

Free academic resources and self help for students

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		Weblinks & documents	
Study Skills	Apps & resources	Windows and/or Mac	Mac only
Reading & researching			
Make text accessible		https://support.office.com/en-gb/article/accessibility-support-for-word-c014d8b8-4ef3-4a7a-935d-295663f3343c	
	Magnifier	https://portableapps.com/apps/accessibility/virtual_magnifying_glass_portable	
	Accessible readers	https://www.webbie.org.uk/	
Utilise sans serif fonts			
Use larger line spacing			
Use larger text size (12 point minimum)			
Remove clutter on web pages for distraction free reading	Clearly(costs around £4 with Evernote Premium)		
	Care Your Eyes	https://care-eyes.com/	
	AT Bar	https://www.atbar.org/	
	Access Apps Vu Bar (shows only sections of text)	https://vu-bar.apponic.com/	
	Noisli	https://www.noisli.com/	
Use tablets & eReaders			
Listen to text using text-to-speech	MyStudyBar - Balabolka or Orato	http://www.cross-plus-a.com/balabolka.htm	
	ClaroSpeak for iPhone & Android	https://www.clarosoftware.com/clarospeak-chrome	
	Access Apps - D Speech	https://www.eduapps.org/	
	Natural Readers	https://www.naturalreaders.com/	
	Read & Write chrome plug in	https://chrome.google.com/webstore/detail/readwrite-for-google-chrome/inoeonmfapjbbkmdafoankkfajkcphgd	
	TechDis Jack & Jess (natural sounding add ons); Stuart & Heather in Scotland; Geraint & Gwyneth in Wales	https://send.excellencegateway.org.uk/techdis	
	Mac Accessibility	https://www.apple.com/uk/accessibility/mac/	
Choose fonts and background colours	MyStudyBar – Tbar	https://www.eduapps.org/	https://www.lexdis.org.uk/2016/09/colour-filters-come-to-ios-10/
	MyStudyBar - SSOverlay		
	Irlen coloured overlays app (£1.99)	https://irlen.com/irlen-introduces-new-colored-overlay-app-for-android/	
Activate speech-to-text on your mobile for searching			
Dictionary function	Google		
	Dictionary.com	https://www.dictionary.com/	
	WordReference.com - foreign language;	https://www.wordreference.com/	
	WordWeb apps (free for Android)		

	Concise English Dictionary and Thesaurus (free for iPods & iPhones)		free for iPhones & iPads
	MyStudyBar – Lingoes Available in 80 languages	https://www.youtube.com/watch?v=mZEOGe0zVh8	
Manage e-books for non-Amazon purchases (Amazon provides useful interface to manage their purchases)	Calibre	https://www.calibre.org.uk/	
Alter screen colour, brightness, contrast	MyStudyBar – Reading		
	Alter computer monitor via settings		
	F.Lux	https://justgetflux.com/	
	Screenshades (Macbook)		https://screenshade.en.softonic.com/mac
Make text recognisable as text, not just as an image	FreeOCR	http://www.free-online-ocr.com/	
	PDF Xchange Editor	https://portableapps.com/apps/office/pdf-xchange-editor-portable	
Scan documents to read later	Evernote Scannable (iPhone)		https://evernote.com/products/scannable/
	Evernote Web Clipper	https://evernote.com/webclipper/android/	
Practice active and effective reading		https://www.ox.ac.uk/students/academic/guidance/skills/research?wssl=1	
Organisation and planning			
Keep organisation simple and manageable	Notion workspace	www.notion.so	
Online calendars synced across computer and mobile phone	iGoogle, Google Calendar & Google Tasks		
	Outlook.com		
	Remember the Milk (syncs to Gmail, Evernote etc)	https://www.rememberthemilk.com/	
To do lists, with reminders and colour codes	Access Apps – Hott Notes (like sticky notes but with a reminder function)		
	Windows Sticky Notes		
	GoogleKeep		
	Evernote	https://evernote.com/	
	Reminder of what is due	https://www.dueapp.com/	
	Doodle.com for meetings	https://doodle.com/en/	
	Microsoft To Do (replaces Wunderlist)	https://www.microsoft.com/en-gb/p/microsoft-to-do-lists-tasks-reminders/9nblggh5r558?rtc=1&activetab=pivot:overviewtab	
	Remember The Milk		
Notetaking with audio (you need to sign a consent form from DAS to use this in lectures)	Audio Notetaker -This is not free but does have 30 day free trial	https://sonocent.com/audio-notetaker/	
	Digital voice recorders (DVR) - again, not free, but phones have this capability, as a trial		
	Free but \$15 to remove 10 minute limit	https://www.micnote.audio/	
Presentation support	Presenter Coach	https://support.office.com/en-gb/article/rehearse-your-slide-show-with-presenter-coach-cd7fc941-5c3b-498c-a225-83ef3f64f07b	

