

gamified focus app for adults

Unlock Your Productivity: The Power of a Gamified Focus App for Adults

Gamified focus app for adults are transforming how professionals and individuals manage their attention in an increasingly distracting world. These innovative tools leverage psychological principles of engagement and reward to cultivate better concentration, boost productivity, and help users conquer procrastination. In this comprehensive guide, we'll delve into the core mechanics of these applications, exploring how they integrate game-like elements to make the pursuit of focus enjoyable and sustainable. We'll examine the benefits, key features to look for, and the underlying science that makes gamification so effective for adult users seeking to enhance their work, studies, and personal projects. Discover how to harness the power of play to achieve your goals and reclaim your attention span.

Table of Contents

- Understanding Gamification in Focus Apps
- The Psychology Behind Gamified Focus
- Key Features of a Successful Gamified Focus App
- Benefits of Using a Gamified Focus App
- Choosing the Right Gamified Focus App for Your Needs
- Integrating Gamified Focus into Your Daily Routine

Understanding Gamification in Focus Apps

Gamification, in essence, is the application of game-design elements and game principles in non-game contexts. For a gamified focus app for adults, this means taking concepts like points, badges, leaderboards, challenges, and progress bars and applying them to the act of focused work or study. Instead of simply setting a timer, users might earn virtual currency for completing focused sessions, unlock new achievements for reaching milestones, or compete with themselves or others on a progress tracker. This approach shifts the perception of focused work from a chore to an engaging activity, making it more intrinsically motivating.

The goal is to tap into the inherent human desire for achievement, competition, and mastery. When these elements are present, tasks that might otherwise feel tedious can become more appealing. For instance, a user might strive to maintain a "focus streak," earning increasing rewards the longer they can stay on task without distractions. This constant feedback loop reinforces positive behavior and encourages consistent engagement with the app's features, ultimately leading to improved concentration and productivity over time.

The Psychology Behind Gamified Focus

The effectiveness of a gamified focus app for adults is deeply rooted in established psychological principles. One of the most significant is the concept of operant conditioning, where desired behaviors are reinforced through rewards. When a user successfully completes a focused work session, they receive a reward – be it points, a virtual item, or progress towards a larger goal. This positive reinforcement makes them more likely to repeat the behavior. Similarly, the anticipation of rewards can be a powerful motivator, encouraging users to start and persist with focused tasks.

Another key psychological driver is the intrinsic motivation that gamification can foster. While external rewards are important, true engagement often comes from within. Gamified elements can make the process of focus feel more enjoyable and less like a struggle. This is often achieved through the creation of a sense of progression and accomplishment. Seeing visible progress, whether through leveling up, unlocking new features, or achieving personal bests, provides a sense of mastery and competence, which are fundamental psychological needs. This psychological uplift makes maintaining focus a more rewarding and less daunting endeavor.

The Role of Flow State

A core psychological concept that gamified focus apps aim to facilitate is the "flow state," often referred to as being "in the zone." This is a mental state in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. When in a flow state, individuals experience a sense of timelessness and a deep sense of satisfaction from the task itself. Gamified elements can help users reach this state by providing clear goals, immediate feedback, and a balance between the challenge of the task and the user's skill level.

By breaking down larger tasks into manageable, gamified challenges, these apps can reduce the perceived difficulty and the associated anxiety, making it easier for users to enter a state of deep concentration. The visual progress indicators and reward systems serve as constant, gentle nudges, keeping the user engaged without becoming a source of distraction themselves. This careful balance is crucial for fostering sustained periods of focused effort, leading to higher quality work and a greater sense of accomplishment.

Leveraging Habit Formation

Gamified focus apps are also designed to aid in habit formation. The principles of behavioral psychology, particularly those related to habit loops, are often integrated. A habit loop typically consists of a cue, a routine, and a reward. In the context of a gamified focus app, the cue might be the desire to start a work session, the routine is the focused work itself, and the reward is the gamified incentive received upon completion. By consistently linking the act of focused work with positive, engaging rewards, these apps help users build a sustainable habit of concentration.

The repetition of these cycles, reinforced by accumulating points, streaks, or achievements, gradually strengthens the neural pathways associated with focused work. Over time, the act of opening the app

and starting a focus session becomes more automatic, requiring less conscious effort. This gradual shift is a hallmark of successful habit formation, allowing adults to overcome ingrained patterns of distraction and build a more productive lifestyle.

Key Features of a Successful Gamified Focus App

A truly effective gamified focus app for adults goes beyond simple timer functionalities. It incorporates a range of features designed to keep users engaged and motivated. One of the most fundamental is a robust reward system. This can include points, virtual currency, experience points (XP), or a leveling system that unlocks new features or customization options. These rewards provide tangible markers of progress and serve as positive reinforcement for focused effort.

Another critical element is progress tracking and visualization. Users need to see how they are doing. This can manifest as daily or weekly focus streaks, charts showing accumulated focus time, or visual representations of personal bests. These metrics provide a clear overview of their efforts and encourage them to maintain or improve their performance. The sense of accomplishment derived from seeing consistent progress is a powerful motivator for continued engagement.

Goal Setting and Task Management Integration

Beyond just focusing, many adults need help structuring their work. Therefore, integration with goal setting and task management features is invaluable. This allows users to connect their focus sessions directly to specific projects or tasks. For example, a user might set a goal to complete a certain number of focus hours for a particular project in a week. The app can then track their progress towards this goal, offering rewards or milestones as they get closer. This ensures that focus time is not just time spent, but time spent productively towards tangible objectives.

This integration also helps in breaking down larger, potentially overwhelming tasks into smaller, more manageable focus blocks. By setting mini-goals within the app for each work session, users can experience a sense of accomplishment more frequently, which further fuels motivation and prevents burnout. The ability to categorize tasks and assign focus time to them makes the gamified experience more personalized and directly relevant to an individual's actual workload.

Interactive Elements and Challenges

To truly capture the spirit of gamification, interactive elements and challenges are essential. These can range from daily or weekly challenges that encourage users to achieve specific focus goals, to mini-games or interactive elements that are unlocked as users progress. Some apps might offer collaborative challenges where users can team up to achieve collective focus goals, fostering a sense of community and shared accountability. These elements add an extra layer of fun and engagement, preventing the experience from becoming monotonous.

Leaderboards, whether global, among friends, or personal bests, can also be powerful motivators for

competitive individuals. Seeing how they stack up against others, or striving to beat their own previous scores, adds a dynamic element that can drive consistent participation. The variety in challenges and interactive features ensures that the gamified experience remains fresh and engaging over the long term, catering to different user preferences and motivations.

