# Transcript: IT Podcast - Ep 73 - Mobile Apps That Can Help You Succeed with Julianne Koch and Jessica Galterio

*The following transcript is a verbatim account of the video or audio file accompanying this transcript.*

Speaker #1 (Narrator):

WGU's IT audio series. Flexible, portable, profound.

Speaker #2 (Julianne Koch):

Hello and welcome to this episode of the IT Audio Series. I'm Julianne Koch and I've been a program mentor in the IT college at WGU since 2012.

Speaker #3 (Jessica Galterio):

I'm Jessica Galterio, and I've been a program mentor in the IT college since 2015.

Speaker #2 (Julianne Koch):

We live in an increasingly digital world and so many of my students are usingtools and resources that are portable and mobile than ever before. One of the most common questions I get from students is asking about how to study while they are on the go and how to stay on track. There are a ton of great resources out there that helps students to study completely independently of time and place so that you can get your work done at a time that works with your schedule.

Speaker #3 (Jessica Galterio):

We're all busy adults and it's important to make school fit our schedules. Today we're going to talkabout a few different tools that are available on your phone or tablet so that you can take them with you and get that study time in wherever it makes sense for you. On the bus, in the car, the waiting room, in line at the grocery store, waiting with the car pickup line. Your daughter's cheer competition when she's not performing obviously, or in the park on your lunch break so you can enjoy some fresh air while you learn.

Speaker #2 (Julianne Koch):

All right. The first app, this one's probably obvious, but some of our listeners may not know it exists. The WGU app is great for accessing your degree plan, course of study, other WGU resources like the Student Success Center, Library Writing Center and more. You can absolutely use this app to access your course material and it can work together with the uCertify app for IT courses. There's also core-specific apps like ITIL, that are developed by the service provider. It might be a great approach when you're working on those courses.

Speaker #3 (Jessica Galterio):

Calendar apps can be really helpful too. Use the one that's built-in on your phone or something more robust like I student Pro where you can put deadlines in and it will count down for you to help you stay organized. Something I like to do with my calendar app is to put the location of any event that I need to be at. Something as simple as a doctor's appointment. That way I get a reminder of when I need to leave as well.

Speaker #2 (Julianne Koch):

Another app that would be really helpful is some goal tracking app, and there are a ton of different ones out there. Find one that works really well for you. What I really look for when I look at a goal tracking app is something that can set deadlines, can give you reminders. Some of them can actually make your goal tracking into a little game or completing your goals, do things like grow a virtual forest. One of them is set up in a way that I found really interesting because it can take turning your goals and getting those accomplished and make it feel more like you're playing a pen and paper RPG. If you're into D&D, you might want to find that app to see if we can turn our goals into killing monsters. It's great. One that I've seen used by myself, many of my students, things like focus to do, Habitica, Strides, Todoist, and Way of Life are a few different apps that I've seen that work really well. There are many others out there. If you don't like the one that you download today, try another one, check it out. Tracking your goals and paying attention to everything that you have on that list and seeing those things get checked off will absolutely help you to be more successful and continue that momentum as you keep going.

Speaker #3 (Jessica Galterio):

Absolutely. Crossing something off a to-do list is incredibly satisfying.

Speaker #2 (Julianne Koch):

Yeah.

Speaker #3 (Jessica Galterio):

Flashcard apps will help you with retention andrecall and Quizlet is probably the most popular one. There are a ton of other great flashcard apps out there. Even just the act of physically creating the flashcards in an app can be really beneficial and help you retain that content as well.

Speaker #2 (Julianne Koch):

Another app that's really great is any Pomodoro app. Again, there are a lot of these apps out there for Pomodoro, which is a great technique for keeping yourself focused on study time. You set a timer, you use that time to get the studying going. Some of those goal or study- focused apps already have built-in Pomodoro utilization. It's like focused to do which is one that I've used that does have that Pomodoro utilization in there that connects it with your goals. But there are a ton of standalone Pomodoro apps out there that you can find. Find one that works for you. Use that. For more information on what the Pomodoro Technique is and how that works and how you can be a successful student using that, check out our Pomodoro episode that's dedicated specifically to that strategy and how to help you use that to be a good student at WGU.

Speaker #3 (Jessica Galterio):

Don't forget about note-taking apps like Evernote, Google Keep, OneNote. These are great for taking notes when you can't physically write them by hand and something I recommend is making sure that the app you choose works across all the different devices and platforms that you might use. It's just going to increase the likelihood that you use it and you use it in a meaningful way.

Speaker #2 (Julianne Koch):

Absolutely. Well, thank you for listening today. Hopefully, you were able to find an app that will help you to be the most successful student you can be here at WGU

Speaker #1 (Narrator):

[MUSIC]Schedule time with your program mentor to explore more deeply. WGU, a new kind of you.