

iAssist Tech Note



Title: Self Control Apps

Audience: All staff and parents

Author: Simon Potter (IT Manager)

Date: April 2017

Preamble:

iAssist have been looking to source/recommend applications or solutions that will allow a student to monitor and self control their internet usage. As students are not administrators of their devices applications such as SelfControl, anti-social, Freedom etc are not viable, however listed below are a range of solutions that may provide an alternative:

Chrome users:

In the Chrome Web Store (which is accessible by students when in school) the following plug-ins can be used to self manage internet time and use:

- Stayfocused
- I-AM-STUDYING
- Block site

Safari users:

By going to <https://extensions.apple.com> Students can install an extension to the browser which allows timed access to certain sites or timed exclusion from sites:

Search for:

- WasteNoTime

iAssist staff can assist students with how to obtain any of these applications and assist with setting them up.

If you have any questions regarding this Tech Note please feel free in contacting iAssist either by email: iassist@waverley.nsw.edu.au or by phone 0293690784