Customization and Personalization

Adults have diverse needs and preferences, making customization a key feature for any successful gamified focus app. The ability to personalize the experience ensures that the app resonates with the individual user. This can include customizing the types of rewards, setting personal goals and challenges, choosing from different visual themes or avatars, and adjusting notification settings to suit their workflow. A personalized experience makes the app feel like a true companion in their productivity journey, rather than a generic tool.

Furthermore, personalization extends to the types of focus techniques supported. Some apps might offer features that support the Pomodoro Technique, while others might allow users to define their own custom focus intervals. The ability to tailor the app to one's specific working style and preferences significantly enhances its usability and effectiveness. This level of adaptability makes a gamified focus app a powerful, bespoke tool for enhancing concentration and productivity.

Benefits of Using a Gamified Focus App

The primary benefit of using a gamified focus app for adults is a significant improvement in productivity and task completion rates. By making the act of focusing more engaging and rewarding, users are more likely to dedicate sustained periods to their work without succumbing to distractions. This leads to more efficient use of time, allowing individuals to accomplish more in less time. The structured nature of these apps, combined with the motivational elements, helps combat procrastination and inertia.

Beyond just output, these apps contribute to enhanced concentration and attention span. Regular engagement with gamified focus techniques trains the brain to resist distractions and maintain a higher level of focus. This is particularly beneficial in an era where constant notifications and digital stimuli can fragment attention. The consistent practice fostered by gamification helps build mental discipline and strengthens the user's ability to concentrate on demanding tasks for extended durations.

Reduced Procrastination and Increased Motivation

Procrastination is a common hurdle for many adults, often stemming from a lack of motivation or the perceived difficulty of a task. A gamified focus app tackles this directly by reframing focused work as an engaging activity with achievable rewards. The smaller, gamified steps towards larger goals make tasks feel less daunting, and the immediate positive reinforcement from earning points or badges can provide the necessary boost to get started and keep going. This continuous cycle of engagement and

reward significantly reduces the likelihood of putting off important tasks.

The inherent drive for achievement and progress that gamification taps into also fosters a more sustainable level of motivation. Instead of relying solely on willpower, users are supported by an external system that makes the process of focused work intrinsically rewarding. This sustained motivation is crucial for tackling long-term projects and developing consistent productive habits.

Improved Time Management Skills

While not a direct time management tool in the traditional sense, a gamified focus app indirectly enhances time management skills. By encouraging users to dedicate specific blocks of time to focused work, and by providing clear metrics on how that time is spent, these apps promote a more conscious approach to scheduling and prioritizing. Users become more aware of their most productive times and the types of tasks that benefit most from dedicated focus. This awareness, coupled with the desire to earn rewards, can lead to more effective planning and execution of daily schedules.

The visual tracking of focus time also helps individuals identify time sinks and areas where their time might be less effectively utilized. This self-awareness is a critical component of improving time management. By making the act of focused work an enjoyable and rewarding experience, these apps empower users to proactively manage their time, allocating it to activities that yield the most value and contribute to their goals.

Enhanced Sense of Accomplishment and Well-being

There's a profound psychological benefit to feeling productive and achieving goals. A gamified focus app provides a consistent stream of small victories, from completing a focus session to unlocking a new achievement. This regular reinforcement of success contributes to a heightened sense of accomplishment and boosts overall self-esteem. When users can reliably engage in focused work and see the tangible results of their efforts, their confidence in their abilities grows.

This improved sense of efficacy can spill over into other areas of life, leading to reduced stress and a greater feeling of control. The ability to manage distractions and dedicate time to important tasks can alleviate the anxiety associated with feeling overwhelmed or falling behind. Ultimately, a gamified focus app can contribute to a greater sense of well-being by fostering a more productive, disciplined, and goal-oriented lifestyle.

Choosing the Right Gamified Focus App for Your Needs

Selecting the best gamified focus app for adults requires careful consideration of individual needs and preferences. The first step is to identify your primary goals: are you looking to combat general procrastination, improve focus during study sessions, or enhance productivity at work? Different apps cater to slightly different use cases, so understanding your core objective will help narrow down your options. Consider the specific features that align with your working style, such as Pomodoro timers,

deep work session builders, or task-specific focus tracking.

It's also important to evaluate the complexity of the gamification elements. Some users prefer subtle integration, while others thrive on elaborate reward systems and competitive leaderboards. Look for apps that offer a balance of engaging features without becoming overly distracting. Ultimately, the best app is one that you will consistently use and find genuinely motivating.

Platform Compatibility and Accessibility

Before committing to a particular app, ensure it is compatible with the devices you use most frequently. Many gamified focus apps are available on both iOS and Android, and some even offer desktop versions or web interfaces. Cross-platform synchronization can be a significant advantage if you switch between devices regularly. Accessibility features are also crucial; consider whether the app offers options for users with visual impairments, auditory needs, or other specific requirements. A user-friendly interface and intuitive navigation are also paramount for sustained engagement.

Cost and Subscription Models

Gamified focus apps come with various pricing structures. Some are entirely free, offering a good range of core features. Others operate on a freemium model, where basic functionality is free, but advanced features, customization options, or premium content require a subscription or a one-time purchase. When evaluating cost, consider the value proposition. Does the premium version offer features that are genuinely essential for your productivity goals? It's advisable to try out free versions or trial periods to assess the app's effectiveness before making any financial commitment.

User Reviews and Community Support

Reading user reviews can provide invaluable insights into an app's strengths and weaknesses. Look for patterns in feedback regarding features, usability, effectiveness, and customer support. A strong community surrounding an app can also be a significant plus. Forums, user groups, or in-app community features can offer support, motivation, and a sense of shared purpose. Engaging with other users can provide tips, accountability, and inspiration, further enhancing the gamified experience and reinforcing positive focus habits.

Integrating Gamified Focus into Your Daily Routine

Successfully integrating a gamified focus app into your daily routine is key to reaping its long-term benefits. Start by setting realistic goals. Don't aim for perfect focus from day one. Begin with shorter, achievable focus sessions and gradually increase the duration as your concentration improves and your engagement with the app grows. Consistency is more important than intensity, especially in the initial stages of habit formation.

Schedule your focus sessions as you would any other important appointment. Block out time in your calendar for dedicated work or study periods and use the gamified app to structure and motivate these times. This proactive approach ensures that focus remains a priority, rather than an afterthought. The visual cues and reminders provided by the app can also serve as prompts to stay on track throughout the day.

