

Resource Toolbox

This page provides a range of external resources for LAPU students. Please note that LAPU does not necessarily endorse the information on these sites or support the views represented; the information is constantly changing.

[ADHD](#)

[Career](#)

[Dictation/Transcription \(Speech-to-Text\)](#)

[Math](#)

[Mental Health](#)

[Note-Taking](#)

[Organization and Time Management Tools](#)

[Reading](#)

[Screenreaders](#)

[Writing](#)

[Writing Motivation and Productivity](#)

ADHD

Organizations & Experts:

[Brown Clinic for Attention & Related Disorders](#)

[Learning Disabilities Association of America](#)

[Dr. Hallowell: The Hallowell ADHD Centers](#)

[Dana Rayburn, ADHD Coach](#)

Academic Strategies at LAPU:

Ask Professors about Responding to Discussions in Audio/Video Format

- You can use the “Advanced Settings” area of your discussion post to record your post in audio or video format. This may feel easier than typing it in written form. Check with your professor if this is an acceptable option in your course if you’re interested.

Career

[Computing](#)

[Science, Technology, Engineering, Mathematics \(STEM\)](#)

[Workplace Accommodations](#)

Dictation/Transcription (Speech-to-Text)

[Dragon Dictation by Nuance](#)

Software

[Google Voice Typing](#)

Available for free through LAPU email account

[Otter.ai](#)

Webpage and App

Math

[Equatio](#)

Webpage and App

Mental Health

[LAPU Cares](#)

Note-Taking

[Evernote](#)

Webpage and App

[Glean](#)

Software

[Notability](#)

App for Apple products only

[SmartPens](#)

Assistive device

Organization and Time Management Tools

Webinars:

[Time Management Webinar from Tutor.com](#)

[LAPU Skills for Success Webinar: How to be Successful in College](#)

Planners:

[Academic Planners](#)

Available at LAPU Bookstore

[Organize Your Scattered Mind! Academic Planner for ADHD](#)

Available at LAPU Bookstore

Websites:

[Study and Time Management Strategies](#)

Elizabeth Cohen Hamblet, Learning Disabilities Consultant

Tools and Apps:

[Assignment Planner/Calculator](#)

Break big assignments down into smaller steps

[Ayoa](#)

Productivity app which includes mind maps, task boards, and more

[Focusmate](#)

Find accountability partners to help you achieve goals and meet deadlines

[Google Keep](#)

App and webpage to organize notes, lists, photos, and audio files

[MindNode](#)

Mind mapping and outlining app

[Minimalist Pomodoro Timer](#)

Productivity app

[Productivity Challenge Timer](#)

Productivity app

[Remember the Milk](#)

To-do list app

[RescueTime](#)

Time management software

[Todoist](#)

To-do list app

Additional LAPU Resources:

[LAPU Study Rooms](#)

Schedule virtual meetings with other LAPU classmates to discuss assignments, questions, and work alongside other study buddies

[Tutor.com](#)

Utilize free tutoring minutes as an LAPU student for time management and study skills tutoring

Reading

[Strategies for Reading](#)

Elizabeth Cohen Hamblet, Learning Disabilities Consultant

[Reading Comprehension: Use ReadSpeaker in LAPU Courses](#)

Free literacy tools to all LAPU students in "My Courses" site

[Highlighting Tips](#)

Elizabeth Cohen Hamblet, Learning Disabilities Consultant

[Snap&Read](#)

Software

Books in Audio Format: [Audible](#)

Dyslexia/Dysgraphia:

[Ghotoit Writer and Reader](#)

Software & apps for Windows & Mac

Focus and Concentration:

[Postlight Reader](#)

Chrome extension that removes ads and distractions

Text-to-Speech Tools:

[Kurzweil](#)

Textbook Reading Software

[Microsoft Word](#)

Document Software

[Natural Reader](#)

Software and App

[Read Aloud](#)

Internet Browser Extension

[Read & Write by Texthelp](#)

Webpage & App

[ReadSpeaker](#)

Free literacy tools to all LAPU students in Courses site

[RedShelf](#)

Textbook Reading Webpage & App

[Speak It](#)

Internet Browser Extension

[Text to Speech \(TTS\)](#)

Google Play App

[VitalSource](#)

Textbook Reading Webpage & App

[Voice Dream Reader](#)

App

ScreenReaders

[NVDA](#)

A free screenreader that may be installed on any computer.

[JAWS](#)

The world's most popular screenreader. Students should check to see if they may qualify for a free license using their student email account.

Writing

[Ghotoit Writer and Reader](#)

Software & apps for Windows & Mac to help with dyslexia/dysgraphia

[Grammarly](#)

Web or app-based program that reviews spelling, grammar, punctuation, clarity, engagement, and delivery

[Hemingway Editor](#)

App that helps to make writing more clear and concise

[WordQ](#)

Software

Writing Motivation & Productivity

[Cold Turkey Writer](#)

App

[Written Kitten](#)

Webpage