

# Informational Resources for Students with Disabilities

## Disability Organizations/Resources

- [U.S. Department of Labor Disability Resources](#)
- [Council for Exceptional Children](#)
- [National Center for Learning Disabilities](#)
- [Learning Disabilities](#)
- [Texas Education Agency](#)
- [Texas Special Olympics](#)
- [U.S. Department of Education](#)
- [Autism Society](#)
- [Families Can](#)
- [Family to Family Network](#)
- [Texas Parent to Parent](#)
- [The Arc of Texas](#)
- [Texas Children's Meyers Center](#)
- [UHCL — Center for Autism and Developmental Disabilities](#)
- [The Harris Center](#)

**Here are a collection of tools and resources that support time-management, planning, and organization:**

### Study and Organizational Tools

- [Augsburg University \(Free or Low Cost Assistive Technology\)](#)
- [Augsburg University Free and Low-Cost Tools — Organization and Task Management](#)
- [University of Toronto's Assignment Planner](#)

### Routine

- [Routinery](#) — Build a routine, then follow prompts on screen to start, do, and then move on from tasks
- [Fabulous Daily Routine Planner](#) — More involved app guides you through discovering values around organization and routine needs, coaches you through building a routine from the ground up
- [Sweepy: Home Cleaning Schedule](#) — Write down tasks, what's involved, where, frequency, items needed to do it, and then the app reminds you of each task
- [Habitica — Free RPG game for daily tasks](#)

### Focus Time

- [Focus Plant](#) — Earn "rain drops" to clean sites, plant mythical flora/plants, water, and fill up your discovery booklet!
- [Pomodoro Timer](#) — Adjustable pomodoro timer (*The pomodoro technique is fixed time intervals for focused work, usually 25 minutes, followed by short breaks.*)

- [Written Kitten](#) — Gives you an image of a kitten, puppy, or bunny for every X amount of words you write.
- [Augsberg University Free and Low Cost Tools — Focus/Distracton-Free & Time Tracking](#)

### Body Doubling

- [Dubbi](#) — Watch body-doubling videos to help focus, break down every day tasks into micro-steps to reduce overwhelm, here to help you get started and finished, track your progress and work on habits, without the shame!
- [MERVE](#) — YouTube channel offering studying videos to assist with body doubling.
- [Focusmate](#) — Virtual coworking — offers a unique coworking experience by pairing users with accountability partners, or "focus buddies"

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[Live Chat](#)

[FIND A CAREER](#)

[My Next Move](#)