Establishing Focus Triggers and Rewards

To solidify the habit, create clear triggers for starting a focus session. This could be a specific time of day, the completion of a particular task, or even a ritual like making a cup of tea before opening the app. The more consistent these triggers are, the more easily your brain will associate them with focused work. Similarly, define what your rewards will be and how you will earn them. This might involve setting target focus durations for each reward, or aiming for a certain number of completed focus sessions per week to unlock a special in-app item or a personal treat.

The feedback loop from the gamified app – earning points, seeing progress bars fill, or achieving streaks – acts as immediate positive reinforcement. This reinforces the connection between focused effort and reward, making the behavior more likely to become habitual. By consciously linking your actions with these digital rewards, you train your brain to associate focus with positive outcomes.

Mindfulness and Self-Awareness

While gamification provides the structure and motivation, incorporating mindfulness and self-awareness can amplify its effectiveness. Pay attention to your mental state before, during, and after focus sessions. Notice when your mind begins to wander and gently guide it back to the task at hand. The gamified app can provide gentle prompts, but the conscious effort to remain present is crucial. Developing this self-awareness allows you to identify personal distraction patterns and work with the app to overcome them.

Reflect on your progress regularly. Use the app's reporting features to understand what strategies are working best for you and where you might need to adjust your approach. This reflective practice, combined with the actionable feedback from the gamified elements, creates a powerful synergy that drives continuous improvement. The goal is not just to use an app, but to cultivate a deeper understanding of your own focus capabilities and to build sustainable, effective habits.

Frequently Asked Questions

Q: What makes a focus app "gamified" for adults?

A: A gamified focus app for adults incorporates game-design elements such as points, badges, leaderboards, challenges, and progress tracking into non-game contexts, specifically for improving focus and productivity. These elements aim to make the process of focused work more engaging and

motivating.

Q: Can a gamified focus app really help me overcome procrastination?

A: Yes, gamified focus apps can be highly effective in combating procrastination. By breaking down tasks into smaller, achievable goals, offering immediate rewards for focused effort, and fostering a sense of progress, these apps can make starting and completing tasks feel less daunting and more rewarding.

Q: What are the most important features to look for in a gamified focus app?

A: Key features to consider include a robust reward system (points, badges, levels), clear progress tracking and visualization, customizable goals and challenges, integration with task management, and a user-friendly interface. Platform compatibility and good user reviews are also important considerations.

Q: Is gamification suitable for all adults, or is it more for younger users?

A: Gamification principles are rooted in universal psychological motivators that appeal to adults just as much as younger individuals. The desire for achievement, mastery, and progress is inherent in all age groups, making gamified focus apps effective tools for adults seeking to improve their productivity and concentration.

Q: How does a gamified focus app help improve attention span?

A: By encouraging consistent, rewarded periods of sustained focus, these apps help train the brain to resist distractions. The interactive elements and goal-oriented nature of gamification keep users engaged with their tasks, gradually strengthening their ability to concentrate for longer durations.

Q: Are there any potential downsides to using a gamified focus app?

A: While generally beneficial, some users might find that overly complex gamification can become a distraction in itself. It's important to choose an app whose gamified elements genuinely support focus rather than detract from it. Additionally, relying too heavily on external rewards without developing intrinsic motivation can be a potential pitfall.

Q: How long does it typically take to see results from using a gamified focus app?

A: Results can vary depending on the individual, their consistency of use, and the app's effectiveness for their specific needs. However, many users report noticeable improvements in focus and productivity within a few weeks of regular, consistent use, as habits begin to form.

Q: Can I use a gamified focus app for both work and personal projects?

A: Absolutely. Gamified focus apps are versatile and can be adapted to any context requiring sustained attention. Whether you're working on professional tasks, studying for exams, or pursuing personal hobbies and creative projects, these apps can provide the structure and motivation you need.

[Gamified Focus App For Adults](#)

Find other PDF articles:

<https://testgruff.allegrograph.com/health-fitness-03/pdf?dataid=sPn27-7245&title=hiit-workouts-book.pdf>

gamified focus app for adults: Serious Games and Edutainment Applications Minhua Ma, Andreas Oikonomou, 2017-03-03 With the continued application of gaming for training and education, which has seen exponential growth over the past two decades, this book offers an insightful introduction to the current developments and applications of game technologies within educational settings, with cutting-edge academic research and industry insights, providing a greater understanding into current and future developments and advances within this field. Following on from the success of the first volume in 2011, researchers from around the world presents up-to-date research on a broad range of new and emerging topics such as serious games and emotion, games for music education and games for medical training, to gamification, bespoke serious games, and adaptation of commercial off-the shelf games for education and narrative design, giving readers a thorough understanding of the advances and current issues facing developers and designers regarding games for training and education. This second volume of Serious Games and Edutainment Applications offers further insights for researchers, designers and educators who are interested in using serious games for training and educational purposes, and gives game developers with detailed information on current topics and developments within this growing area.

gamified focus app for adults: Handbook of Research on Gamification Dynamics and User Experience Design Bernardes, Oscar, Amorim, Vanessa, Moreira, Antonio Carrizo, 2022-05-20 In today's digital society, organizations must utilize technology in order to engage their audiences. Innovative game-like experiences are an increasingly popular way for businesses to interact with their customers; however, correctly implementing this technology can be a difficult task. To ensure businesses have the appropriate information available to successfully utilize gamification in their daily activities, further study on the best practices and strategies for implementation is required. The Handbook of Research on Gamification Dynamics and User

Experience Design considers the importance of gamification in the context of organizations' improvements and seeks to investigate game design from the experience of the user by providing relevant academic work, empirical research findings, and an overview of the field of study. Covering topics such as digital ecosystems, distance learning, and security awareness, this major reference work is ideal for policymakers, technology developers, managers, government officials, researchers, scholars, academicians, practitioners, instructors, and students.

gamified focus app for adults: Top 100 Productivity Apps to Maximize Your Efficiency