Organising files into logical systems. Back up everything!	Boxifier - syncs to Dropbox	https://www.boxifier.com/	
	Dropbox	https://www.dropbox.com/basic	
	Evernote	https://evernote.com/	
	GoogleDrive	https://www.google.com/intl/en/drive/	
Reference as you go along, by inserting into text	Zotero	https://www.zotero.org/	
	RefME/Cite this for me	http://www.citethisforme.com/uk	
	Mendeley	https://www.mendeley.com/?interaction_required=true	
	VI students referencing	https://roswalker.org/2018/06/14/academic-referencing-for-blind-students-using-nvda-or-jaws/	
Mindmapping tools	XMind	https://www.xmind.net/	
	Coggle	https://coggle.it/?lang=en-GB	
	Mindview trial	https://www.matchware.com/mind-mapping-free	
Learn to touch type	TypingAcademy	https://www.typing.academy/	
	Word completion programme	https://portableapps.com/apps/accessibility/dicom-portable	
Manage your passwords	Keepass	https://portableapps.com/apps/utilities/keepassxc-portable	
	LastPass	https://chrome.google.com/webstore/detail/lastpass-free-password-manager/hdokiejnpimakedhajhdlcegeplioahd	
Understand and manage where you are expected to be		https://www.admin.ox.ac.uk/access/ https://searchengineland.com/google-maps-app-adds-ok-google-voice-command-activation-hands-free-directions-260116	
	Guiding app for VI students. Allows places to be located via their signs by holding the phone in a horizontal manner; can then simply turn around on the spot and listen as businesses/shops are brought to your attention; tells you how far away they are too.	https://apps.apple.com/us/app/overthere/id1126056833	
Writing			
Make use of mind mapping and referencing tools, as above		http://www.phrasebank.manchester.ac.uk/	
Store files securely and in multiple places			
Try to step away from the writing before proofreading	Grammarly	https://www.grammarly.com/proofreading/1	
	Ginger	https://www.gingersoftware.com/proofreading	
Use text-to-speech (as above) to support proofreading – listen for the errors rather than look for them.			
Speech-to-text can be expensive, but can be extremely helpful. Options are available		https://support.microsoft.com/en-gb/help/14198/windows-7-dictate-text-using-speech-recognition	https://www.apple.com/uk/accessibility/mac/

