minutes.