Navneet Singh, □ Outline for the Book: Top 100 Productivity Apps to Maximize Your Efficiency □ Introduction Why productivity apps are essential in 2025. How the right apps can optimize your personal and professional life. Criteria for choosing the best productivity apps (ease of use, integrations, scalability, etc.) □ Category 1: Task Management Apps Top Apps: Todoist – Task and project management with advanced labels and filters. TickTick – Smart task planning with built-in Pomodoro timer. Microsoft To Do – Simple and intuitive list-based task management. Things 3 – Ideal for Apple users, sleek and powerful task manager. Asana – Task tracking with project collaboration features. Trello – Visual project management with drag-and-drop boards. OmniFocus – Advanced task management with GTD methodology. Notion – Versatile note-taking and task management hybrid. ClickUp – One-stop platform with tasks, docs, and goals. Remember The Milk – Task manager with smart reminders and integrations. □ Category 2: Time Management & Focus Apps Top Apps: RescueTime – Automated time tracking and reports. Toggl Track – Easy-to-use time logging for projects and tasks. Clockify – Free time tracker with detailed analytics. Forest – Gamified focus app that grows virtual trees. Focus Booster – Pomodoro app with tracking capabilities. Freedom – Blocks distracting websites and apps. Serene – Day planner with focus and goal setting. Focus@Will – Music app scientifically designed for productivity. Beeminder – Tracks goals and builds habits with consequences. Timely – AI-powered time management with automatic tracking. □ Category 3: Note-Taking & Organization Apps Top Apps: Evernote – Feature-rich note-taking and document organization. Notion – All-in-one workspace for notes, tasks, and databases. Obsidian – Knowledge management with backlinking features. Roam Research – Ideal for building a knowledge graph. Microsoft OneNote – Free and flexible digital notebook. Google Keep – Simple note-taking with color coding and reminders. Bear – Minimalist markdown note-taking for Apple users. Joplin – Open-source alternative with strong privacy focus. Zoho Notebook – Visually appealing with multimedia support. TiddlyWiki – Personal wiki ideal for organizing thoughts. □ Category 4: Project Management Apps Top Apps: Asana – Collaborative project and task management. Trello – Visual board-based project tracking. Monday.com – Customizable project management platform. ClickUp – All-in-one platform for tasks, docs, and more. Wrike – Enterprise-grade project management with Gantt charts. Basecamp – Simplified project collaboration and communication. Airtable – Combines spreadsheet and database features. Smartsheet – Spreadsheet-style project and work management. Notion – Hybrid project management and note-taking platform. nTask – Ideal for smaller teams and freelancers. □ Category 5: Communication & Collaboration Apps Top Apps: Slack – Real-time messaging and collaboration. Microsoft Teams – Unified communication and teamwork platform. Zoom – Video conferencing and remote collaboration. Google Meet – Seamless video conferencing for Google users. Discord – Popular for community-based collaboration. Chanty – Simple team chat with task management. Twist – Async communication designed for remote teams. Flock – Team messaging and project management. Mattermost – Open-source alternative to Slack. Rocket.Chat – Secure collaboration and messaging platform. □ Category 6: Automation & Workflow Apps Top Apps: Zapier – Connects apps and automates workflows. IFTTT – Simple automation with applets and triggers. Integromat – Advanced automation with custom scenarios. Automate.io – Easy-to-use workflow automation platform. Microsoft Power Automate – Enterprise-grade process automation. Parabola – Drag-and-drop workflow automation. n8n – Open-source workflow automation. Alfred – Mac automation with powerful workflows. Shortcut – Customizable automation for iOS users. Bardeen – Automate repetitive web-based tasks. □ Category 7: Financial & Budgeting Apps Top Apps: Mint – Personal finance and budget tracking. YNAB (You Need a Budget) – Hands-on

budgeting methodology. PocketGuard – Helps prevent overspending. Goodbudget – Envelope-based budgeting system. Honeydue – Budgeting app designed for couples. Personal Capital – Investment tracking and retirement planning. Spendee – Visual budget tracking with categories. Wally – Financial insights and expense tracking. EveryDollar – Zero-based budgeting with goal tracking. Emma – AI-driven financial insights and recommendations. □ Category 8: File Management & Cloud Storage Apps Top Apps: Google Drive – Cloud storage with seamless integration. Dropbox – File sharing and collaboration. OneDrive – Microsoft’s cloud storage for Office users. Box – Secure file storage with business focus. iCloud – Native storage for Apple ecosystem. pCloud – Secure and encrypted cloud storage. Mega – Privacy-focused file storage with encryption. Zoho WorkDrive – Collaborative cloud storage. Sync.com – Secure cloud with end-to-end encryption. Citrix ShareFile – Ideal for business file sharing. □ Category 9: Health & Habit Tracking Apps Top Apps: Habitica – Gamified habit tracking for motivation. Streaks – Simple habit builder for Apple users. Way of Life – Advanced habit tracking and analytics. MyFitnessPal – Nutrition and fitness tracking. Strava – Fitness tracking for runners and cyclists. Headspace – Meditation and mindfulness guidance. Fabulous – Science-based habit tracking app. Loop Habit Tracker – Open-source habit tracker. Zero – Intermittent fasting tracker. Sleep Cycle – Smart alarm with sleep tracking. □ Category 10: Miscellaneous & Niche Tools Top Apps: Grammarly – AI-powered writing assistant. Pocket – Save articles and read offline. Otter.ai – Transcription and note-taking. Canva – Easy-to-use graphic design platform. Calendly – Scheduling and appointment management. CamScanner – Scan documents and save them digitally. Zappy – Fast file-sharing app. Loom – Screen recording and video messaging. MindMeister – Mind mapping and brainstorming. Miro – Online collaborative whiteboard. □ Conclusion Recap of the importance of choosing the right productivity tools. Recommendations based on individual and business needs.

gamified focus app for adults: *Videogame Sciences and Arts* Nelson Zagalo, Ana Isabel Veloso, Liliana Costa, Óscar Mealha, 2019-12-26 This book constitutes the refereed proceedings of the 11th International Conference on Videogame Sciences and Arts, VJ 2019, held in Aveiro, Portugal, in November 2019. The 20 full papers presented were carefully reviewed and selected from 50 submissions. They were organized in topical sections named: Games and Theories; Table Boards; eSports; Uses and Methodologies; Game Criticism.

gamified focus app for adults: *HCI in Games* Xiaowen Fang, 2020-07-10 This book constitutes the refereed proceedings of the Second International Conference on HCI in Games, HCI-Games 2020, held in July 2020 as part of HCI International 2020 in Copenhagen, Denmark.* HCII 2020 received a total of 6326 submissions, of which 1439 papers and 238 posters were accepted for publication after a careful reviewing process. The 38 papers presented in this volume are organized in topical sections named: designing games and gamified interactions; user engagement and game impact; and serious games. *The conference was held virtually due to the COVID-19 pandemic.