	Google Docs for transcribing recorded notes	https://play.google.com/store/apps/details?id=com.google.audio.hearing.visualization.accessibility.scribe&hl=en_GB	
	Dictanote for chrome only	https://dictanote.co/	
Revision			
Most students have developed their own systems, but do remember to take regular breaks, eat healthily, work to your strengths and utilise tools	XMind		
	Evernote		
	Quizlet	https://quizlet.com/en-gb	
	Anki	https://apps.ankiweb.net/	
	Memrise (for languages)	https://www.memrise.com/	
	Pomodoro technique	https://francescocirillo.com/pages/pomodoro-technique	
	Exam Countdown App	Available for android or iPhone	
		https://clockwork-tomato.soft112.com/	
	Selection of apps	https://www.abilitynet.org.uk/news-blogs/five-apps-help-exam-prep-and-reduce-stress	
Attention & Procrastination			
Noisli	Noisli	https://www.noisli.com/	
Leech Block	Leech Block	https://www.proginosko.com/leechblock/	
Forest app	Forest	https://www.forestapp.cc/	
Cold Turkey	Cold Turkey	https://getcoldturkey.com/	
Managing stress and anxiety			
Make use of the university counselling service resources		https://www.ox.ac.uk/students/welfare/counselling/self-help?wssl=1	
Build resources in discrete, supportive apps for your phone	SAM app	https://sam-app.org.uk/	
	Elefriends	https://www.elefriends.org.uk/	
	Self heal - built in conjunction with OU students	http://www.self-healapp.co.uk/	
	Mindshift	https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/	
	Molehill Mountain	https://www.autistica.org.uk/get-involved/molehill-mountain-app	
	Self help	https://www.annafreud.org/on-my-mind/self-care/	
Take advantage of yoga or mindfulness sessions that may be available		https://www.headspace.com/headspace-meditation-app	
		www.calm.com	
		http://franticworld.com/	
Manage your health - physical & mental			
Identify your support route through college & department	Disability contacts, welfare team or peer supporters are a good place to start if you are unsure	https://www.ox.ac.uk/students/welfare/disability/contacts?wssl=1	
If your Student Support Plan suggests a personal emergency evacuation plan (PEEP) or Risk Assessment (RA), make an appointment with your disability contacts to organise			

Link with your welfare team, college nurse or GP		https://www.ox.ac.uk/students/welfare/health/doctors?wssl=1	
Ring NHS 111 for medical advice or 999 in an emergency		https://www.ox.ac.uk/students/help?wssl=1	
NHS approved apps		www.nhs.uk/apps-library/category/mental-health	
Support for depression		https://www.studentsagainstdepression.org/	
Support for hearing voices		http://www.voicecollective.co.uk/	
Support for eating disorders	B-Eat	https://www.b-eat.co.uk/support-services/in-your-area/buckinghamshire-support-services	
Support for self harm		https://www.themix.org.uk/mental-health/self-harm/self-harm-coping-tips-and-distractions-5696.html	
Panic strategies		https://nopanick.org.uk/strategies-coping-panic/	
Support for ADD, ADHD		http://www.addiss.co.uk/	
		https://aadduk.org/	
Crohn's & Colitis		https://www.crohnsandcolitis.org.uk/search/results?keywords=university	
Phone app which alerts contacts eg if you fall due to a seizure	Hollie Guard	https://hollieguard.com/	
App for monitoring your seizures		https://www.youngpilepsy.org.uk/for-parents-and-carers/help-and-advice/at-diagnosis/app.html	
App for colour blind students		https://www.whitemarten.com/en/colorsaying	
Other useful links		https://ousu.org/pageassets/advice/life-welfare/disabledstudents/Disabled-Students-Guide-ONLINE-version(1).pdf	
Study skills		https://ousu.org/advice/academic/studyskills/	
Counselling		https://www.ox.ac.uk/students/welfare/counselling/	
		https://www.ox.ac.uk/students/welfare/counselling/self-help/podcasts?wssl=1	
		https://www.ox.ac.uk/students/academic/guidance/skills?wssl=1	
Students without mentoring		https://student.kooth.com/	
Visually Impaired	AT training for VI students	https://www.freedomscientific.com/training/freewebsites/archivedwebinars/	
	Light source finder; colour identifier; money identifier; face finder; product identifier via barcodes; hand writing reader; document reader; scene description	https://apps.apple.com/gb/app/seeing-ai/id999062298	
		https://www.bemyeyes.com/	
Productivity & learning tools		https://www.lynda.com/	