gamified focus app for adults: *Mobile Learning and STEM* Helen Crompton, John Traxler, 2015-12-07 In recent years, there has been a renewed focus on STEM education in the United States, fueled by evidence that young learners’ competencies in science, technology, engineering, and mathematics are falling behind those of their global peers. Scholars and practitioners are beginning to utilize the new pedagogical opportunities offered by mobile learning to improve the successes of teachers and K-12 students across STEM subjects. *Mobile Learning and STEM: Case Studies in Practice* is a comprehensive collection of case studies that explore mobile learning’s support of STEM subjects and that utilize mobile technology to facilitate unique and effective K-12 teaching and learning experiences. In addition to its focus on STEM achievement for researchers, this volume is a resource for teachers working to implement mobile learning initiatives into their classrooms. *Mobile Learning and STEM* also includes research that is applicable to classrooms in nations around the world, where few students from underrepresented racial and socioeconomic backgrounds are entering into STEM jobs. Concluding with a summary of its research and its implications to future scholarship and practice, this book is a springboard for practitioners, specialists, higher education instructors, and researchers who want to establish better practices in

schools and raise student achievement in STEM subjects.

gamified focus app for adults: Digital Games and Mental Health Rachel Kowert, Christopher J. Ferguson, Paul C. Fletcher, Doris Carmen Rusch, 2021-10-04

gamified focus app for adults: Proceedings of International Conference on Information Technology and Applications Abrar Ullah, Sajid Anwar, Davide Calandra, Raffaele Di Fuccio, 2024-03-17 This book includes high-quality papers presented at 17th International Conference on Information Technology and Applications (ICITA 2023), held in Turin, Italy during 20 – 22 October 2023. The book presents original research work of academics and industry professionals to exchange their knowledge of the state-of-the-art research and development in information technology and applications. The topics covered in the book are cloud computing, business process engineering, machine learning, evolutionary computing, big data analytics, internet of things and cyber-physical systems, information and knowledge management, computer vision and image processing, computer graphics and games programming, mobile computing, ontology engineering, software and systems modelling, human computer interaction, online learning /e-learning, computer networks, and web engineering.

gamified focus app for adults: Handbook of Research on the Influence and Effectiveness of Gamification in Education Bernardes, Oscar, Amorim, Vanessa, Moreira, Antonio Carrizo, 2022-05-20 Gamification is an increasingly popular technology that has been utilized across a number of fields such as business, medicine, and education. As education continues to turn toward online teaching and learning, gamification is one of many new technologies that have been proven to assist educators in providing holistic and effective instruction. Additional research is required to ensure this technology is utilized appropriately within the classroom. The Handbook of Research on the Influence and Effectiveness of Gamification in Education considers the importance of gamification in the current learning environment and discusses the best practices, opportunities, and challenges of this innovative technology within an educational setting. Covering a wide range of critical topics such as engagement, serious games, and escape rooms, this major reference work is essential for policymakers, academicians, administrators, scholars, researchers, practitioners, instructors, and students.

gamified focus app for adults: Resilient Businesses for Sustainability Rajnish Kumar Misra, Shriram A. Purankar, Divya Goel, Shivani Kapoor, Ridhima B. Sharma, 2024-10-02 Today, there are many intricate disruptions originating from diverse sources, the 2nd volume provides invaluable insights into the role of Human Resource for sustainability and Marketing for building resilient businesses. Offering a comprehensive examination of how resilience is harnessed to build businesses capable of withstanding adversity.

gamified focus app for adults: Human-Computer Interaction Constantine Stephanidis, Gavriel Salvendy, 2024-09-28 The pervasive influence of technology continuously shapes our daily lives. From smartphones to smart homes, technology is revolutionizing the way we live, work and interact with each other. Human-computer interaction (HCI) is a multidisciplinary research field focusing on the study of people interacting with information technology and plays a critical role in the development of computing systems that work well for the people using them, ensuring the seamless integration of interactive systems into our technologically driven lifestyles. The book series contains six volumes providing extensive coverage of the field, wherein each one addresses different theoretical and practical aspects of the HCI discipline. Readers will discover a wealth of information encompassing the foundational elements, state-of-the-art review in established and emerging domains, analysis of contemporary advancements brought about by the evolution of interactive technologies and artificial intelligence, as well as the emergence of diverse societal needs and application domains. These books: · Showcase the pivotal role of HCI in designing interactive applications across a diverse array of domains. · Explore the dynamic relationship between humans and intelligent environments, with a specific emphasis on the role of Artificial Intelligence (AI) and the Internet of Things (IoT). · Provide an extensive exploration of interaction design by examining a wide range of technologies, interaction techniques, styles and devices. · Discuss user experience

methods and tools for the design of user-friendly products and services. · Bridge the gap between software engineering and human-computer interaction practices for usability, inclusion and sustainability. These volumes are an essential read for individuals interested in human-computer interaction research and applications.

gamified focus app for adults: HCI in Business, Government and Organizations.

Interacting with Information Systems Fiona Fui-Hoon Nah, Chuan-Hoo Tan, 2017-06-28 This 2-volume set constitutes the refereed proceedings of the 4th International Conference on HCI in Business, Government and Organizations, HCIBGO 2017, held as part of the 19 International Conference on Human-Computer Interaction , HCII 2017, which took place in Vancouver, Canada, in July 2017. HCII 2017 received a total of 4340 submissions, of which 1228 papers were accepted for publication after a careful reviewing process. The 31 papers presented in this volume, focusing on interacting with information systems, are organized in topical sections named: human-centered design in information systems; information systems in healthcare, learning, cultural heritage and government; novel interaction devices and techniques;

gamified focus app for adults: Gamify Biran Burke, 2016-10-14 Organizations are facing an engagement crisis. Regardless if they are customers, employees, patients, students, citizens, stakeholders, organizations struggle to meaningfully engage their key constituent groups who have a precious and limited resource: their time. Not surprisingly, these stakeholders have developed deflector shields to protect themselves. Only a privileged few organizations are allowed to penetrate the shield, and even less will meaningfully engage. To penetrate the shield, and engage the audience, organizations need an edge. Gamification has emerged as a way to gain that edge and organizations are beginning to see it as a key tool in their digital engagement strategy. While gamification has tremendous potential to break through, most companies will get it wrong. Gartner predicts that by 2014, 80% of current gamified applications will fail to meet business objectives primarily due to poor design. As a trend, gamification is at the peak of the hype cycle; it has been oversold and it is broadly misunderstood. We are heading for the inevitable fall. Too many organizations have been led to believe that gamification is a magic elixir for indoctrinating the masses and manipulating them to do their bidding. These organizations are mistaking people for puppets, and these transparently cynical efforts are doomed to fail. This book goes beyond the hype and focuses on the 20% that are getting it right. We have spoken to hundreds of leaders in organizations around the world about their gamification strategies and we have seen some spectacular successes. The book examines some of these successes and identifies the common characteristics of these initiatives to define the solution space for success. It is a guide written for leaders of gamification initiatives to help them avoid the pitfalls and employ the best practices, to ensure they join the 20% that gets it right. Gamify shows gamification in action: as a powerful approach to engaging and motivating people to achieving their goals, while at the same time achieving organizational objectives. It can be used to motivate people to change behaviors, develop skills, and drive innovation. The sweet spot for gamification objectives is the space where the business objectives and player objectives are aligned. Like two sides of the same coin, player and business goals may outwardly appear different, but they are often the same thing, expressed different ways. The key to gamification success is to engage people on an emotional level and motivating them to achieve their goals.

gamified focus app for adults: Gamification for Product Excellence Mike Hyzy, Bret Wardle, 2023-09-29 Streamline your product management process with gamification strategies, frameworks, and best practices from experts to create remarkable products Key Features Design gamification frameworks that captivate users and deliver a compelling experience Build a successful gamification strategy to go from concept to prototype to production with ease Gamify product management processes using game techniques to effectively lead teams and stakeholders Purchase of the print or Kindle book includes a free PDF eBook Book DescriptionAre you trying to build a product that your audience loves to use? Game mechanics and psychology have been used for decades to increase engagement, convert users to buyers, and increase audience retention. Learning

when and where to implement these tools can take your product from the middle of the pack to a must-have! This book begins by helping you get a clear understanding of gamification, its key concepts, and how product managers can leverage it to drive user engagement in non-game scenarios. As you progress through the chapters, you'll learn different gamification frameworks, mechanics, and elements with structured ways to implement them while designing a successful gamification strategy tailored to a business case. You'll get a chance to implement and test the designed strategy prototype with the users for feedback. You'll also discover how to sell your strategy to stakeholders to get full buy-in from the top down, along with how to gamify your product development process to drive innovation, engagement, and motivation. By the end of this book, you'll be primed to harness the power of gamification, and will have benefited from proven case studies, best practices, and tips, ensuring you are well-equipped to apply gamification principles to your work as a product development professional.

What you will learn

- Explore gamification and learn how to engage your user with it
- Gain insights into the functionality and implementation of different gamification frameworks
- Master specific game elements and mechanics that can be used to improve user experiences
- Design a successful gamification strategy to test your hypothesis and develop a business case
- Implement and test the prototype you've created with users for feedback
- Say the right words to sell your gamification strategy to stakeholders
- Use design thinking exercises and game elements to improve the product management process

Who this book is for

If you are a product manager, product leader, or product designer weaving gamified experiences and crafting exceptional digital products from conception to reality, then this book is the absolute right pick for you. The topics covered will enable you to level up your products and unleash their full potential through gamification. All the gamification strategies and frameworks discussed in this book can be practically applied across different domains with ease.

gamified focus app for adults: Digital Declutter Systems Jade Summers, 2024-11-06

□ Digital Declutter: Reclaim Your Time and Focus

□ Feeling buried in endless emails, notifications, and a cluttered desktop? This book is your escape from the digital chaos! Dive into actionable, step-by-step techniques to clear digital clutter, regain control of your screen time, and transform your mental space. Whether you're a busy professional or tech-savvy individual, this guide will empower you to streamline your digital life for greater focus and productivity.

Highlights:

- Inbox Zero Strategies: Simplify and manage your email like a pro.
- File Organization Made Easy: A no-fuss approach to folder structuring.
- Say Goodbye to Unused Apps: Tips for minimizing digital distractions.
- Declutter Social Media: Focus on meaningful connections.
- Time-Saving Hacks: Maximize your day with efficient tech habits.

Reclaim your time and create a clutter-free digital space that supports, rather than overwhelms, your life!

gamified focus app for adults: 17th WCEAM Proceedings Georges Abdul-Nour, Minh Ngoc Dinh, Turuna Seecharan, Adolfo Crespo Márquez, Dragan Komljenovic, Joe Amadi-Echendu, Joseph Mathew, 2024-09-30

17th WCEAM Proceedings provides a record of some of the intellectual discussions (including keynote addresses, research paper presentations, panel debates and practical workshops) that took place among the attendees and participants of the 17th World Congress on Engineering Asset Management (WCEAM), held from 18 - 20 October 2023 at the Sheraton Saigon Hotel and Towers, Ho Chi Minh City, Vietnam. The events were organized by the International Society for Engineering Asset Management (ISEAM) and hosted by RMIT University Vietnam LLC (RMIT VN), Ho Chi Ming City. The content of the book includes topics listed below under a general theme of Sustainable Management of Engineered Assets in a Post-Covid World:

- Industry 4.0, Digital Transformation, Society 5.0 and beyond
- Sustainable asset investment, acquisition, operations, maintenance, and retirement strategies
- Production-service transformation and product-service systems
- Sustainable asset acquisition, operations, maintenance, and retirement processes
- Modeling and simulation of acquisition, operations, maintenance, and retirement processes
- Reliability and resilience engineering
- Applications of the Fourth Industrial Revolution (4IR) technologies in EAM, e.g., Digital Twins
- Cybersecurity issues in asset management
- Asset condition, risk, resilience, and vulnerability assessments
- Asset management and decision support systems
- Applications of

international and logical guidelines and standards in EAM Human dimensions and asset management performance Case studies of asset management in various industries and sectors This proceedings is an excellent resource for asset management practitioners, researchers and academics, as well as undergraduate and postgraduate students.

gamified focus app for adults: *Work From Home: A Simple Method for Finding Online Work With No Jobs (Make Money Online via Amazon Associates Program and Build Your List to Make a Consistent Income Online)* Ivan Sakamoto, 101-01-01 This book is your invitation to that life. It's filled with heartfelt guidance, showing you how real people are building incredible financial freedom through the power of the internet. We'll explore exciting paths like: Sharing products you love through affiliate marketing and earning for it. Creating your own unique designs with print on demand, without ever touching inventory. Turning your passions and knowledge into ebooks and courses, helping others while you earn. You'll learn how to: · Generate high-performing content with ai—fast · Predict customer actions and personalize marketing at scale · Recover lost sales with ai-powered email and cart automation · Save hours every week with smart automation tools · Improve ad performance and lower costs using predictive analytics · Implement ai ethically and build customer trust · Avoid the overwhelm with step-by-step action plans · Choose the right tools for your business without overspending · Future-proof your strategy as ai continues to evolve · Learn from real-world case studies and avoid costly mistakes You see, i've come to realize that success leaves a trail, and the entrepreneurs that go on to build successful online businesses simply follow the trails left by others who came before them. It's that simple. Regardless of whether you have the knowledge, skills, or not, if you have the discipline to follow a set of rules and principles, you will dramatically increase your chance of being successful in any business venture.

gamified focus app for adults: **ECEL 2021 20th European Conference on e-Learning** Prof. Dr.-Ing. Carsten Busch, Prof. Dr. Tilo Wendler , Martin Steinicke i, 2021-10-28

gamified focus app for adults: *Gamification by Design* Gabe Zichermann, Christopher Cunningham, 2011-08 Provides the design strategi and tactics to integrates game mechanics into any kind of consumer-facing website og mobile app

gamified focus app for adults: Operational Research in the Era of Digital Transformation and Business Analytics Nikolaos F. Matsatsinis, Fotis C. Kitsios, Michael A. Madas, Maria I. Kamariotou, 2023-04-04 This proceedings volume presents new methods and applications in Operational Research and Management Science with a special focus on Business Analytics. Featuring selected contributions from the XIV Balkan Conference on Operational Research held in Thessaloniki, Greece in 2020 (BALCOR 2020), it addresses applications and methodological tools or techniques in various areas of Operational Research, such as agent-based modelling, big data and business analytics, data envelopment analysis, data mining, decision support systems, fuzzy systems, game theory, heuristics, metaheuristics and nature inspired optimization algorithms, linear and nonlinear programming, machine learning, multiple criteria decision analysis, network design and optimization, queuing theory, simulation and statistics.

Related to gamified focus app for adults

Gamification - Wikipedia Gamification techniques are intended to leverage people's evolved desires for socializing, learning, mastery, competition, achievement, status, self-expression, altruism, or closure, or

GAMIFICATION Definition & Meaning - Merriam-Webster The meaning of GAMIFICATION is the process of adding games or gamelike elements to something (such as a task) so as to encourage participation. How to use gamification in a

Gamification: What It Is and How It Works (With 8 Examples) Gamification is the application of game mechanics to non-game scenarios in order to encourage user engagement, usually with a product or service

What is gamification? How it works and how to use it - TechTarget Gamification is using video game elements in other contexts to increase engagement. Learn how gamification works and

how it influences behavior

Gamification, What It Is, How It Works, Examples These traditional methods, when combined with gamified elements, create a rich variety of immediate feedback opportunities that keep students engaged and motivated (6).

GAMIFY | English meaning - Cambridge Dictionary GAMIFY definition: 1. to make an activity more like a game in order to make it more interesting or enjoyable: 2. to. Learn more

What is Gamification? | Chicago Center for Teaching and Learning Gamification, or gamified learning, is a way to create immersive, engaging, and student-centered learning environments. In a gamified classroom, knowledge acquisition can

What Is Gamification? 10 Engaging Examples You Need to See! To design an effective gamified experience, start by understanding your audience and their motivations. Define clear goals, incorporate game mechanics that resonate with

What is Gamification? | IxDF Gamification refers to the application of game-design elements and game principles in non-game contexts. This technique enhances user engagement

Gamification In Education: Advancing 21st-Century Learning Gamified learning experiences frequently engage students with complicated tasks and scenarios that necessitate critical thinking and problem-solving abilities in order for them

Gamification - Wikipedia Gamification techniques are intended to leverage people's evolved desires for socializing, learning, mastery, competition, achievement, status, self-expression, altruism, or closure, or

GAMIFICATION Definition & Meaning - Merriam-Webster The meaning of GAMIFICATION is the process of adding games or gamelike elements to something (such as a task) so as to encourage participation. How to use gamification in a

Gamification: What It Is and How It Works (With 8 Examples) Gamification is the application of game mechanics to non-game scenarios in order to encourage user engagement, usually with a product or service

What is gamification? How it works and how to use it - TechTarget Gamification is using video game elements in other contexts to increase engagement. Learn how gamification works and how it influences behavior

Gamification, What It Is, How It Works, Examples These traditional methods, when combined with gamified elements, create a rich variety of immediate feedback opportunities that keep students engaged and motivated (6).

GAMIFY | English meaning - Cambridge Dictionary GAMIFY definition: 1. to make an activity more like a game in order to make it more interesting or enjoyable: 2. to. Learn more

What is Gamification? | Chicago Center for Teaching and Learning Gamification, or gamified learning, is a way to create immersive, engaging, and student-centered learning environments. In a gamified classroom, knowledge acquisition can

What Is Gamification? 10 Engaging Examples You Need to See! To design an effective gamified experience, start by understanding your audience and their motivations. Define clear goals, incorporate game mechanics that resonate with

What is Gamification? | IxDF Gamification refers to the application of game-design elements and game principles in non-game contexts. This technique enhances user engagement

Gamification In Education: Advancing 21st-Century Learning Gamified learning experiences frequently engage students with complicated tasks and scenarios that necessitate critical thinking and problem-solving abilities in order for them to

Gamification - Wikipedia Gamification techniques are intended to leverage people's evolved desires for socializing, learning, mastery, competition, achievement, status, self-expression, altruism, or closure, or

GAMIFICATION Definition & Meaning - Merriam-Webster The meaning of GAMIFICATION is the process of adding games or gamelike elements to something (such as a task) so as to encourage participation. How to use gamification in a

Gamification: What It Is and How It Works (With 8 Examples) Gamification is the application of game mechanics to non-game scenarios in order to encourage user engagement, usually with a product or service

What is gamification? How it works and how to use it - TechTarget Gamification is using video game elements in other contexts to increase engagement. Learn how gamification works and how it influences behavior

Gamification, What It Is, How It Works, Examples These traditional methods, when combined with gamified elements, create a rich variety of immediate feedback opportunities that keep students engaged and motivated (6).

GAMIFY | English meaning - Cambridge Dictionary GAMIFY definition: 1. to make an activity more like a game in order to make it more interesting or enjoyable: 2. to. Learn more

What is Gamification? | Chicago Center for Teaching and Learning Gamification, or gamified learning, is a way to create immersive, engaging, and student-centered learning environments. In a gamified classroom, knowledge acquisition can

What Is Gamification? 10 Engaging Examples You Need to See! To design an effective gamified experience, start by understanding your audience and their motivations. Define clear goals, incorporate game mechanics that resonate with

What is Gamification? | IxDF Gamification refers to the application of game-design elements and game principles in non-game contexts. This technique enhances user engagement

Gamification In Education: Advancing 21st-Century Learning Gamified learning experiences frequently engage students with complicated tasks and scenarios that necessitate critical thinking and problem-solving abilities in order for them

Gamification - Wikipedia Gamification techniques are intended to leverage people's evolved desires for socializing, learning, mastery, competition, achievement, status, self-expression, altruism, or closure, or

GAMIFICATION Definition & Meaning - Merriam-Webster The meaning of GAMIFICATION is the process of adding games or gamelike elements to something (such as a task) so as to encourage participation. How to use gamification in a

Gamification: What It Is and How It Works (With 8 Examples) Gamification is the application of game mechanics to non-game scenarios in order to encourage user engagement, usually with a product or service

What is gamification? How it works and how to use it - TechTarget Gamification is using video game elements in other contexts to increase engagement. Learn how gamification works and how it influences behavior

Gamification, What It Is, How It Works, Examples These traditional methods, when combined with gamified elements, create a rich variety of immediate feedback opportunities that keep students engaged and motivated (6).

GAMIFY | English meaning - Cambridge Dictionary GAMIFY definition: 1. to make an activity more like a game in order to make it more interesting or enjoyable: 2. to. Learn more

What is Gamification? | Chicago Center for Teaching and Learning Gamification, or gamified learning, is a way to create immersive, engaging, and student-centered learning environments. In a gamified classroom, knowledge acquisition can

What Is Gamification? 10 Engaging Examples You Need to See! To design an effective gamified experience, start by understanding your audience and their motivations. Define clear goals, incorporate game mechanics that resonate with

What is Gamification? | IxDF Gamification refers to the application of game-design elements and game principles in non-game contexts. This technique enhances user engagement

Gamification In Education: Advancing 21st-Century Learning Gamified learning experiences frequently engage students with complicated tasks and scenarios that necessitate critical thinking and problem-solving abilities in order for them

Gamification - Wikipedia Gamification techniques are intended to leverage people's evolved

desires for socializing, learning, mastery, competition, achievement, status, self-expression, altruism, or closure, or

GAMIFICATION Definition & Meaning - Merriam-Webster The meaning of GAMIFICATION is the process of adding games or gamelike elements to something (such as a task) so as to encourage participation. How to use gamification in a

Gamification: What It Is and How It Works (With 8 Examples) Gamification is the application of game mechanics to non-game scenarios in order to encourage user engagement, usually with a product or service

What is gamification? How it works and how to use it - TechTarget Gamification is using video game elements in other contexts to increase engagement. Learn how gamification works and how it influences behavior

Gamification, What It Is, How It Works, Examples These traditional methods, when combined with gamified elements, create a rich variety of immediate feedback opportunities that keep students engaged and motivated (6).

GAMIFY | English meaning - Cambridge Dictionary GAMIFY definition: 1. to make an activity more like a game in order to make it more interesting or enjoyable: 2. to. Learn more

What is Gamification? | Chicago Center for Teaching and Learning Gamification, or gamified learning, is a way to create immersive, engaging, and student-centered learning environments. In a gamified classroom, knowledge acquisition can

What Is Gamification? 10 Engaging Examples You Need to See! To design an effective gamified experience, start by understanding your audience and their motivations. Define clear goals, incorporate game mechanics that resonate with

What is Gamification? | IxDF Gamification refers to the application of game-design elements and game principles in non-game contexts. This technique enhances user engagement

Gamification In Education: Advancing 21st-Century Learning Gamified learning experiences frequently engage students with complicated tasks and scenarios that necessitate critical thinking and problem-solving abilities in order for them

Related to gamified focus app for adults

Make Productivity a Game With These 8 iPhone Apps (Hosted on MSN2mon) Productivity isn't one-size-fits-all, but you can certainly get a boost with the right tools. Gamifying productivity can strip the intimidation out of a long day of focusing on your tasks, if you know

Make Productivity a Game With These 8 iPhone Apps (Hosted on MSN2mon) Productivity isn't one-size-fits-all, but you can certainly get a boost with the right tools. Gamifying productivity can strip the intimidation out of a long day of focusing on your tasks, if you know

The bean that boosts your work focus— discover the app that helps you get tasks done (as.com1mon) Irish native who switched from the music industry to the world of sport moving from Universal Music to AS in 2017. A keen runner, soccer player and now discovering the world's fastest growing sport of

The bean that boosts your work focus— discover the app that helps you get tasks done (as.com1mon) Irish native who switched from the music industry to the world of sport moving from Universal Music to AS in 2017. A keen runner, soccer player and now discovering the world's fastest growing sport of

Scrolling instead of working? YouTuber Hank Green's new app wants to help (NBC New York1mon) Can a smiley cartoon bean help you stay focused? Hank Green, one of the earliest and most influential online creators, hopes so. Focus Friend allows users to set a timer to get a task done, similar to

Scrolling instead of working? YouTuber Hank Green's new app wants to help (NBC New York1mon) Can a smiley cartoon bean help you stay focused? Hank Green, one of the earliest and most influential online creators, hopes so. Focus Friend allows users to set a timer to get a task done, similar to

Lately's new gamified app helps people arrive on time (TechCrunch5mon) A new app called Lately launched on the App Store a few weeks ago, targeting people with ADHD to help them arrive on time and rewarding them for doing so. The service is designed to help users manage

Lately's new gamified app helps people arrive on time (TechCrunch5mon) A new app called Lately launched on the App Store a few weeks ago, targeting people with ADHD to help them arrive on time and rewarding them for doing so. The service is designed to help users manage

I tried the new focus timer app that everyone's talking about but it didn't click (Hosted on MSN26d) The timer trend is everywhere. Tons of apps are built around strict sessions, breaks, and nudges. I downloaded the one making the rounds right now, but I won't be using it. Sometimes the tool that

I tried the new focus timer app that everyone's talking about but it didn't click (Hosted on MSN26d) The timer trend is everywhere. Tons of apps are built around strict sessions, breaks, and nudges. I downloaded the one making the rounds right now, but I won't be using it. Sometimes the tool that

Scrolling instead of working? YouTuber Hank Green's new app wants to help (NBC News1mon) Can a smiley cartoon bean help you stay focused? Hank Green, one of the earliest and most influential online creators, hopes so. The longtime YouTuber, known for his educational videos and

Scrolling instead of working? YouTuber Hank Green's new app wants to help (NBC News1mon) Can a smiley cartoon bean help you stay focused? Hank Green, one of the earliest and most influential online creators, hopes so. The longtime YouTuber, known for his educational videos and

Back to Home: <https://testgruff.allegrograph.com>